



FICS™

INTERNATIONAL FEDERATION
OF SPORTS CHIROPRACTIC



International Certificate in Sports Chiropractic (ICSC)

Helping athletes achieve their optimal performance naturally

TABLE OF CONTENTS

Contents

What is the ICSC?	4
Who needs this Accreditation?.....	4
How much does it Cost and What's in this for me?	5
ELIGIBILITY.....	6
ICSC PROGRAM	6
4.1 Hands-on seminars.....	6
4.2 On-Line ICSC e-Learning (eLS)	7
4.3 Professional experience	7
Postdoctoral Recognition.....	8
The awarding of the ICSC.....	9
Student discount:.....	10
Payment plan	10
1. Applying Advanced Standing.....	11
2. I need to do the full requirements of the ICSC.	11
Completion Process:	12
Contact us	12

1. ACRONYMS



- CCEI Councils on Chiropractic Education International
- CPR Cardiopulmonary resuscitation
- eLS Electronic Learning System
- FICS Fédération Internationale de Chiropratique du Sport / International Federation of Sports Chiropractic
- ICSC International Certificate in Sports Chiropractic
- NCSC National Chiropractic Sports Council
- USD United States Dollar
- UE Upper Extremity
- LE Lower Extremity

2. GENERAL INFORMATION



What is the ICSC?

The International Certificate in Sports Chiropractic (ICSC) program **produces a well-rounded individual chiropractor that is qualified to work at sporting events throughout the world.** Furthermore, it is the minimum qualification required to be part of a FICS chiropractic delegation at regional sporting events, international events such as the regional and world championships, the World Games, or the Olympic Games.

Where and When do you deliver program?

The ICSC program is a postgraduate certification program that is a combination of self-directed distance learning via an electronic learning system (eLS) and two weekend seminars (hand-on modules). Members can sign up to the eLS anytime and undertake this in their own time. The faculty for the seminars consists of internationally prominent sports chiropractors with extensive experience in treating athletes at international sporting events. FICS facilitate on average 10 seminars a year in partnership with the NCSC's in as many different locations around the world as possible.

Who needs this Accreditation?

One of FICS primary objectives is promoting excellence in postgraduate education and practice in sports chiropractic worldwide, in part through the development of postgraduate sports chiropractic programs. FICS's aim is to set an appropriate minimum standard in theoretical and practical sports chiropractic education for chiropractors wanting to develop special competence in the field of sports chiropractic and **to be qualified to serve on FICS teams, at international sporting events.**



It is mandatory to have an ICSC and be a member of FICS, to be selected for a FICS team appointed to an international event. This is necessary to assure the games organizers and the athletes that all doctors on the team are properly qualified and experienced, **and to promote the professionalism and future of sports chiropractic.** This is what differentiates FICS members from other attending professionals.

How much does it Cost and What's in this for me?

Full details of the price of this course are outlined in section 6 of this manual. The ICSC accreditation is your link to having the chance to work at some outstanding International Games, which may include the Olympics. FICS have service agreements with 24 International sporting federations? Further information about our partners can be found on our website.

Why should I do this program?

Your time as a volunteer at games has many rewards:

Comradery, experienced with multisport injuries, working at International games with International athletes, generosity, gratitude from athletes and event organizers, and networking with other professions working at games. **The friendships and networks you make with athletes, sports chiropractors from around the world are priceless.**



Join a worldwide movement and spread the benefits of sports chiropractic to even more corners of the world!



Every athlete deserves access to sports chiropractic

3. ELIGIBILITY



To apply for and become a candidate of the ICSC, you must fulfil the following criteria:

1. Be a qualified chiropractor from a **CCEI** recognized accredited college. For the list of acceptable accredited institutions, click through to the education section on our website to check accredited educational colleges.
2. Undergraduate students in or entering their **final year** can complete the hands-on seminars and the eLS. **The Professional Experience must be completed after graduation.**

If you have an ICCSP/ICCSD, all you need to do is undertake the head injury in sport module to fulfil the ICSC.

4. ICSC PROGRAM



There are three parts which need to be completed to achieve the ICSC accreditation.

1. Complete the Upper and Lower Limb hands-on seminars
2. Complete the eLS online learning – 10 learning modules
3. Complete your clinical in-field experience.

All requirements must be completed (in no particular order) within **three years** from the date of enrolment. We know that life gets in the way of our best intentions. Therefore extensions are offered to people who find that they need more time to complete.

4.1 Hands-on seminars

Each of the Upper and Lower seminars contains a 20-hour hands-on program covering the treatment of common sports injuries, including joint assessment and manipulation, soft-tissue applications, and taping. Each seminar's component is specific to the seminar; upper (UE) or lower (LE) extremity. Approx. Hourly break-down per section.

- A. Concept of the Sports Chiropractor – 30-60 minutes (every seminar)
- B. Head Injury in Sport – 60 minutes (every seminar)
- C. Soft Tissue Therapy Procedures – 4 hours (UE or LE specific)
- D. Adaptive and Functional Taping and Bracing – 7-8 hours (UE or LE specific)
- E. Motion Palpation and Manipulation – 7-8 hours (UE or LE specific)

4.2 On-Line ICSC e-Learning (eLS)

The eLS consists of **TEN** modules. After each module, there will be a quiz, followed by a comprehensive course final exam.

- ICSC01 – Head injury in sport
- ICSC02 – Professional boundaries, integrity and ethics in sport
- ICSC03 – Sports imaging
- ICSC04 – Emergency procedures for the sports chiropractor
- ICSC05 – Lower extremity in sport
- ICSC06 – Upper extremity in sport
- ICSC07 – Spine injuries in sport
- ICSC08 - Strength Conditioning and Treatment Physiology
- ICSC09 – Special sports population
- ICSC10 – International sports chiropractor

4.3 Professional experience

You can choose to demonstrate your practical experience working with athletes via one of the three options.

1. Documenting at least 50 different athletic injuries and treatments. If you choose this method of demonstrating professional experience, you can download this spreadsheet from the FICS website. (found in the education section)
2. Provide a letter in English on a letterhead from a high-performance team coach/administrator confirming that you have been their team chiropractor for at least **one full season**. High performance implies the team you are working with is competitive.

For classification purposes:

- Working with a team of 10-year-old soccer children is **NOT considered high performance**.
 - Working with a secondary school or club team that competes against other club teams to improve their ranks in a league, is considered high performance.
3. Write a case study or other publishable manuscripts. The topic should have relevance to sports and performance and is published in a peer-reviewed journal or a poster presentation, either at one of the FICS events or an international sports science conference (with a peer-review process).

5. POSTDOCTORAL RECOGNITION



If before March 2019, you qualified for the ICCSP/ICCSD all you need to do is undertake the head injury in sport module to fulfil the complete requirements to expedite to the ICSC.

Those members who hold a postdoctoral sports-specific chiropractic degree can apply for expedited certification. You are not required to complete any further ICSC modules other than the ones listed below. However, you are welcome to register for more training as part of your professional development. If you are not sure about your degree and what you need to complete to expedite to the ICSC, send a copy of your degree and transcript to admin@ficsport.org, and we will assist you.

Common certifications which FICS acknowledges to expedite the ICSC requirements are:

- ✓ Masters of Sports Science and Rehabilitation degree
- ✓ Fellow of the Royal College of Chiropractic Sports Science (Canada)
- ✓ Certified Chiropractic Sports Physician (USA)
- ✓ Diplomate in sports chiropractic (USA)
- ✓ IFEC Sports Chiropractic Program (France)

The content of the degree, fellowship or certificate would need to contain specifically the treatment of athletes, assessment of injuries on and off the field of play, concussion protocols, head trauma, facial injury assessment, and care and imaging of sports injuries. Once approved participants holding the above will only need to complete the following.

- ✓ **ICSC E-Learning** - Complete the International Sports Chiropractic - **Module 10**
 - ✓ Complete **ONE (1)** of professional experience requirements
1. A Post Graduate Diploma in Sports and Exercise Medicine. The content would need to contain specifically the treatment of athletes.
 - ✓ **ICSC E-Learning** - Head injury in Sport - **Module 1**
 - ✓ **ICSC E-Learning** - International Sports Chiropractic - **Module 10**
 - ✓ Complete **ONE (1)** of the professional experience requirements.

When applying for completion, you need to submit evidence to confirm your currency of in CPR or equivalent credentials - not more than two years old; a copy of transcript or diploma from your accredited chiropractic institution; and current chiropractic license and copy of your diploma.

The awarding of the ICSC

The final validation of evidence and awarding of the ICSC will attract an additional fee. All fees are outlined in section 6 of this manual. Once the ICSC completion is approved, an invoice will be sent to you with information on how you can pay via credit card. Please note that FICS **do not accept cheques**.

Why do I need to do the modules above if I already hold a postdoctoral degree?

Head Injury in Sport - Module 1

The study of the effects of head injuries is continually evolving. As we all know, a concussion is common in many sports and recreational activities. If you have completed a head injury module in the last two years, you may apply for advanced standing of this module. If you are using research papers as part of your evidence, papers on **impact exposure only do not satisfy** the full scope of a head injury review. Research papers need to show an understanding of the assessment of and prolonged symptoms and cognitive deficits in the short term and depression and cumulative deterioration in brain function in the longer term.

International Sports Chiro – Module 10

This course aims to provide a Doctor of Chiropractic with an understanding of working at international sporting events. This course will focus on FICS and the world of sport, the history of sports chiropractic and the role the Chiropractor plays at international games, finishing with the FICS procedures and protocols. There is no advanced standing option awarded for this module, with everyone having to complete.

Clinical Experience Treating Athletes

To be eligible to be awarded the ICSC, doctors need to provide evidence that they have clinical experiences working with athletes and experience treating and assessing a range of different injuries. This is critical when placing a doctor at an international event to work as part of the FICS sports chiropractic team in the event polyclinics.

6. COST OF ICSC



FICS wants to provide the highest quality and most current sports chiropractic information to our candidates.

The ICSC cost structure has three parts:

1. Seminars are held in partnership with the National Council Sports Chiropractic (NCSC). The price to attend these seminars will depend on the location and seminar UE or LE seminar.
2. Cost of the e-learning modules: FICS Member, 2,500.00 CHF - Non-FICS Member 3,500.00 CHF
3. The final verification process and administration costs associated with the awarding of the ICSC is **65.00 CHF** to cover the admin, printing and postage.

Student 20 % discount.

- For discount code for the ICSC eLS reach out to the Student Commission or FICS admin.
- Promotion codes for the eLS offered for students attending seminars.
- **Student discount Seminars** may apply to seminars depending on the location.

Payment plan

Once the first payment is made the candidate contacts us when they are ready and have the funds to buy the next set of modules. The entire plan must be paid within **12 months of signing up**. Contact admin@ficsport.org to register for this. If you would like to negotiate something different from the below, please contact us. All prices quoted are in CHF (Swiss franc).

7. GETTING STARTED



1. **Applying to be a candidate for the ICSC accreditation with Advanced Standing**, Select and register for the E-Learning module which applies to you.

2. **I need to do the full requirements of the ICSC.**
 1. Purchase and start the **ten online learning modules** <http://fics.sport.shop>
 2. Complete both hands-on seminars; Upper and Lower Extremity. FICS hold up to 10 seminars a year and try to get to as many locations as possible to make it easy for members to access this training. Visit the FICS website or reach out to us for details of upcoming seminars. <http://fics.sport>
 3. Start your 50 hours of professional experience:

You can choose from **ONE (1)** of the below to provide evidence of professional experience.

Ref section 4.3 in this manual for further information about the options below.

- Demonstrate practical [experience](#) by documenting at least 50 different athletic injuries and treatments.
- A letter in English on a letterhead from a high-performance team coach/administrator confirming that you have been their team chiropractor for at least one full season.
- Write a case study, or other publishable manuscripts, where the topic has relevance to sports and performance and published in a peer-reviewed journal or a poster presentation.

Reminder: All requirements must be completed within **three years** from the date of enrolment. There is **NO particular** order which you need to follow.

We know that life gets in the way our best intentions, therefore please reach out to us if you need to apply for an extension. We don't want to see all your hard work for nothing and will help you complete this Accreditation in any way we can to lessen your load.

8. COMPLETION PROCESS



Once you have all your evidence together, it's time to send this to us via email admin@ficsport.org.

FICS will undertake the necessary checks and verification of your evidence. Please allow up to 3 working weeks for a ruling.

Documents: - Refer section 5 if applying for advanced standing.

1. Download and save your **els** digital completion certificates for each module.
2. Attach a copy of your upper and lower seminar completion certificates.
3. Your practical experience working with athletes.
4. Provide a copy of current certification in CPR or equivalent credentials in emergency procedures - not more than two years old.
5. Copy of transcript or diploma from a CCEI accredited chiropractic institution.
6. Current chiropractic license/registration

9. CONTACT US

FICS is now a strategically focused, tactically oriented organization that is a cloud based to provide security of data and flexibility of operations. This move to the cloud enables the organization to operate from anywhere in the world at any time. This also ensures that critical information is not lost and there is continuity of service when key positions are changed out.

Administrative services from Australia currently support FICS. Please note when contacting admin support that there may be a delay due to the time zone you live in compared to the Australia admin office. FICS Admin service will generally reply and acknowledge emails **within 48 working hours** and provide you with the assistance you need to address any questions you may have.

Calls to the below number after 6 pm or before 7 am, Australian time will go to a voice message where you can leave a message regarding your enquiry. We would also like to encourage you to email the admin office on the below email address as this will allow you to provide full details of your inquiry and ensure we provide prompt followup. **To keep up to date** with all the dates of seminars and updates on the ICSC, be sure to look

out for our quarterly E-Newsletter, and **connect with us on our social media channels**, Facebook @FICSsportschiro, Instagram @fics_sportschiro.

contact FICS Administration Office:

Australia

Tel: +61 417 324 384

Email: admin@ficsport.org

FICS members join a worldwide movement and are spreading the benefits of sports chiropractic to all corners of the world.

We look forward to seeing your participation at FICS educational events and helping you complete your ICSC so we can have you working as part of the FICS team at International sporting events.

Be sure to look out for our quarterly E-Newsletter, and connect with us on our social media channels, Facebook @FICSsportschiro, Instagram @fics_sportschiro.

