

Student Handbook

The FICS Student Commission is responsible for the creation of opportunities for students interested in sports chiropractic and the dissemination of information relating to education and opportunities. Updated August 2021



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V0.1	1/06/2020	Initial draft release	Student Commission Kelsi Holz and Gillian Johnston (edits Trish Donoghue)
V0.2	22/07/2020	Final Version	Gillian Johnston & Kelsi Holz
V0.3	25/08/2021	Update of links, contact details ICSC & Research information	Trish Donoghue

ACRONYMS

Acronym	Definition
ICSC	The International Certificate in Sports Chiropractic
eLS	Electronic Learning System
FSC	FICS Student Club
NCSC	National Chiropractic Sports Council
GAISF	Global Association of International Sporting Federations

Where referenced, sports chiropractic/chiropractor refers to registered doctors of chiropractic with a special interest in sports.

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WHO IS FICS?

International Federation of Sports Chiropractic/Fédération Internationale de Chiropratique du Sport (FICS) is comprised of national chiropractic sports councils (NCSC) worldwide and individual members. FICS has affiliations with international organizations within the chiropractic profession and the world of sports.

FICS was formed in 1987, led by Dr. Stephen Press at a meeting of national sports chiropractic leaders held in London, England, and has represented sports chiropractic on an international basis since that time.

During the past 30 years, major FICS activities have included building relationships with international sports federations, athletes, other health care professionals, and their representative organizations:

- developing and presenting postgraduate educational programs for sports chiropractors; and
- coordinating teams of properly credentialed sports chiropractors to provide services to athletes at major sporting events up to and including the Olympic Games.



Today FICS is managed by and its operations are executed by a vibrant group of volunteers supported by a full-time administrative service that is working hard to continue the founding members vision to promote the sports chiropractic profession on the world stage. FICS dream is to have sports chiropractic recognized by the International Olympic Committee (IOC) and through the hard work of many, this dream is getting closer each day.

Today's leaders were yesterday's students, and today's leaders will need, tomorrow's leaders, the emerging sports chiropractors of today.

"Every athlete deserves access to sports chiropractic"

MEMBERSHIP WITH FICS

DRAWING TOGETHER SPORTS CHIROPRACTIC NATIONAL COUNCILS, COLLEGE AND EDUCATIONAL INSTITUTIONS AND INDIVIDUALS FROM AROUND THE WORLD

1

NATIONAL SPORT COUNCIL (NCSC)

The representative National Sports Council for Sports Chiropractic in their country. FICS has over 27 NCSC registered from Pacific, Asia, Europe, North America, Africa

STUDENT MEMBERS

If you are a student with your NCSC or a College or Educational Institution which is registered as a member of FICS, you receive student membership with FICS at no charge.

2

INDIVIDUAL MEMBERS

Any person who holds a Chiropractic degree from a recognized Chiropractic College or Educational Institution can apply to FICS to be an individual member.

Some doctors may decide to join FICS as an individual member rather than join their NCSC however FICS encourage doctors to join their local NCSC as this provides them with local support.

ASSOCIATE MEMBER

An Associate Member is any association, organization, institution, or individual that supports the goals of FICS. These may include but are not limited to national Associations that are affiliated with The World Federation of Chiropractic. By joining FICS as an associated member these organizations are putting their support behind strengthening the efforts to grow sports chiropractic globally.

4

CHIROPRACTIC STUDENT CLUBS

In order to introduce students' chiropractors to the world of International Sport, we have created FICS Student Clubs ([FSC](#))



NEVER STOP LEARNING FOR SUCCESS



To Improve your access to networks and mentors FICS are launching the [FSC's](#) in Chiropractic colleges and educational institutes all over the world.

YOUR WINDOW TO THE OUTSIDE WORLD

Students who join their Chiropractic Colleges Student Club will be a members with FICS at no cost and have access to scholarship and mentoring opportunities.



MANAGEMENT

FICS management has several different tiers which allows for the strategic and the operational arms of FICS to work together for FICS to achieve its mission. FICS' management is made up of passionate doctors who serve as volunteers for the betterment of Sports Chiropractic on the International Stage, creating opportunities for the sports chiropractic profession to be recognised at the olympic level of sport.

The Executive Council shall be comprised of nine (9) representatives of NCSC ordinary members in good standing. These people form the strategic arm of FICS and are elected by and representing world regions for a term of four years. These members are as follows: Africa – one (1); Asia-one (1); Eastern Mediterranean-one (1); Europe – two (2); Latin America – one (1); North America - two(2); Pacific-one (1).



The FICS' Executive Management Team (EMT) comprises of eight (8) people with the President and the Vice President coming from the ExCo, however the other positions are elected based on their skill set. This is the operational board of FICS and includes, President, First Vice President, Company Secretary, Secretary General, Head of Operations, Head of Communications, Head of Finances, and International Sporting Federation.

The Commissions are made up of eight (8) commissions, which are broken up into portfolios which are concerned with the growth of sports chiropractic on the international stage. These commissions work closely with and supported by the EMT.

- Education Commission
- Marketing Commission
- Finance Commission
- International Sporting Federations Commission
- Membership Commission
- Student Commission
- Research Commission
- Corporate Social Responsibility Commission



To read about the mission statements of each FICS Commission go to <https://fics.sport/commissions/>

AFFILIATIONS

FICS is the only chiropractic association to be affiliated with **GAISF** (Global Association of International Sports Federations) and this provides sports chiropractors with opportunities to develop relationships with a variety of sports federations.

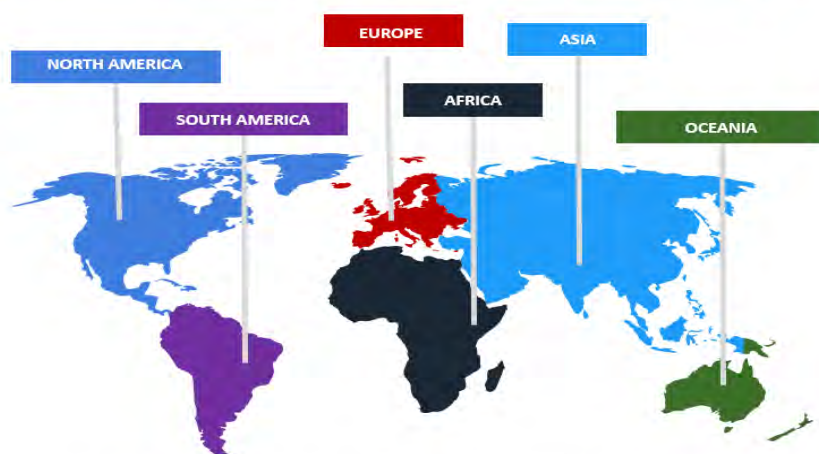
Through this partnership FICS can provide sports chiropractic services for the international sporting federations at their world championship events. FICS has over 26 partnerships with international sporting federations and work with multi-sport groups like the World Games Association and the International Olympic Committee.

As a sports chiropractor, the ultimate dream is to treat world class athletes at world class events, and FICS provides its members with this incredible opportunity, locally and internationally.

As a student member of FICS, you will have the opportunity to apply to work at these sporting events, where you will be able to observe top sports chiropractors and assist with administrative duties.

What Chiropractic Colleges are recognized by FICS?

WORLDWIDE QUALITY ASSURANCE FOR CHIROPRACTIC EDUCATION (CCEI)



Every athlete deserves access to Sports Chiropractic

The Councils on Chiropractic Education International (CCEI) is an organization of chiropractic accrediting bodies worldwide.

The CCEI is committed to excellence in chiropractic education through emphasis on quality in The International Framework for Chiropractic Education and Accreditation, and by aiding in the development and recognition of new accrediting bodies in geographic regions where such agencies are not currently recognized.



Click through to our website to check accredited educational colleges.

<https://fics-sport.org/portal/index.php/en/education>



FICS STUDENT CLUB (FSC)



For FICS to introduce student chiropractors to the world of international sports chiropractic, we have created FICS Student Clubs (FSC). We are working with chiropractic institutions all over the world to create FICS Student Club, enabling students who join their institution FSC, to automatically become FICS student members at no cost to the FSC or the student.

The FSC will be part the chiropractic programs to bring more involvement in FICS and sports chiropractic. The FSC can either be a stand-alone club or it can form part of a subsidiary of an existing student sports council.

Remember, you do not need to be a member of your National Chiropractic Sport Council (NCSC) to join an FSC. Joining an FSC does mean that you become a FICS Student Member. This means that FSC's are open to all chiropractic students

To create unity and build relationships with other FSC's globally, the FICS student commission will create platforms for communication which will include monthly topic discussions, virtual meetings, lectures, and social media initiatives.

If you or your chiropractic school are interested in establishing your own FSC, please contact us at the details listed below so that we can aid you in the growth of your new club.

FICS Student Commission Chairperson
student@ficsport.org



Being a FICS student member from a chiropractic institution which has a registered student body with FICS, enables you to apply for the annual FICS student scholarship.

READ FULL DETAILS ON PAGE 12 and 13 of this handbook.

STUDENT MEMBER BENEFITS



**Observe at
FICS
Events**



**Mentorship
Program**

**Scholarship
Awards**



**Emerging
Student
Award**



**Course
Discounts**

**Connect With FICS
Chiropractic
Student Members
Globally and
Network with
leading FICS Sports
Chiropractors**



**Stay Up To Date
With Current
International
Sports
Chiropractic News.**



What is the ICSC?

The International Certificate in Sports Chiropractic (ICSC)

This 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.

The ICSC certificate is the prerequisite for working opportunities at international games which may include the Olympics. FICS has service agreements with 24 international sporting federations. Further information of our partners can be found on our website.

Where and when does FICS deliver the 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.

Who needs this accreditation?

FICS has 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.



Student Eligibility

In order to apply for the ICSC and participate in the eLS and/or in any of the hands-on seminars, you must be an undergraduate student/in a chiropractic training program or entering your final year.

How does it work

There are three parts which need to be completed to achieve the ICSC certification. You can complete these in any order you wish, however you need to have it all complete within 3 years of starting. FICS knows life gets in the way of what we love, and therefore if students need more time, all you need to do is reach out to FICS admin.

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. This part will be completed after graduation

Hands-on seminars

Each of the Upper and Lower seminars contain a 20-hour hands-on program, which cover the treatment of common sports injuries including joint assessment and manipulation, soft-tissue applications, and taping.

- 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

On-Line ICSC e-Learning (eLS)

The eLS consists of TEN modules. After each module, you will be required to pass a quiz. Each quiz must be passed in order to receive a Module Completion Certificate. Latest updates and information can be found here <https://fics.sport/education/>

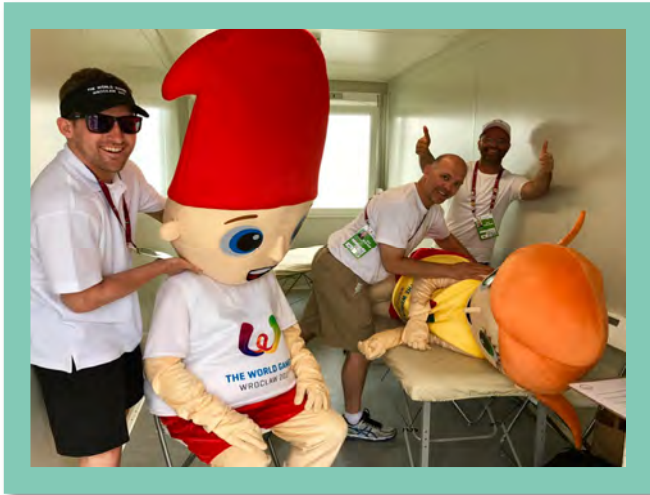
How much does it Cost?

We know students are normally cash strapped and FICS will try to support you as much as we can so you can get the experience you need to get started. We offer student discounts for the online learning and the hands-on programs.

- The cost of the hands-on program may vary slightly depending on the country it is offered in; however, student may apply for a discounted rate. The cost of this is advertised in the seminar details.
- **The online learning** is something which you can start at any time and when you go to the FICS shop, check out the bundles which allows you to purchase a couple courses at a time at a discounted rate. <https://fics.sport/shop-course/> Reach out to FICS admin for the members discount coupon.

I still have questions?

Sometimes it is nice to talk through your questions with someone. All our contact details can be found on the last two pages of this handout. We look forward to helping you on your learning journey.



Your time as a volunteer at games has many rewards

Comradery, experience with injuries in a variety of sports, working at international games with international athletes, generosity, gratitude from athletes and event organizers, networking with other professions working at games. The friendships and networks you make with athletes and sports chiropractors from around the world are priceless. You join a truly worldwide movement and are spreading the benefits of sports chiropractic to even more corners of the world, showing the role which, we play in supporting athletes.

Every athlete deserves access to sports chiropractic



SCHOLARSHIPS

The FICS student scholarships are awarded annually to recognize and support students that are contributing to sports chiropractic on a student level, are actively involved in sport and have a passion for the future of sports chiropractic.

Students from any chiropractic institution around the world are invited to make a submission, with the requirements being:

1. Enrolled full time at an accredited/recognized chiropractic institution, graduating in or after the year of the award.
2. Submission of:
 - (a) 500-750-word essay concerning the importance of sports chiropractic services to athletes in training and competition, and to the future growth of the chiropractic profession.
 - (b) A description of personal participation in fitness and sports activities (100-200 words).
 - (c) A description of contributions to sports chiropractic at the institution and/or otherwise – e.g. participation in the student sports chiropractic council activities; volunteer services at the institution, at sporting events and otherwise; published news articles or research; any other activities promoting sports chiropractic (100-200 words).
 - (d) Letter from faculty member teaching sports chiropractic and/or related subjects confirming good character and academic standard and recommending award.

Applications open in September each year, and close October 31. Winners are announced in early December.

Follow the link below to **download the FICS Student Scholarship Application Form** and read about the recipients of the award for the current and past years. Winners and the generous sponsors who made it possible.

<https://fics.sport/scholarships/>





EMERGING STUDENT SCHOLARSHIP AWARD



This scholarship is awarded to chiropractic students that have applied for the FICS student scholarship but who have not yet reached their final two years of study. The emerging student award recognizes emerging sports chiropractic talent to earmark them for the future. This will be open to all students enrolled full time in a chiropractic program, not in the final two years of their studies. This award is a scholarship valued at \$1000, that will be transferred directly to the recipients' institution for use in tuition and learning aid purposes.

The recipient of this award is assigned a mentor from FICS to encourage engagement with the organization and to ensure that the recipient is assisted in their sports chiropractic and leadership development.

MENTORING

To assist all the young passionate student doctors on your journey in the world of sports chiropractic, to help prepare you for the outside world and getting experience in working with athletes, FICS has an mentor network.

Our mentorship program is made up of skilled and experienced chiropractic doctors who can guide students who are making the transition from college to the professional working world. This could be in the form of just a friendly hand to assist students to connect with local relationships, assist with questions via emails, or just point them in the right direction, connecting them with the teams where they can gain experience.

FICS has established a list of mentors internationally and our list is always growing! The choice of mentor is at your discretion, you just need to reach out and we will get you started. You are not restricted with the number of mentors, meaning that it is possible to have more than one mentor, locally and internationally.

To find out more about our Mentorship Program contact:

FICS Student Commission Chairperson

student@ficsport.org

Know someone who would be a great student mentor?

Follow the link to the FICS website sign up:

<https://fics.sport/mentoring/>

25 August 2021

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Student Resource



RESEARCH COLLABORATION

The FICS student commission is currently working on an exciting research initiative in collaboration with the FICS research commission. The initiative encompasses a project to **increase research output** by FICS student members within their respective institutions.

The project scope involves identifying research topics to be allocated to and carried out by FICS student members that are beneficial to FICS and sports chiropractic. The outcome will create improved student member involvement in FICS and increased appropriate research output in the interest of furthering sports chiropractic research.

Watch this space!

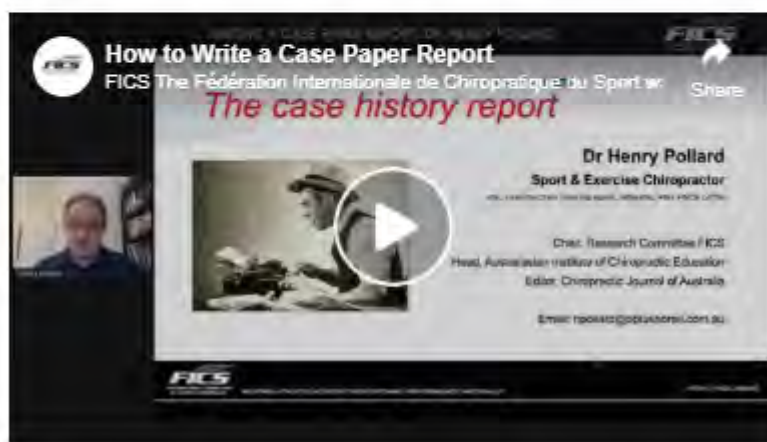
<https://fics.sport/research/>

13 Steps to writing a case paper

In this half-hour presentation, Dr. Henry Pollard, chair of the FICS Research Commission, takes us through the elements of writing a case paper report.

[DOWNLOAD: PDF PowerPoint Notes](#)

[DOWNLOAD: Electronic outcome measures](#)



CONTACT US

FICS is now a strategically focused, tactically oriented organization that is 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. **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**. Click on the below icons to see our pages.

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Contact FICS Administration Office:

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