Sports massage - Winter 2027

SCHEDULE (IKRA)

Last update on **- 18 Sept. 2026**

(please note that the schedule is subject to change)

MONTH	Day	DATE	COURSE 9:00 am to 12:30 pm	COURSE 1:30 pm to 5:00 pm
January 2027	Saturday	30	*Passive Mobilisations 1	*Passive Mobilisations 1
	Sunday	31	*Passive Mobilisations 1	*Passive Mobilisations 1
OR				
February 2027	Monday	8	*Passive Mobilisations 1	*Passive Mobilisations 1
	Thursday	11	*Passive Mobilisations 1	*Passive Mobilisations 1
February 2027	Monday	15	Introduction / Myology	Sports Massage Techniques pre-event
	Thursday	18	Myo / osteo of the trunk/spine + ROM	Myo / osteo of the trunk/spine + ROM
	Monday	22	Myo / osteo of the sup. limb + ROM	Myo / osteo of the sup. limb + ROM
	Thursday	25	Myo / osteo of the inf. limb + ROM	Myo / osteo of the inf. limb + ROM
	Saturday	27	***Trigger Points**	***Trigger Points**
	Sunday	28	***Trigger Points**	***Trigger Points**
March 2027	Monday	1	Inflammation	Sports Massage Techniques inter-event
	Thursday	4	Tissue Trauma	Sports Massage Techniques post-event
	Monday	8	Intro Myofascia	Intro Myofascia
	Thursday	11	Traumatology of trunk/spine	Ortho + Muscular testing trunk/spine
	Saturday	13	***Taping 1**	***Taping 1**
	Sunday	14	***Taping 1**	***Taping 1**
	Monday	15	Traumatology of superior members	Ortho + Muscular testing superior members
	Thursday	18	Traumatology of inferior members	Ortho + Muscular testing inferior members
	Monday	22	Intro Counter Tension	Therapy Massage Techniques
	Thursday	25	Intro Deep Tissue	Intro Deep Tissue
	Monday	29	Theory Exam Revision	Practical Exam Revision
April 2027	Thursday	1	Theory Mid-term Exam	Practical Mid-term Exam
	Monday	5	***Posture 1**	***Posture 1**
	Thursday	8	***Posture 1**	***Posture 1**
	Monday	12	Exercices 1	Exercices 1
	Thursday	15	Intro Case Study - procedure I	Intro Case Study - procedure II
	Monday	19	***Stages**	***Stages**
	Thursday	22	Nutrition	Intro PNF
	Monday	26	Case Study trunk/spine	Treatment of Injuries trunk/spine
	Thursday	29	Case Study sup. members	Treatment of Injuries sup. memb.
May 2027	Saturday	1	***Sports Psychology - Online**	***Sports Psychology - Online**
	Sunday	2	***Sports Psychology - Online**	***Sports Psychology - Online**
	Monday	3	Case Study inf. members	Treatment of Injuries inf. memb.
	Thursday	6	Case Study Revision	Treatment of Injuries Revision
	Monday	10	Complicated Case Study	Case Study Management
	Thursday	13	***Stages**	***Stages**
	Monday	17	Theory Revision	Practical Revision
	Thursday	20	***Stages - Evaluations**	***Stages - Evaluations**
	Monday	24	Final Exam Theory	Final Exam Practical
	Thursday	27	***First Aid 1**	***First Aid 1**
	Monday	31	***First Aid 1**	***First Aid 1**

*Passive Mobilizations 1 - choose between Jan. 30-31 **OR** Feb. 8 & 11, 2027

*Passive Mobilizations 1, Trigger Points, Taping 1, First Aid 1, Posturation 1, Sports Psychology and Clinical Stages last 15 hrs from 9:00am to 5:30pm

There are 22.5 hours additional stage hours at sporting events that are not included in this schedule.
(Please note that the additional stage hours are mandatory in order to receive the diploma.)