



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



Helping athletes achieve their optimal performance naturally



INTERNATIONAL FEDERATION
OF SPORTS CHIROPRACTIC

Learning Outcomes – ICSC Seminar Program

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

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 Lower Extremity Seminar

Lower Extremity total 22 hours.

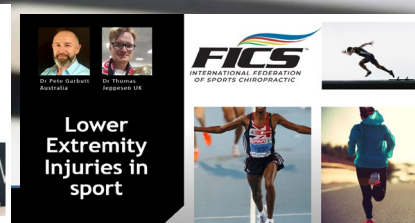
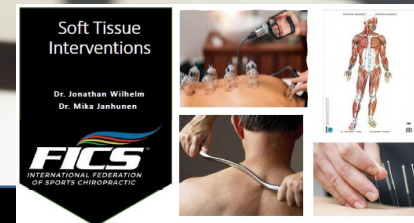
- CEU value is 10 hours of online content asynchronous - 12 hours synchronous assessment



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 **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**

Lower Extremity – 10 hours



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 self pace learning taken on the FICS learning platform, prior to attending this face-to-face assessment.

Mopal/CMT – Lab Lower Extremity

- Lower Assessment. Ankle, Foot, Hip and Knee

Rehab – Lab Lower Extremity

- Ankle, Foot, Hip and Knee

Practicum Assessment – Lower Extremity

- Ankle, Foot, Hip and Knee

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

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

**This part of the seminar is hands on
practicum and assessment of techniques**

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



ICSC Seminar **Lower Extremity Objectives**

Below is the course objectives for each module.

Emergency Procedures

Emergency Procedures

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 wall 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

Motion Palpation/CMT

Asynchronous & **Synchronous learning**

- 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

Lower Extremity Taping Techniques in Sport 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.



ICSC Seminar **Lower Extremity Objectives**

Below is the course objectives for each module.

Rehab

Soft Tissue Interventions 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

Synchronous Rehabilitation Techniques

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.



ICSC Seminar **Lower Extremity Objectives**

Below is the course objectives for each module.

Lower Extremity – Asynchronous + Synchronous

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.**

