



International Certificate in Sports Chiropractic (ICSC) Information on Continual Professional Development (CPD)

Gaining Continual Professional Development points for the ICSC modules which you have just completed depends on your ability/success in filing for CPD/CEU's in your Country/Province/State.

Many National Council Sports Chiropractors are working with their local governing body to gain the recognition of the FICS ICSC learning. We would encourage you to contact your local NCSC as the first point of contact to enquire what the process is within your country. Some countries have a self-assessment requirement and will provide you with the necessary application to fill in to apply for CPD points.

To assist you with your application, below are the allocated learning hours for the components of the ICSC program. You will need to provide a copy of your completion certificate as proof of completion. Annual review and updates to the content is undertaken to ensure the content is current at all time.

FICS Online E-Learning – 80.5 hours of e-learning plus online exams

The content in module 1, 2 and 10 were updated in June 2020. Updates to module 3 and 8 are currently been completed. The content review team is drawn from a leading sports chiropractor from across the globe to deliver the best and most current educational content available.

6.5 hours	ICSC01 Head Injury in Sport
3 hours	ICSC02 Professional Boundaries, Integrity in Sports and the Sports Medicine Team
6 hours	ICSC03 Sports Imaging
12 hours	ICSC04 Rehabilitation of Sports Injuries
12 hours	ICSC05 Lower Extremity Injuries in Sport
12 Hours	ICSC06 Upper Extremity Injuries in Sport
8 hours	ICSC07 Spine Injuries in Sport
12 hours	ICSC08 Sports Physiology
6 hours	ICSC09 Special Sports Populations
3 hours	ICSC10 International Sports Chiropractor

Practical Hands on Seminars

General Outline for a Hands-on Seminar; approx. **20 hours each seminar.**

Each component will be specific to the seminar; **upper (UE) v. lower (LE) extremity.**

Participants will be required to take part in all the hands-on components to demonstrate their understand of the technique.

The FICS instructor pool consists of an outstanding and exceptional group of sports physicians. These individuals have excelled in their field and are considered experts among sports chiropractors globally.

FICS provide one local chiropractor and one International chiropractor for each hands-on module (when available). The instructor to student ratio is to be 20:1. If the need arises, additional instructors are provided to the seminar. The addition of an international chiropractor at a hands-on module, adds something special and different to the lecture that sets it apart from other local lectures. This brings, new ideas, training methods and experiences.

Practical face to face seminar/workshop

A. CONCEPT OF THE SPORTS CHIROPRACTOR – 30-60 minutes (every seminar)

1. FICS updates; introduction of ExCo, Commission Chairs, etc.
2. Experiences in International Sports Chiropractic – instructors' experiences.
3. What is our role; gate-keeper v. referral only v. team player?
4. International sensitivities; social and cultural differences.
5. Requirements of the ICCSP and eLS overview.

B. HEAD INJURY IN SPORT – AN UPDATE – 60 minutes (every seminar)

1. International Consortium update
2. Chronic Traumatic Encephalopathy (cerebral tauopathy)

C. SOFT TISSUE THERAPY PROCEDURES – 4 hours (UE or LE specific)

1. Soft tissue therapies; MRT, IASTM, etc.
2. Other tissue lengthening interventions; PIR, etc.

D. ADAPTIVE AND FUNCTIONAL TAPING AND BRACING – 7-8 hours (UE or LE specific)

1. Rigid strapping – via **Cramer** sports products
2. Kinesiology taping via **Cramer Theratape**
3. Mechanical taping via **Dynamic Tape**

E. MOTION PALPATION AND MANIPULATION – 7-8 hours (UE or LE specific)

1. Open chain motion palpation and CMT
2. Open chain motion palpation and CMT under muscle contraction
3. Closed chain motion palpation and CMT
4. Sport-task specific motion palpation and CMT

Contact Us:

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