



International Certificate  
in Sports Chiropractic (ICSC)  
Seminar Hybrid Program  
Asynchronous and Synchronous



*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.

Doctors are required to completed 62 hours online learning and 44.5 hours of Practicum Assessment.

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

The ICSC seminar program covers the Upper and Lower Extremity. This is delivered as a hybrid module with both Asynchronous and Synchronous learning. 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.

The ICSC Upper Extremity Seminar

**Upper Extremity** total 22.5 hours.

- CEU value is 10.5 hours of online content asynchronous - 12 hours synchronous assessment

The ICSC Lower Extremity Seminar

**Lower Extremity** total 22 hours.

- CEU value is 10 hours of online content asynchronous - 12 hours synchronous assessment

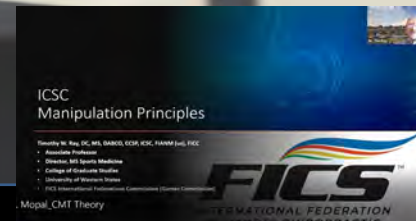


# ICSC Seminar

## International Instructor Pool

FICS have an international instructor pool, drawing some of the best instructors in their field from over seven different countries. This provides our doctors and students with a global approach to their education. There will be a myriad of athletes from different regions expecting different types of care that is appropriate for their region. The global approach to the ICSC education is really appropriate for that type of kind of specialty as a sports chiropractor. Our pool of Instructors delivering the Asynchronous and Synchronous parts of the course will depend on the country where FICS are delivering the seminar. Instructors are chosen based on their ability and their location to attend seminars.

- [Australia – Dr Henry Pollard](#)
- [Australia – Dr Pete Garbutt](#)
- [Australia – Dr Brett Jarosz](#)
- [Australia – Dr Rick Ames](#)
- [Australia – Trish Donoghue](#)
- [Australia – Dr Natalie Sharp](#)
- [Canada – Dr Scott Howitt](#)
- [Sweden – Dr Martin Isaksson](#)
- [South Africa – Dr Steven Smilkstein](#)
- [UK – Dr Mika Janhunen](#)
- [UK – Dr Thomas Jeppesen](#)
- [UK – Dr John Williamson](#)
- [USA – Dr Tim Stark](#)
- [USA – Dr Brian Nook](#)
- [USA – Dr Jon Mulholland](#)
- [USA – Dr Christine Foss](#)
- [USA – Dr Jordan Knowlton-Key](#)
- [USA – Tim Ray](#)
- [USA – Dr Jon Wilhelm](#)





# ICSC Seminar **Upper Extremity** Asynchronous Program

Delivered as a combination of live webinars and pre recordings. This theory component is the pre-requisite for attendance at the face-to-face seminar and delivered as a refresher of the ICSC online learning module one month prior to attending the seminar.

## **Sports Concussion**

Refresher of the background theory / physiology / neuroscience of each of the tests prior to the hands-on.

Presentation: 02:30:00

Section Exam: 5 questions

## **Mopal/CMT Theory – Upper Extremity**

Presentation 02:00:00

Section Exam: 5 questions

## **Taping – Upper Extremity**

Presentation 02:00:00

Section Exam: 5 Questions

## **Soft Tissue Interventions Upper Extremity**

Presentation 02:00:00

Section Exam: 4 questions

## **Assessment of Sports Injuries – Upper Extremity**

Presentation 01:00:00 – Shoulder

Presentation 01:00:00 – Hand, Wrist and Finger

Section Exam: 5 Questions

The online learning portion of this seminar is  
CEU 10.5 hours **Upper Extremity**

Section quiz conditions are 1 minute per question with an 80% pass mark. Enrolled candidates must hold a certificate of completion from this **Asynchronous** part of this course to attend the **Face-to-Face** session.



# ICSC Seminar – Upper Extremity Synchronous Program

This section is all hands on with instructor demonstration, scenarios and assessment of student skills. This is supported with Asynchronous learning prior to awarding of the ICSC certification. The Asynchronous learning includes the ICSC online learning modules and the ICSC pre theory recordings conducted one month prior to attending this face-to-face assessment. Student must hold a certificate of completion from the **Asynchronous part of this course to attend Synchronous Program.**

## Sports Concussion – 02:00:00

- Concussion on field recognition practical scenarios
- Concussion assessment initial and secondary assessment
- Concussion management assessment

## Mopal/CMT – Lab Upper Extremity 02:00:00

- Shoulder, wrist, hand and finger

## Soft Tissue Interventions – Lab Upper Extremity – 03:00:00

- Shoulder, wrist, hand and finger

## Taping – Lab Upper Extremity 02:00:00

Taping methods to support injury management and recovery using rigid and kinesiologists tape.

- Shoulder, wrist, hand and finger

## Practicum Assessment – Upper Extremity 03:00:00

- Shoulder, wrist, hand and finger



**The Face-to- Face portion of this program is CEU 12 hours Synchronous**

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

- Develop techniques which sports chiropractors can do to support athletes in the sporting setting
- Understand emergency procedures and the role of sports chiropractors regarding international games

**Upper Extremity Seminar – Total course value 22.5 hours**

# ICSC Seminar **Upper Extremity Objectives**

Below is the course objectives for each module.

## **Sports Concussion – 4.5 hours**

Concussion Updates (2 hours live, 2.5 hours asynchronous)

- The learner will become familiar with head injury in sport
- The learner will review head injury assessment procedure on the field
- The learner will gain skill at concussion evaluation procedures in the office
- The learner will understand the difference in assessment of vestibular, cervical and oculomotor symptoms as it relates to concussion
- Concussion lab will allow the student to practice concussion evaluation skills

## **Mopal/CMT – 4 hours**

Motion Palpation/CMT (2 hours live, 2 hours asynchronous)

- The course objective is to acquaint the student with the upper extremity and the biomechanical aspects of manipulation of the upper extremity
- The student will learn the coupled motions of upper extremity joint movement
- Functional upper extremity adjusting will be learned and practiced in a lab setting
- Understanding the aspects of upper extremity motion palpation
- The student will gain the concept of sport biomechanics and how this may pertain to upper extremity joint functionality

## **Taping – 4 hours**

Upper Extremity Taping Techniques in Sport (2 hours live, 2 hours asynchronous)

- The student will gain knowledge in skin prep for taping
- The learner will understand indications and contraindications in taping the athlete
- The overall objective of this module is to acquaint the student with skill in taping a variety of sport injuries for healing and optimal performance
- Taping lab will take the student on a journey in learning functional taping

Enrolled candidates will complete both the theory and hands on sessions to be deemed competent in the above module.





Below is the course objectives for each module.

## Soft Tissue Interventions (Theory 2 hours)

Soft Tissue Interventions of the upper extremity (2 hours asynchronous)

- The course objective is to review techniques of soft tissue interventions that are used in sport
- The learner will understand and review the indications of soft tissue interventions
- The learner will understand the contraindication in the application of soft tissue techniques
- The student will gain knowledge in conditions that would benefit from soft tissue techniques

## Soft Tissue Interventions (Practicum Hands-on 3 hours)

This part of the course objective is to review the basis of assessment and rehabilitation in the athlete;

- The student will understand the idea of load and intensity progression in corrective exercises
- The learner will gain knowledge in the progress in the return to sport plan
- Practical application of rehabilitation programs will be reviewed, and the learner will understand the indications of corrective exercises
- The student will gain an understanding of contraindications in exercise progression

Enrolled candidates will complete both the theory and hands on sessions to be deemed competent in the above module.



# ICSC Seminar **Upper Extremity Objectives**

Below is the course objectives for each module.

## **Upper Extremity Assessment (5 hours)** **(3 hours live, 2 hours asynchronous)**

### Shoulder

- To learner will gain the skills in evaluation of the shoulder
- The learner will understand the mechanism of injury and how it relates to diagnosis of a shoulder injury
- The learner will gain knowledge of the most common shoulder injuries in sport
- The learner will understand acute care, subacute and chronic care in shoulder injuries in sport
- The learner will gain the knowledge in the rehabilitation protocols in shoulder injuries.

### Elbow and Hand Course Objectives

- To learner will gain the skills in evaluation of the elbow
- The learner will understand the mechanism of injury and how it relates to diagnosis of an elbow injury
- The learner will gain knowledge of the most common elbow injuries in sport
- The learner will understand acute care, subacute and chronic care in elbow injuries in sport
- The learner will gain the knowledge in the rehabilitation protocols in elbow injuries.

## **Upper Extremity Course Summary:**

22.5 hours - continual education credits

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

Online theory section quiz conditions are 1 minute per question with an 80% pass mark

Enrolled candidates will be required to complete both the theory and hands on sessions and take part in all **Practicum Assessment to meet the requirement of this unit and attend a certificate of completion.**



# ICSC Seminar **Lower Extremity** Asynchronous Program

Delivered as a combination of live webinars and pre recordings. This theory component is the pre-requisite for attendance at the face-to-face seminar and delivered as a refresher of the ICSC online learning module one month prior to attending the seminar.

## Emergency Procedures

Presentation 02:00:00

Section Exam: 9 questions

## Mopal/CMT – **Lower Extremity**

Presentation 02:00:00

Section Exam: 5 questions

## Taping **Lower Extremity**

Presentation 02.00:00

Section Exam: 5 Questions



## Rehab – **Lower Extremity**

Presentation 02.00:00

Section Exam: 5 questions

## **Lower Extremity** Assessment of Sports Injury

Presentation 01:00:00 – Hip and Knee

Presentation 01:00:00 – Ankle and Foot

Section Exam: 5 Questions

Enrolled candidates must hold a certificate of completion from this Asynchronous part of this course to attend the Face-to-Face session.



The online learning portion of this seminar is  
CEU 10 hours **Lower Extremity**

Section quiz conditions are 1 minute per question with an 80% pass mark

# ICSC Seminar – Lower Extremity Synchronous Program

This section is all hands on with instructor demonstration, scenarios and assessment of student skills. This is supported with Asynchronous learning prior to awarding of the ICSC certification. The Asynchronous learning includes the ICSC online learning modules and the ICSC pre theory recordings conducted one month prior to attending this face-to-face assessment.

## Emergency Procedures – Practicum 02:00:00

- On field emergency procedures
- Spinal injury management
- Management of fractures in sporting setting
- Management of blood injuries

## Mopal/CMT – Lab Lower Extremity 02:50:00

- Lower Assessment. Ankle, Foot, Hip and Knee

## Rehab – Lab Lower Extremity – 02:00:00

- Ankle, Foot, Hip and Knee

## Taping – Lab Lower Extremity 02:50:00

Taping methods to support injury management and recovery using rigid and kinesiology tape.

- Ankle, Foot, Hip and Knee

## Practicum Assessment – Lower Extremity 03:00:00

- Ankle, Foot, Hip and Knee

**The Face-to-Face portion of this program is  
CEU 10 hours Synchronous + 12 hours Asynchronous**

**\*\* student must hold a certificate of completion from the  
Asynchronous part of this course to attend.**

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

- Develop techniques which sports chiropractors can do to support athletes in the sporting setting
- Understand emergency procedures and the role of sports chiropractors regarding international games



Below is the course objectives for each module.

## Emergency Procedures – 4 hours

### Emergency Procedures

(2 hours live, 2 hours asynchronous)

- The student will gain knowledge in emergency procedures on the field
- The objective of this module is for the student to understand the primary survey
- The student will walk through skills needed in the emergency care of the athlete on the field
- The student will gain experience in the primary and secondary survey of the athlete on the field

## Mopal/CMT – 4.5 hours

### Motion Palpation/CMT

(2 hours live, 2.5 hours asynchronous)

- The course objective is to acquaint the student with the lower extremity joint and the biomechanical aspects of manipulation of the lower extremity
- The student will learn the coupled motions of lower extremity joint movement
- Functional lower extremity adjusting will be learned and practiced in a lab setting
- Understanding the aspects of lower extremity motion palpation
- The student will gain the concept of sport biomechanics and how this may pertain to lower extremity joint functionality

## Taping – 4.5 hours

Lower Extremity Taping Techniques in Sport (2 hour live, 2.5 hours asynchronous)

- The student will gain knowledge in skin prep for taping
- The learner will understand indications and contraindications in taping the athlete
- The overall objective of this module is to acquaint the student with skill in taping a variety of sport injuries for healing and optimal performance
- Taping lab will take the student on a journey in learning functional taping

Enrolled candidates will complete both the theory and hands on sessions to be deemed competent in the above module.





Below is the course objectives for each module.

## Rehab - (Theory 2 hours)

Soft Tissue Interventions (2 hours asynchronous)

- The course objective is to review techniques of soft tissue interventions that are used in sport
- The learner will understand and review the indications of soft tissue interventions
- The learner will understand the contraindication in the application of soft tissue techniques
- The student will gain knowledge in conditions that would benefit from soft tissue techniques

## Rehab - (Practicum 2 hours)

Rehabilitation Techniques (2 hours live)

The course objective is to review the basis of rehabilitation in the athlete

- The student will understand the idea of load and intensity progression in corrective exercises
- The learner will gain knowledge in the progress in the return to sport plan
- Practical application of rehabilitation programs will be reviewed, and the learner will understand the indications of corrective exercises
- The student will gain an understanding of contraindications in exercise progression

Enrolled candidates will complete both the theory and hands on sessions to be deemed competent in the above module.



Below is the course objectives for each module.

## **Lower Extremity – 5 hours (2.0 hours live, 3 hours asynchronous)**

### Hip, Course Objectives

To learner will gain the skills in evaluation of the Hip

- The learner will understand the mechanism of injury and how it relates to diagnosis of a hip injury
- The learner will gain knowledge of the most common hip injuries in sport
- The learner will understand acute care, subacute and chronic care in hip injuries in sport
- The learner will gain the knowledge in the rehabilitation protocols in hip injuries.

### Knee Course Objectives

To learner will gain the skills in evaluation of the knee

- The learner will understand the mechanism of injury and how it relates to diagnosis of a knee injury
- The learner will gain knowledge of the most common knee injuries in sport
- The learner will understand acute care, subacute and chronic care in knee injuries in sport
- The learner will gain the knowledge in the rehabilitation protocols in knee injuries.

### Ankle and Foot Course Objectives

- To learner will gain the skills in evaluation of the ankle and foot
- The learner will understand the mechanism of injury and how it relates to diagnosis of the ankle and foot injuries
- The learner will gain knowledge of the most common ankle and foot injuries in sport
- The learner will understand acute care, subacute and chronic care in ankle and foot injuries in sport
- The learner will gain the knowledge in the rehabilitation protocols in ankle and foot injuries.

### **Lower Extremity Course Summary:**

22 hours - continual education credits

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

Enrolled candidates will be required to complete both the theory and hands on sessions and take part in all **Practicum Assessment to meet the requirement of this unit and attend a certificate of completion.**

