



The International Certificate in Sports Chiropractic **Asynchronous Program** **ELS modules**



Helping athletes achieve their optimal performance naturally



Learning Outcomes

ICSC Full Program Overview

Fédération Internationale de Chiropratique du Sport
Head Office: MSI Maison du Sport International Avenue de Rhodanie 54, CH-1007
Lausanne (Suisse)

ICSC QUALIFICATION

International Certificate in Sports Chiropractic (ICSC) program offers an individual chiropractor the credentials required to work at FICS events worldwide. 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 and the World Games.

Continuing education (CE), also known as CPD/CEU is required for all Sports Chiropractors working as part of a team at international games. Gaining approval for CE credits for your local chiropractic license will depend on your regulatory board or college's discretion. All courses come with a certificate of completion listing the hours of learning. Many National Council Sports Chiropractors (NCSC) are working with their local governing body to gain the recognition of FICS seminars and courses. 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 CE credits.

Doctors are required to undertake Continual Professional Development (CPD) every year to remain current.



CEU Calculation – ICSC Program

Course hours will be calculated as follows:

1. Course instructional hours are actual times of instruction
2. Reading Content- 20 minutes per document
3. Quizzes post-module sections- 1 minute per question
4. Module Exams – 1 minute per question

* CEU Calculations - only instructional hours and course reading content will be tabulated toward CEU value determination.

SUMMARY **ICSC Asynchronous Program** is a total ten modules which represent 62 CEU hours delivered via online content, asynchronous learning.

ICSC seminars portion is delivered as a separate component to these ten modules and is an additional 40.5 hours. Upper Extremity 20.5 hours and Lower Extremity 20 hours.

Ref to the seminar course objectives for full details of this program and course breakup.

This document outlines the learning objectives and the unit breakdown for each of the **ICSC Asynchronous units which are taken on the ICSC E-learning platform.**

10 individual module.



Module 1 – Head Injuries in Sport

The purpose of this course is to provide doctors of chiropractic with training in the evaluation, treatment, and foundation of sport-related concussion, hematomas, and facial injuries.



Sports Concussion

Instructor: Dr Brett Jarsoz, Sports Chiropractor

Presentation: (38.19)

Read: 14 papers on definition, mechanisms and foundations

Complete: Activity – Scat5 Concussion Assessment

Section Exam: 10 questions

Intracranial Bleed & Haematomas

Instructor: Dr Robert Reid, Sports & Exercise Physician

Presentation 16:49

Section Exam: 5 questions

Chronic Traumatic Encephalopathy

Instructor: Sports & Exercise Physician

Dr Robert Reid,

Presentation 18:05

Section Exam: 4 questions

Ear, Dental and Eye Injuries

Instructor: Sports & Exercise Physician

Dr Warren McDonald

Presentation 53.18

1. Auricular Injuries in Sport
2. Dental & Oral Injuries in Sport
3. Eye & Orbital Injuries in Sport

Section Exam: 5 Questions

FINAL ASSESSMENT EXAM: 52 questions

Each of the unit topics in this course cover

- Definition
- Histological Process
- Mechanism of injury
- Initial presentation
- Signs and Symptoms
- Assessment
- Potential Problems, Complications
- Emergency Care protocol/interventions (i.e., Emergency referral.)
- Return to sports concerns, precautions

CEU hours – 6:30 hours/minutes
(Total course time 7:48 hours/minutes)

Module 2 – Professional Boundaries in Sport, Integrity, Ethics and the Sports Medicine Team

The purpose of this course is to provide doctors of chiropractic with training regarding professional boundaries and ethics in sports chiropractic, integrity in sport policy as adopted by the IOC and FICS, and the sports medicine team. The module will discuss ethical considerations in sports chiropractic, professional boundaries in sport, Olympism, Olympic Movement Code on the Prevention of the Manipulation of Competitions, the IOC Code of Ethics, IOC Integrity, and the sports medicine team.

Unit Module – Instructor Dr Christine Foss

- Integrity, Ethics and Actions – (Video 60.13),
- Read: 10 papers on ethics and IOC policies
- FINAL ASSESSMENT EXAM: 27 questions



Each of the unit topics in this course cover

- Ethical considerations in sports chiropractic
- Professional boundaries in sport
- Olympism
- Olympic Movement Code on the Prevention of the Manipulation of Competitions,
- IOC Code of Ethics,
- IOC Integrity
- Sports medicine team.

**CEU Allotment: 4:34 hours/minutes
(Total course time 5:10 hours/minutes)**

Module 3 – Sports Imaging

The purpose of this course is to provide doctors of chiropractic with training in sports imaging, as it applies to your evaluation, treatment and management of sport related injuries. The module will discuss sport related injuries and common findings on plain film radiography as well as discussion on what advanced images to order and associated common findings.

Unit Module – Instructor Chad Warshel

- Introduction and Diagnostic Imaging Modalities (Video 01:06:15)
- Imaging Modalities part 2 (Video 01:05:02)
- Head and Face Injuries (Video 01:02:49)
- Spinal Trauma part 1 – Mechanism and Instability (Video 01:08:01)
- Spine Trauma part 2 – Fractures, Spondylolisthesis, Adolescent (Video 01:08:47)
- Upper Extremity part 1 – Shoulder (Video 01:01:20)
- Upper Extremity part 2 – Elbow and Hand (Video 01:09:47)
- Lower Extremity part 1 – Soft Tissue, Stress Fractures, Pelvis/Hip, Ankle, Knee (Video 01:05:59)
- Lower Extremity part 2 – Knee (Video 01:06:19)

Course Assessment

- 9 x section quizzes after each section @ 8 questions each
- Final Exam – 20 questions



Schedule:

Hours 1, 2: Review of imaging modalities. This will cover indications, contraindications, strengths, and weaknesses of radiographs, MRI, CT, DEXA, diagnostic ultrasound.

Hour 3: Diagnostic imaging of sports injuries to the head/neck. Overview of the principles of face and head trauma and current evidence-based imaging guidelines. This will review trauma such as epidural/subdural/subarachnoid hemorrhage, parenchymal contusion, facial injuries.

Hours 4, 5: Diagnostic imaging of sports injuries to the spine. Covering bony and soft tissue injuries of the spine and thorax, including mechanism of injury, stability, and distinguishing which injuries require emergency referral.

Hours 6, 7: Diagnostic imaging of sports injuries to the upper extremity. Reviewing bony and soft tissue injuries of the shoulder, elbow, wrist, and hand. Also included are non-injury conditions which may mimic or co-exist with sports injury.

Hours 8, 9: Diagnostic imaging of sports injuries to the lower extremity. Reviewing bony and soft tissue injuries of the hip, knee, ankle, and foot. Also included are non-injury conditions which may mimic or co-exist with sports injury.

**CEU Allotment:
10.00 hours/minutes
(Total course time
12 hours/minutes)**

Learning Outcomes – ICSC Program – Asynchronous

Module 4 – Emergency Procedures

The purpose of this course is to provide doctors of chiropractic the training to: Identify and perform the tasks required to act as a team physician (on-field) and/or a sports physician (in office); be able to identify, triage and manage sports-related injuries on an emergent on field basis as well as in a non-emergent office setting; and Understand proper protocols in the care of the injured athlete in a trauma situation.

Unit Module – Instructor Dr Ira Shapiro & James Geiselman

1. **VIEW:** Part 1 Emergency Procedures (Video: 65 minutes)

TAKE: Section Quiz 8 questions

2. **VIEW:** Part 2 Emergency Procedures (Video: 65 minutes)

TAKE: Section Quiz 8 questions

3. **VIEW:** Part 3 Emergency Procedures (Video: 60 minutes)

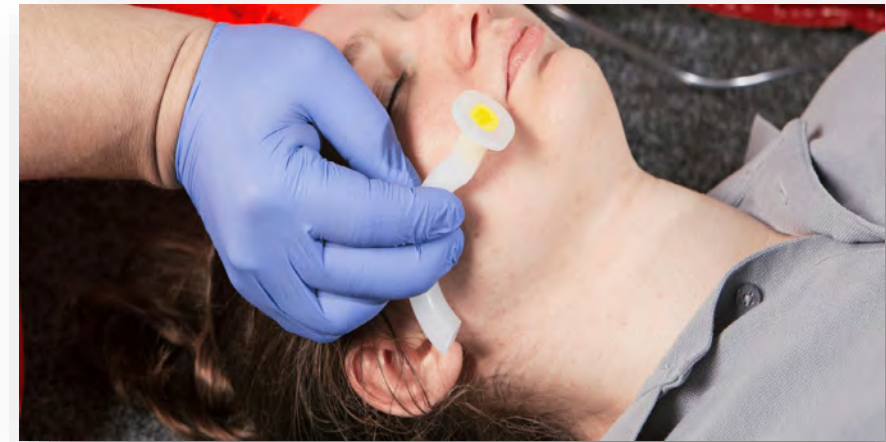
TAKE: Section Quiz 8 questions

FINAL EXAM: 24 questions: (Time limit 24 minutes)

4. **VIEW:** Rhabdomyolysis (Video: 90:11:01 minutes)

TAKE: Section Quiz 10 questions

FINAL EXAM: 24 questions: (Time limit 24 minutes)



Part 1: Identify and perform the tasks required to act as a team physician (on field) and/or a sports physician (in office).

Be able to identify, triage and manage sports related injuries on an emergent on field basis as well as in a non emergent office setting.

Part 2: Unresponsive casualty

Part 3: Bleeding and Shock

Part 4: Rhabdomyolysis

**CEU Allotment- 5.40 hours/minutes
(Total course time 6.20
hours/minutes)**



Learning Outcomes – ICSC Program – Asynchronous

Module 5 – Lower Extremity Injuries in Sport

The purpose of this course is to provide doctors of chiropractic with training in the evaluation, treatment, and foundation of lower extremity injuries in sports. Common lower extremity conditions seen in sports will be discussed along with the pathoanatomy, biomechanics, epidemiology, acute and chronic foundation of these conditions.



Unit Module – Instructor Steve Smilkstein, Christine Foss

Section 1: Hip – (Estimate 05:00:00)

ICSC05_1.1 NOTES_Basics of Biomechanics _Lower Limb

ICSC05_1.2_NOTES_Hip_C Foss

ICSC05_1.4_NOTES_Functional Assessment Hip and Knee

ICSC05_1.5_NOTES_Hip Rehab_Dr Tim Stark

- ICSC05_1.3_READ_femoralanteversion
- ICSC05_1.3_READ_Pedsstructrehip

Section2: Knee (Estimate 03:24:00)

ICSC05_2.1_NOTES-Knee C FOSS

- ICSC05_2.2_READ_ACL
- ICSC05_2.2_READ_journal.pone.0190892
- ICSC05_2.2_READ_management_of_individuals_with_patellofemoral_pain
- ICSC05_2.2_READ_noncontactacl

Section 3: Ankle (Estimate 02:24:00)

ICSC05_3.2_NOTES_Assessment of the running athlete_2021

- ICSC05_3.3 READ_ AnkleTX

Section 4: FINAL COURSE EXAM
32 questions (32 Minutes for exam)

Each of the unit topics in this course cover, how to:

- Recognize common lower extremity injuries in sport.
- Understand the pathoanatomy and epidemiology of lower extremity injuries in sport.
- Understand the biomechanics of lower extremity injuries in sport.
- Determine and provide appropriate acute and chronic foundations of lower extremity conditions in sports.

**CEU Allotment 10:13
hours/minutes
(Total course time 11:17)**

Module 6 – Upper Extremity Injuries in Sport

The purpose of this course is to provide doctors of chiropractic with training in the evaluation, treatment, and foundation of upper extremity injuries in sports. Common upper extremity conditions seen in sports will be discussed along with the pathoanatomy, biomechanics, epidemiology, acute and chronic foundation of these conditions.

Unit Module – Instructor Drs. Timothy Stark, Steven Smilkstein, Dr Kevin Schroeder

Section 1: (Estimate 06:40:00)

1. **VIEW:** Part 1: Biomechanics Basic Principles (VIEW: 21:54 minutes)
2. **VIEW:** Part 2 Biomechanics Upper Limb (VIEW: 48:44 minutes)
3. **VIEW** – Part 1 Shoulder Conditions – (VIEW: 1.5 hour)
4. **VIEW** – Part 2 Shoulder Conditions and Rehabilitation (VIEW: 1.5 hours)
5. **VIEW** – Part 3 Shoulder Final Line (VIEW: 00:13 Minutes)
 - READ_2015 COOLS Shoulder Injury risk factors.
 - READ_2016 MOYER Paediatric athlete shoulder injuries.

- READ_2018 COTTER Shoulder Exam Sensitivity and Specificity.
 - READ_2020 Rotator Cuff Rehab b4 surgery.
- TAKE:** Section Quiz (21 questions)

Section 2: (Estimate 01:59:00)

1. **VIEW:** Elbow; Wrist; Hand (Presentation 1.5 hours)
2. **READ_** Medial elbow injuries
3. **TAKE:** Section Quiz (10 questions)



Each of the unit topics in this course cover, how to:

- Recognize common upper extremity injuries in sport.
- Understand the pathoanatomy and epidemiology of upper extremity injuries in sport.
- Understand the biomechanics of upper extremity injuries in sport.
- Determine and provide appropriate acute and chronic foundations of upper extremity conditions in sports.

FINAL EXAM – 31 questions (31 minute time limit)

**CEU Allotment 7:47
hours/minutes
(Total course – 9:09
hours/minutes)**

Module 7 – Spine Injuries in Sport

The purpose of this course is to provide doctors of chiropractic with training in the evaluation, treatment of spine injuries in sports. Common spinal conditions seen in sports will be discussed along with the pathoanatomy, biomechanics, epidemiology, acute and chronic foundations of these conditions.

Unit Module – Instructor Drs. Steven Smilkstein, Ulrik Sandstrom, Alex Ruhe, Mustafa Agaoglu

- Biomechanics - Dr Steven Smilkstein – (Video 19:01)
- Cervical Spine Injuries in Sport – Dr Ulrik Sandstrom – (Video 23:56)
- Read 1 document 20 minutes *
- Thoracic Spine Injuries in Sport – Dr Alex Ruhe (Video 12:13)
- Lumbar Spine Injuries in Sport - Dr Mustafa Agaoglu – (Video 36:18)
- Read lumbar Spine Manuscripts 2 documents – 40 minutes *
- Spinal Manipulative Therapy and Return to Play – Read 3 articles* 1 hour
- Complete Case Study – Thoracic *30 minutes
- Complete Case Study – Lumbar *30 minutes



Each of the unit topics in this course cover, how to:

- Recognize common spinal injuries in sport.
- Understand the pathoanatomy and epidemiology of spinal injuries in sport.
- Understand the biomechanics of spinal in sport.
- Determine and provide appropriate acute and chronic management of spinal conditions in sports

Course Assessment

- Biomechanics of Spine - 5 questions
- Cervical Spine injuries in Sport Assessment - 6 questions
- Thoracic Spine Injuries in Sport Assessment - 5 questions
- Lumbar Spine Injuries in Sport Assessment - 10 questions
- Spinal manipulative Therapy & Return to Sport - 10 questions
- Case Studies x 2 (Thoracic and Lumbar spine)
- **FINAL EXAM– 65 questions**

**CEU Allotment 4:31
hours/minutes**

**(Total course 5:07
hours/minutes)**

Learning Outcomes – ICSC Program – Asynchronous

Module 8 – Strength Conditioning and Treatment Physiology

This course will cover basic principles of exercise physiology, team physiology (working as part of an integrated healthcare team), modalities in sport, photobiomodulation in healthcare (LASER), and strength & conditioning for the sports chiropractor. The course will provide a basic overview of these topics as well as provide learners with principles they can incorporate into their sports chiropractic practice.

Unit Module – Instructor Drs. Andy Klein

Section 1:

1. **VIEW:** Muscle Physiology and strength and conditioning (Video 1:45:46)
2. **TAKE:** Section Quiz 10 questions

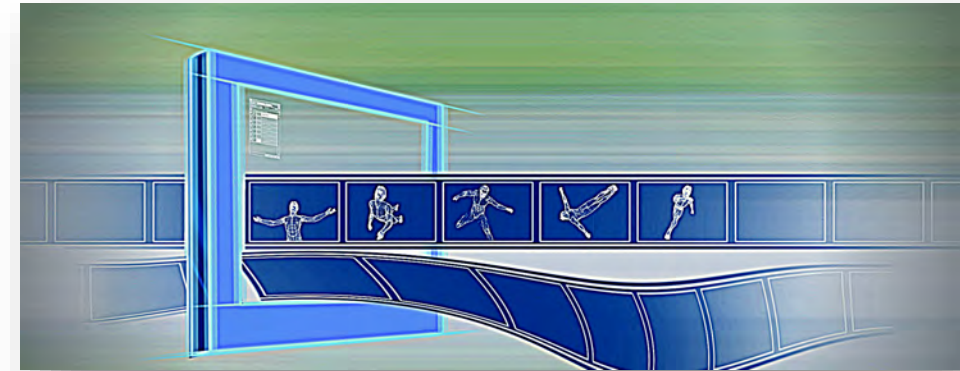
Section 2:

1. **VIEW:** Metabolic pathways and Aerobic Conditioning (Video 1:50:34)
4. **TAKE:** Section Quiz 10 questions

Section 3:

1. **VIEW:** Speed, Agility, Plyometrics, Program design, Environment Stresses (Video 1:27:39)
2. **TAKE:** Section Quiz 10 questions

Course Assessment - Final Exam 15 questions



Each of the unit topics in this course cover, how to:

- Explain basic exercise physiology principles.
- Apply basic exercise physiology principles when treating athletes.
- Understand how to work as part of a healthcare team.
- Apply basic knowledge of therapeutic modalities to the treatment of athletes.
- Explain the principles of photobiomodulation and apply these principles to the use of LASER with athletes.
- Understand and apply the basic principles of strength and conditioning for sports chiropractors.

CEU allotment
6 hours

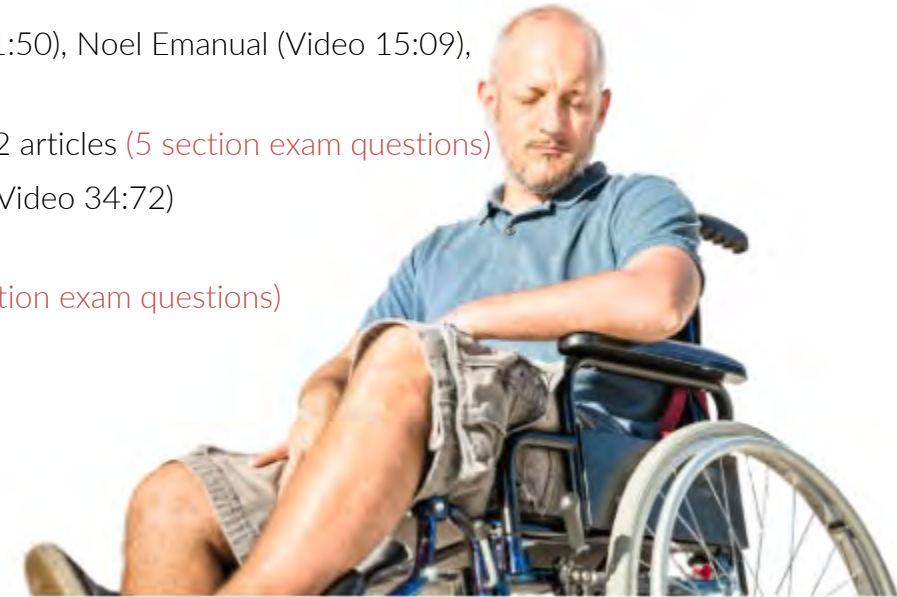
(Total course 6.45
hours/minutes)

Module 9 – Special Sport Populations

This course will cover special sports populations including Paralympic athletes, female athletes, transgender athletes, senior athletes, pediatric athletes. This course will also discuss sports nutrition and hydration as well as special sports conditions including sports hernia and sports dermatology. Finally, mental performance in athletics will be discussed

Unit Module – Multiple doctors who specialize in the field for that unit topic

- Sports Nutrition – Hydration & Performance – Drs, Todd Stebleton, (Video 33:34) Kyle Steineman (Video 11:50), Noel Emanuel (Video 15:09), Brett Martin (Video 49:52) Read 2 articles (10 section exam questions)
- Paralympic Athletes – Drs, Jon Mulholland (Video 19:32) Dr Ivonne Mosquera-Schmidt (Video 35:77), Read 2 articles (5 section exam questions)
- Special Sport Conditions – Drs, Craig Couillard (Video 36:14), Jonathan Williams (Video 48:43), Tim Howey (Video 34:72) (10 section exam questions)
- Female Athletes – Drs Melissa MacDonald (Video 30:44), Beth Westie (Video 35.81), Read 2 articles (10 section exam questions)
- Mental Performance – Dr Leo Lewis (Video 45:62), Read 1 article (5 section exam questions)
- Transgender Athletes – Dr Melissa MacDonald (Video 57.20) (5 section exam questions)
- Pediatric Athletes – Read 3 articles (5 section exam questions)
- Senior Athletes – Read 3 articles (5 section exam questions)
- FINAL ASSESSMENT EXAM - (100 final exam questions)



Each of the unit topics in this course cover, how to:

1. Understand various aspects of sports nutrition including nutritional support for athletes with diabetes, sports nutrition, hydration in sport, and applications of herbs in sport.
2. Define the transgender athlete and discuss the participation of the transgender athlete in sports.
3. Develop an understanding of the special requirements for Paralympic athletes and describe the treatment of Paralympic athletes in sports.
4. Develop an understanding of special consideration when working with pediatric, female, and senior athletes.
5. Describe mental skills that will aid an athlete with their mental performance in athletics.
6. Define sports hernia and sports dermatology and describe the treatment of each condition in sport

**CEU 11: 44
hours/minutes
(Total Course 14:19
hours/minutes)**

Module 10 – International Sports Chiropractic

The purpose of this course is to provide Doctors of Chiropractic with an understanding of international sports chiropractic. This course will focus on FICS and the world of sport, the history of sports chiropractic and international games and FICS procedures at these games.

Unit Module – Instructor Drs, Christine Foss, Brian Nook, Jon Wilhelm, Lotte Langhoff

- International Sports Chiropractic – Dr Christine Foss – (Video 56:56)
- FICS and the world of sport – Dr Brian Nook – (Video 29:05)
- Chief de Mission perspective – Dr Lotte Langhoff (Video 19:00)
- Webinar working at International games - Drs Christine Foss and Jon Wilhelm – (Video 33:48)
- Optional View – Olympics and world of sport (Video 2.29)
- **FINAL ASSESSMENT EXAM: 18 questions**



Upon completion of this course, learners should be able to:

- Recognize the role of FICS in the world of sports
- Understand what individual sports chiropractors can do to promote FICS and sports chiropractic throughout the world.
- Understand FICS procedures regarding international games and history of Sports Chiropractic

CEU 02:30
hours/minutes
(Total Course 02:36
hours/minutes)