

ISA Certificate in Sports Taping

ISA Continuing Education Series



Learn how to use sports taping during sport or physical activities to protect your athletes/clients from injury or aid recovery from a previous injury. Taping provides additional support, stability and compression of affected body parts and may even improve the biomechanics of the athlete through the neuromuscular re-education of the affected condition.

Course Duration	10 hours over 2 days
Course Dates	13 & 14 Oct 2018
Course Fees	\$195.00 (inclusive of 7% GST)
Entry Requirement	ISA Certificate in Essential Sports Science (or equivalent)
Registration Deadline	10 Oct 2018

For any enquires, call 6423 0668 or email us at info@isa.edu.sg



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Course Synopsis

This course provides an overview of sports taping theory and techniques for managing sprains and joint pains for different body parts, with emphasis on upper and lower limbs. The techniques taught include rigid taping and bandaging to alleviate and heal the injured area, and also, exercises to strengthen muscles to prevent further injury. This course **does not** cover Kinesio Taping.

Course Objectives

Upon successful completion of the course, participants will understand:

- Demonstrate mastery in different apparatus used to alleviate joint pains and sprains
- Demonstrate different taping techniques catered to a different body part
- Conduct exercises to strengthen sprains or joint pains

Course Syllabus

Please refer to page 3 – 4 for detailed course syllabus and class schedule.

Award

Upon completion of the course, each participant will be awarded
- ISA Certificate in Sports Taping

Venue

International Sports Academy
1 Stadium Place
#01-11 Kallang Wave Mall
(opposite beach volleyball courts)

Assessment Dates

Practical Examination
14 Oct 2018 (Sun)

Payment

Payment can be made via:

1. **Cash**
2. **Cheque** – please issue to International Sports Academy (S) Pte Ltd
3. **Online Transfer** – please transfer to OCBC Bank Account No: 508-707-999-001

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Course Schedule

13 Oct 2018 (Sat) 9 am – 3 pm	14 Oct 2018 (Sun) 9 am – 3 pm
Elastic Taping <ul style="list-style-type: none"> - Tape preparation - Applying and removing of tape Rigid Taping and Exercises for the Foot, Ankle, and Leg <ul style="list-style-type: none"> - Ankle sprains - Achilles tendon sprains and tendinitis - Great toe sprains - Shin splints Rigid Taping and Exercises for the Knee <ul style="list-style-type: none"> - Collateral and cruciate ligament sprains - Patellofemoral joint pain Rigid Taping and Exercises for the Thigh and hip <ul style="list-style-type: none"> - Hip strain - Thigh strain 	Rigid Taping and Exercises for the Shoulder <ul style="list-style-type: none"> • Glenohumeral sprains Rigid Taping and Exercises for the Elbow and forearm <ul style="list-style-type: none"> • Elbow sprains • Epicondylitis of the humerus Rigid Taping and Exercises for the Wrist and hand <ul style="list-style-type: none"> • Wrist sprain • Thumb sprain • Finger sprain Revision Practical Examination

Please note that course dates and times are subject to change at the discretion of the International Sports Academy.



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What is the ISA Continuing Education Series?

A series of short, focused courses that breaks down complicated programmes relating to sports and exercise science into simple, easy to digest programmes for learners. This allows learners the opportunity to excel in their area(s) of interest and enrich their understanding and knowledge in a specific area of sports and exercise science.

Who Should Attend?

Anyone! Our programmes are designed in such a way that would be applicable to all learners, from sports enthusiasts, who are interested in learning more about sports and exercise science, to professional sports trainers / coaches.

The ISA Advantage

Leading the Development of Health, Fitness and Sports Development in Singapore, and the Region. ISA has been a trusted brand for sports and fitness training and education in Singapore since 2003. ISA seeks to be the thought leader by bringing together local and international experts with diverse expertise from across the industry, to seek collaborative solutions to Singapore's and the region's problems relating to Health, Fitness and Sports. In pursuit of our mission, we offer various academic programmes, professional certification courses, and short, focused programmes, each tailored to suit your varied needs and objectives.

- Appointed Education Partner and Approved Provider in Singapore by the American Council on Exercise (ACE).
- Endorsed by leading industry employers such as Virgin Active, True Fitness, the Pure Group, Triple Fit, among others.
- Conferred EduTrust (4-Year) Award by the Committee for Private Education for maintaining high standards in providing quality education services.
- Named Most Preferred Private Education Institute for Diploma/Advanced Diploma (Sports and Recreation) by JobsCentral Learning Survey.
- Provides early industry exposure and job placement assistance through extensive industry network.
- Offers continuing education courses for increasing skill sets.



Cert No. : EDU-2-2100
Validity : 07/06/2017 - 06/06/2021



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