



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.



Learning Outcomes ICSC Full Program Overview

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

1. Complete the Upper and Lower Limb hands-on seminars (**Asynchronous and Synchronous learning = 44.30 hours**)

2. Complete ten (10) online learning modules

Asynchronous learning = 54.30 CEU hours (64.75 total course hours)**

3. Complete a minimum of **50 hours** of clinical in-field experience working with athletes.

FICS provides certification with both the **instructor hours excluding exam time (CEU hours) and total course time, which represents the total time to complete the learning and exams. You will need to check with your accrediting license board as to whether you can claim the CEU hours or the full course time.

For Candidates to be awarded the ICSC they must also meet the following requirements:

1. Hold a current Chiropractic degree
2. Provide a copy of current certification in CPR or equivalent credentials in emergency procedures - not more than two years old.

Requirements must be completed within **three years** from the date of enrolment.



Learning Outcomes – ICSC Program – Asynchronous

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 8:00 hours/minutes)

Learning Outcomes – ICSC Program – Asynchronous

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: 4:30 hours/minutes
(Total course time 5:25 hours/minutes)

Learning Outcomes – ICSC Program – Asynchronous

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 – Instructors Dr Chad D. Warshel

- Introduction to Sports Imaging – (Video 01:06:15) – Section quiz 8 questions
- Imaging Modalities – (Video 01:05:02) - Section quiz 8 questions
- Imaging Head and Face – (Video 01:02:49) - Section quiz 8 questions
- Imaging Spinal Injuries Part 1 – (Video 01:08:01) - Section quiz 8 questions
- Imaging Spinal Injuries Part 2 – (Video 01:08:47) - Section quiz 8 questions
- Imaging Upper Extremity Part 1 – (Video 01:01:20 - Section quiz 8 questions
- Imaging Upper Extremity Part 2 – (Video 01:09:46) - Section quiz 8 questions
- Imaging Lower Extremity Part 1 – (Video 01:05:59 - Section quiz 8 questions
- Imaging Lower Extremity Part 2 – (Video 01:06:19) - Section quiz 8 questions

FINAL EXAM: 20 questions: (Time limit 20 minutes)



Each of the unit topics in this course cover

- Definition
- Histological Process
- Mechanism of injury
- Initial presentation
- Signs and Symptoms
- Assessment
- Potential Problems, Complications

Course Assessment – 90 Questions

At the end of each section, students undertake 8 multiple-choice questions to test their subject knowledge.

FINAL EXAM – 20 questions – 1 minute per question

**CEU Allotment:
(10 hours)
Total course time
(12 hours)**

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. Rhabdomyolysis is a common and potentially fatal condition encountered by athletic trainers, coaches, primary care physicians and sports medicine physicians.

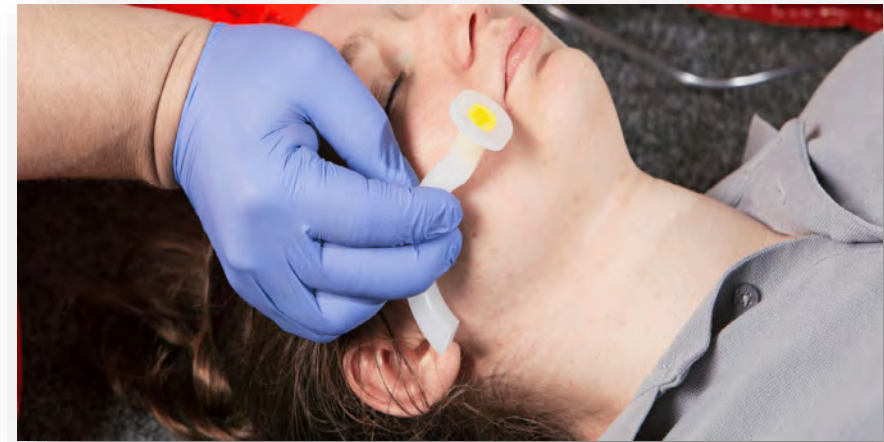
Section 2 – Instructor Dr Ira Shapiro

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

Section 2 – Instructor Dr James Geiselman

4. **VIEW:** Rhabdomyolysis (Video: 90 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: Understand the physical demand and physiological responses resulting in exertional rhabdomyolysis

**CEU Allotment- 5:25 hours/minutes
(Total course time 6:25
hours/minutes)**

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 , Tim Stark

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 03:25:00)

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 02:25:00)

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 10:30
hours/minutes
(Total course time 11:00)**

Learning Outcomes – ICSC Program – Asynchronous

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 8:00
hours/minutes
(Total course – 9:25
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 4:30
hours/minutes**

**(Total course 5:25
hours/minutes)**

Learning Outcomes – ICSC Program – Asynchronous

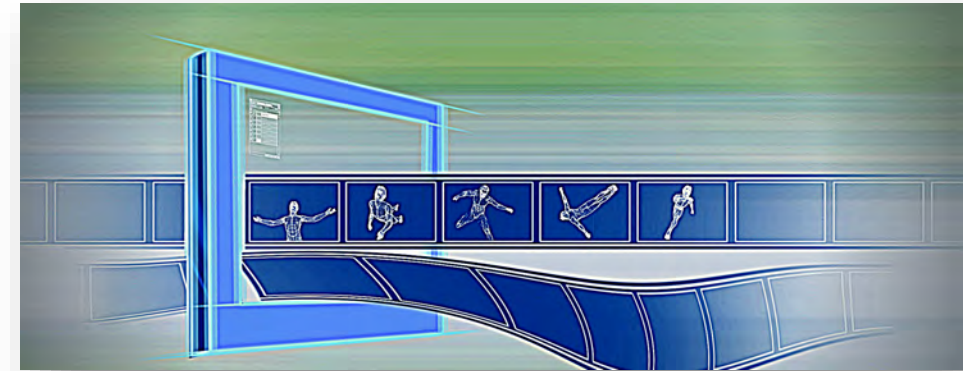
Module 8 – Strength Conditioning and Treatment Physiology

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,

- Exercise Physiology Part 1 - (Video 1:45:46) – Section Quiz 10 questions
- Exercise Physiology Part 2 – (Video 1:50:34) - Section Quiz 10 questions
- Exercise Physiology Part 3 – (Video 1:27:39) - Section Quiz 10 questions

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 5:00
hours**

**(Total course 6:00
hours/minutes)**

Module 9 – Cultural Diversity

This course will cover special sports populations including Paralympic athletes, female athletes, transgender athletes, senior athletes, paediatric athletes, mental performance in athletics.

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

- Gender Diversity (34:25) Dr Henry Pollard (10 section exam questions)
- Senior Athlete (55:40) Dr Anne Sorrentino (8 section exam questions)
- Pediatric Athletes (1:40:00) Dr Christine Foss (10 section exam questions)
- Differently Abled Athletes (34:25) Dr Anne Sorrentino (8 section exam questions)
- Female Athletes and menstruate cycles (1:17:00) Dr Giselle Foss (8 section exam questions)
- Regional Difference in Sport (1:20:58) Dr Steven Smilkstein (8 section exam questions)
- Biopsychosocial Model in Sport (1:20:58) Dr Thomas Ventimiglia (5 section exam questions)

FINAL ASSESSMENT EXAM - (24 final exam questions)



Course Objectivise:

- Current challenges in achieving gender equality in sport
- Identify the geriatric athlete in special populations; manage training and competition; special considerations for evaluation and treatment
- The pediatric athlete lecture will dive into the nuances and considerations in assessing and treating the pediatric athlete.
- differently abled athletes in special populations in the sports world and how they manage training and competition.
- Concept of the female menstrual cycle and how it pertains to the athlete and healthcare practitioner. Discussion on the research on the fascial changes during the female menstrual phases. The impact on athletes that the phases of the menstrual cycle have
- Top sports per region to highlight the similarities, the diversity and the links between the different regions
- The challenge doctors face when integrating the biopsychosocial elements when caring for the individual from the general population are greater when treating the professional or elite athlete.

**CEU - 7.5
hours/minutes
(Total Course 9:00
hours/minutes)**

Learning Outcomes – ICSC Program – Asynchronous

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 3:00
hours/minutes)