

FICS™

INTERNATIONAL FEDERATION
OF SPORTS CHIROPRACTIC



International Certificate in Sports Chiropractic (ICSC)

Helping athletes achieve their optimal performance naturally

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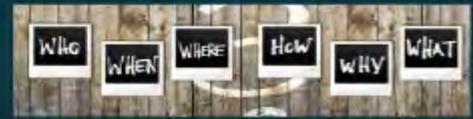
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1. ACRONYMS



- 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 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 the program?

The ICSC program is a postgraduate certification program that combines self-directed distance learning via an electronic learning system (eLS) and two 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 seminars in partnership with the NCSC's in as many different locations worldwide 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 aims 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 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 organisers and the athletes that all doctors on the team are adequately qualified and experienced **and 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 World Games or 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 organisers, 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** recognised 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, you must undertake the head injury in sport module, to fulfil the ICSC.

4 ICSC PROGRAM

4. ICSC PROGRAM



3. Complete your clinical in-field experience. – **Section 4.3 below**

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 (Upper and Lower Extremity Seminars)

Each of the Upper and Lower seminars contains a 20-hour 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.

In 2021 FICS transitioned to a hybrid seminar model to continue to deliver international content. The hybrid model allows FICS to run face-to-face seminars with a practical component while addressing travel restrictions, limiting our experts and tutors to fly into a country to deliver the seminar.

FICS has several different models to deliver the 20-hour hands-on seminar content;

1. Complete face-to-face module (20 hours or classroom style teaching); or
2. The hybrid model in which the 10 hours of theory (self-directed) and 10 hours of practical (classroom instruction) delivered face-to-face.

FICS leave the decision as to which model (hybrid or full face-to-face) up to the local host supporting the FICS seminar as to what they feel the local students would prefer.

1. **Full classroom style:** Some host organisers may feel that students would benefit from a full face to face session with the theory delivered immediately before the hands-on. This approach ensures the information is fresh in all students minds before taking part in the hands-on practical demonstrations. The theory recordings from the international experts are played in the class by the lead instructor directly, followed by the assessment/demonstration. The lead instructor is there to answer students questions before moving onto the next technique.
2. **In the hybrid model,** the theory is opened to students on the FICS learning platform one month before the 10 hour face-to-face class for them to undertake in their own time. There are session quizzes after each presentation which the students are required to complete to verify their knowledge. This theory must be completed prior to attending the face-to-face class. This model reduces the face to face classroom instruction. When the students attend the classroom, instruction is 100% hands-on.

The goal of the theory is to grab the knowledge from the top sports chiropractors in the world and bring them to you to learn from. While we would love to have these chiropractors there face-to-face, travel restrictions currently limit our ability to provide this. FICS understand that some candidates may already be proficient in the theory and that this will be a rehash of concepts they already know well. We appreciate the personal time off and travel arrangements all students make to attend these seminars, so FICS aim to provide as best an experience as is possible.

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 be relevant to sports and performance and 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. Any student or doctor can apply for the ICSC program if they meet the eligibility however, if you have one of the below postdoctoral sports-specific chiropractic degrees, you 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 that 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)
- ✓ Post Graduate Diploma in Sports and Exercise Medicine,

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
- ✓ Evidence of concussion update in last two (2) years. Candidates can take this course on the FICS ICSC program if required - **ICSC E-Learning** - Head injury in Sport - **Module 1**

Additional information is required when submitting evidence of completion.

- ✓ CPR or equivalent credentials - not more than two years old;
- ✓ A copy of transcript or diploma from your accredited chiropractic institution;
- ✓ Current chiropractic license and copy of your diploma.

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 chiropractor's role 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 it.

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 local overheads.
2. **Cost of the e-learning modules:** 2,500.00 USD. Members can purchase the modules in bundles to reduce the financial outlay and spread the cost. Members can reach out to admin@ficsport.org for a 20% members discount code.
3. The final verification process and administration costs associated with the awarding of the ICSC is **65.00 USD** 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 are offered for students attending seminars.
- **Student discount Seminars** may apply to seminars depending on the location.

Payment plan

This is provided in the form of bundles in the ICSC FICS shop. Courses are grouped in pairs to allow candidates to purchase two (2) courses at a time instead of ten (10) courses upfront. Don't forget to apply the discount code for 20% off.

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** <https://fics.sport/shop-course/>
 2. Complete both hands-on seminars; Upper and Lower Extremity. FICS hold seminars in as many locations as possible to make it easy for candidates to access this training. Visit the FICS website or reach out to us for details of upcoming seminars. <https://fics.sport/shop-course/>
 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 is 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 of 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 three (3) working weeks for a ruling.

Documents: - Refer to 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 cloud-based organisation to provide security of data and flexibility of operations. This move to the cloud enables the organisation 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 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 at the below email address as this will allow you to provide full details of your inquiry and ensure we provide prompt follow-up. **To keep up to date** with all the 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.

