

Sport Massage 285 h - HIVER 2024

SCHEDULE (Villeray - FQM)

Last Update: November 8th 2023

(subject to change)

MONTH	DAY	DATE	9:00 TO 12:30 CLASS	13:30 TO 17:00 CLASS
Jan. 2024	Saturday	27	*Passive Mobilisations 1	*Passive Mobilisations 1
	Sunday	28	*Passive Mobilisations 1	*Passive Mobilisations 1
Feb. 2024	Tuesday	6	Course Presentation	Myology of the thigh
	Tuesday	13	Flexibility & Assisted Stretching	Myology & Prep Manoeuvres of the thigh
	Tuesday	20	Recovery manoeuvres (thigh)	Myology of the hip
	Tuesday	27	The sports medical team and the Role of the sport massage therapist	Recovery manoeuvres (hip): Russian technique, myofascial release
March 2024	Tuesday	5	Physiopathology and the Modalities in sport massage	On site evaluation protocol & first case study
	Tuesday	12	Inflammation and the inflammatory response	Myology of the shoulder
	Tuesday	19	Midterm 1 theoretical exam	Assisted joint mobilization (AJM)
	Tuesday	26	Muscle contraction	Fascia line stretching
April 2024	Tuesday	2	Energy systems	Myology and manoeuvres of the shoulder
	Tuesday	9	Myology of the arm and elbow	Myology and manoeuvres of the arm and elbow
	Tuesday	16	Myology of the forearm	Myology and manoeuvres of the forearm
	Tuesday	23	Myology of the leg	Myology and manoeuvres of the leg
	Tuesday	30	Myology of the neck and upper back	Myology and manoeuvres of the neck and upper back
May 2024	Tuesday	7	Review for the exams	Review for the exams
	Tuesday	14	Midterm exam 2 theoretical and practical	Midterm exam 2 theoretical and practical
	Tuesday	21	The Rehabilitation Protocol	The Evaluation Procedure
	Tuesday	28	Injury Classification	Muscle testing and special tests
June 2024	Tuesday	4	Athletic injuries (knee and thigh)	Muscle testing and special tests
	Tuesday	11	*Taping 1	*Taping 1
	Tuesday	18	*Taping 1	*Taping 1
	Tuesday	25	No class	
July 2024	Tuesday	2	No class	
	Tuesday	9	Athletic injuries (hip)	Muscle testing and special tests
	Tuesday	16	Athletic injuries (shoulder)	Muscle testing and special tests
	Tuesday	23	Athletic injuries (shoulder)	Muscle testing and special tests
	Tuesday	30	Athletic injuries (elbow and forearm)	Case Study
Aug. 2024	Tuesday	6	Athletic injuries (leg and ankle)	Case Study
	Tuesday	13	Periodization & exercise progression	Self-massage & Self-stretching
	Tuesday	20	*Sport psychology - online	*Sport psychology - online
	Tuesday	27	*Sport psychology - online	*Sport psychology - online
Sept. 2024	Tuesday	3	Concussion, thermoregulation	Treatment Routines
	Tuesday	10	Treatment Routines	Case Study
	Tuesday	17	Review	Review
	Tuesday	24	Final theoretical and practical exams	Practical exam and final case study project

*Passive mobilisations 1, Taping 1, Sport psychology are 15 hrs long from 9:00 to 17:30.

There is an additional 45 hours of stages in sport environment that are not included in this schedule.
(Note that all the additional stage hours need to be completed to get your diploma)