



International Certificate in Sports Chiropractic (ICSC) Program

Hands-on Seminars



General Outline for a Hands-on Seminar; Each component will be specific to the seminar; upper (UE) v. lower (LE) extremity. Approx. hourly break-down per section.

(UE) & (LE) Extremity Practical face to face seminar/workshop

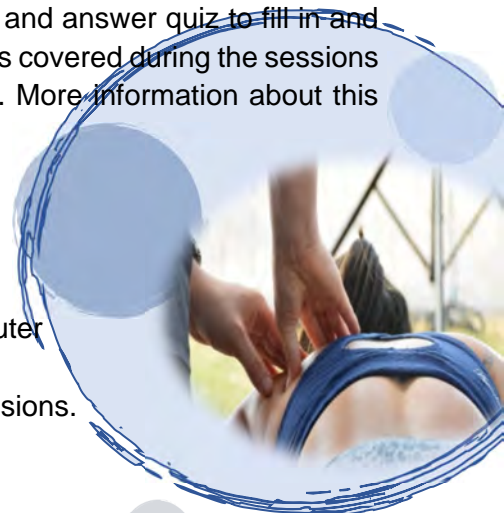
- A. CONCEPT OF THE SPORTS CHIROPRACTOR
- B. HEAD INJURY IN SPORT
- C. SOFT TISSUE THERAPY PROCEDURES
- D. ADAPTIVE AND FUNCTIONAL TAPING AND BRACING
- E. MOTION PALPATION AND MANIPULATION

Whether this is your first seminar with FICS or you have been to a seminar before, we look forward to welcoming you and having a fun couple days learning new skills. FICS are looking forward to exploring this learning concept with you and ensuring we provide a great learning outcome. The theory part of the seminars are traditionally delivered via a Live Zoom class a month or two before the face to face seminar. Completion of both the virtual pre seminar and face to face is required to be issued the completion of the Extremity hands on seminar.

At the end of the virtual session, we will send participants a short questions and answer quiz to fill in and return. These quizzes are designed to test your understanding of the materials covered during the sessions and will be a requirement of completion of the Extremity hands on module. More information about this process will be explained at the start of your seminar.

These sessions will be recorded and made available to participants who have attended after the submission of the post session quiz is returned.

One of the most difficult things with virtual seminars is being behind a computer instead of sitting in front of people as if you were at a seminar in person. Preparing your time is important to ensure you get the most out of these sessions. We have listed a couple tips below.





- **Make sure you read the schedule above so you can plan your time and check your time zone.**
- You need to ensure you dedicate the time to the seminar, away from distractions.
- Consider picking a nice quiet place away from distractions which may pull your attention elsewhere.
- If you are students, you may consider meeting a friend someone and undertaking the session together in the same room.
- Make sure you have a quiet environment.
- **Make sure you use the breaks to get up and move around and refresh before the next session.**

If we are running both the **Upper and the Lower modules** the assessment for this at the **Face-to- Face session will run over 2.5 hours to cover both modules.**

Course timetables are tailored to the individual location and venue. Check your course times for further details.

Theory session includes	Face to Face Session
• 1 hour Concussion Update	• 2 hours Mopal/CMT
• 1 hour head injuries in sport	• 2 hours practical assessment
• 1.5 hours Mopal/CMT Theory	• 2 hours taping applications
• 1.5 hours Soft Tissue Interventions	• 1.5 hours concussion assessment
• 1.5 hours Emergency Procedures	• 2 hours emergency procedure
• 1.5 hours Taping Theory	• 1 hour question and answer
• 2 hours Assessment Theory	

If you have any questions, queries, or concerns, please reach out via email to admin@ficsport.org. We look forward to welcoming you to this event!

We are looking forward to welcoming you and sharing this great learning experience.

Dr Christine Foss, FICS Education Commission Chair

