

# INTERNATIONAL CERTIFICATE IN SPORTS CHIROPRACTIC (ICSC)



Fédération Internationale de Chiropratique du Sport  
The International Federation of Sports Chiropractic

**A WELL-ROUNDED INDIVIDUAL CHIROPRACTOR  
THAT IS QUALIFIED TO WORK AT SPORTING  
EVENTS THROUGHOUT THE WORLD.**

# TABLE OF CONTENTS

## Contents

1.	<b>ACRONYMS</b> .....	3
2	<b>GENERAL INFORMATION</b> .....	4
	What is the ICSC? .....	4
	Who needs this Accreditation? .....	4
	How much does it Cost and What’s in this for me? .....	4
3	<b>ELIGIBILITY</b> .....	6
4	<b>ICSC PROGRAM</b> .....	6
	4.1 Hands-on seminars .....	6
	4.2 On-Line ICSC e-Learning (eLS).....	7
	4.3 Professional experience.....	7
5	<b>Postdoctoral Recognition</b> .....	8
	The approval process to expedite to the ICSC. ....	9
6.	<b>COST</b> .....	10
	7.1 Cost e-learning ICSC self-directed e-Learning (eLS).....	10
	7.1.1 Cost Hands on Practical Seminars.....	11
	7.3 Cost Final administration.....	11
	Student discount:.....	11
	Payment plan .....	11
7.	<b>GETTING STARTED</b> .....	12
	1. Applying for the ICSC accreditation with Advanced Standing .....	12
	2. I need to do the full requirements of the ICSC. ....	12
8.	<b>COMPLETION PROCESS:</b> .....	13
9.	<b>CONTACT US</b> .....	13

# 1. ACRONYMS



- CCEI            Councils on Chiropractic Education International
- CPR            Cardiopulmonary resuscitation
- eLS            **e**lectronic 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 that is 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 program?

The ICSC program is a postgraduate certification program that is a combination of self-directed distance learning via an electronic learning system (eLS) and two weekend 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 on average 10 seminars a year in partnership with the NCSC's in as many different locations around the world 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's aim is 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 **to 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 organizers and the athletes that all doctors on the team are properly qualified and experienced, **and to 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 is 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 Olympics. **FICS has service agreements with 24 International sporting federations? Further information of our partners can be found on our website. <https://fics.sport/sponsors-and-partners/>**

## Why should I do this program?

### ***Your time as a volunteer at games has many rewards:***

Comradery, experience with multisport injuries, working at International games with International athletes, generosity, gratitude from athletes and event organizers, networking with other professions working at games. **The friendships and networks you make with athletes, sports chiropractors from around the world is priceless.**

***You join a truly worldwide movement and are spreading the benefits of sports chiropractic to even more corners of the world, showing the role which, we play in supporting athletes.***



***Every athlete deserves access to sports chiropractic***

## 3. ELIGIBILITY



In order to apply for the ICSC and participate in the eLS and/or in any of the hands-on seminars you must fulfill the following criteria:

1. Be a qualified chiropractor from a **CCEI** recognized 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 all you need to do is undertake the head injury in sport module to fulfill the requirements of the ICSC.

## 4. ICSC PROGRAM



**There are three parts which need to be completed to achieve the ICSC accreditation.**

1. Complete the Upper and Lower Limb hands on seminars
2. Complete the eLS online learning – 10 learning modules
3. Complete your clinical in field experience.

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 our best intentions, therefore extensions are offered to people who are finding that they need more time to complete.

### 4.1 Hands-on seminars

Each of the Upper and Lower seminars contain a 20-hour hands-on program, which cover the treatment of common sports injuries including joint assessment and manipulation, soft-tissue applications, and taping. A short lecture and review of head injuries in sport is also provided. Each component of the seminar is specific to the seminar; upper (UE) or lower (LE) extremity. Approx. hourly break-down per section.

- A. Concept of the Sports Chiropractor – 30-60 minutes (every seminar)
- B. Head Injury in Sport – 60 minutes (every seminar)
- C. Soft Tissue Therapy Procedures – 4 hours (UE or LE specific)
- D. Adaptive and Functional Taping and Bracing – 7-8 hours (UE or LE specific)
- E. Motion Palpation and Manipulation – 7-8 hours (UE or LE specific)

## 4.2 On-Line ICSC e-Learning (eLS)

The eLS consists of **TEN** modules. After each module, you will be required to pass a quiz. Each quiz must be passed in order to receive a Module Completion Certificate.

ICSC01 Head Injury in Sport
ICSC02 Professional Boundaries, Integrity in Sports and the Sports Medicine Team
ICSC03 Sports Imaging
ICSC04 Rehabilitation of Sports Injuries
ICSC05 Lower Extremity Injuries in Sport
ICSC06 Upper Extremity Injuries in Sport
ICSC07 Spine Injuries in Sport
ICSC08 Sports Physiology
ICSC09 Special Sports Populations
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. <https://fics.sport/wp-content/uploads/ICSC-Clinical-Experience-Record-SPREADSHEET.xls>
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 with the intent of an outcome of improving their ranks in a league, etc. **DOES count** as high performance.

3. Write a case study, or other publishable manuscript, where the topic has relevance to sports and performance and is published in a peer reviewed journal or a poster presentation, either at one of the FICS Symposia or at an international sports science conference (with a peer review process).

## 5. POSTDOCTORAL RECOGNITION



If prior to March 2019, you qualified for the ICCSP/ICCSD all you need to do is undertake the head injury in sport module to fulfill the completion requirements to expedite to the ICSC.

Those members who hold a postdoctoral sports-specific chiropractic degree are considered for expedite 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 own professional development. More information can be found in the ICSC information manual. If you are not sure about your degree and what you need to complete to expedite to the ICSC, as part of the validation of your credentials please send a copy of your degree and transcript to [admin@ficsport.org](mailto:admin@ficsport.org) and we will assist you with the requirements you need to complete.

1. Common certifications which 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)

The content of the degree, fellowship or certificate would need to contain specifically treatment of athletes, assessment of injuries on and off the field of play, concussion protocols, head trauma, facial injury assessment as well as 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
2. **A Post Graduate Diploma in Sports and Exercise Medicine.** The content would need to contain specifically treatment of athletes.
    - ✓ **ICSC E-Learning** - Head injury in Sport - **Module 1**
    - ✓ **ICSC E-Learning** - International Sports Chiropractic - **Module 10**
    - ✓ Complete **ONE (1)** of the professional experience requirements.

**Upon final application for the ICSC, you will also be required to provide other evidence to confirm your currency at the time of application.**

- Current certification in CPR or equivalent credentials - not more than 2 years old.
- Copy of transcript or diploma from your accredited chiropractic institution. **MUST** be from an accredited CCEI <https://fics-sport.org/portal/index.php/en/education>
- Current chiropractic license and copy of your diploma.

### **The awarding of the ICSC**

The final validation of evidence and awarding of the ICSC will attract an additional fee. All fees are outlined in section 6 of this manual. Once the ICSC completion is approved an invoice will be sent to you with information on how you can pay via credit card. Please note that FICS **do not accept cheques**.

### **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 constantly evolving. As we all know concussion is common in many sports and recreational activities. It is critical that all doctors which are working at International games as part of the FICS team have updated knowledge of head injuries, presentations and understanding of prolonged symptoms, complications, and sport regulations. 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/or cognitive deficits in the short term, as well as depression and cumulative deterioration in brain function in the longer term.

#### **International Sports Chiro – Module 10**

The purpose of this course is to provide 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 role the Chiropractor plays at international games, finishing with the FICS procedures and protocols for games. There is no advanced standing option awarded for this module, with everyone having to complete.

#### **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



The price is representative of the newly designed program and lends itself to the improved quality and current information in the ICSC program. FICS has made efforts to keep our costs at an affordable rate while limiting annual increases. It is not uncommon to see tuition costs increase at rates of 2%-10% per year (<https://www.insidehighered.com/news/2017/10/25/tuition-and-fees-still-rising-faster-aid-college-board-report-shows>). FICS has not increased the price of the e-learning courses since 2010 and the price increase in September 2019 of 25% increase falls in that lower range (2.5% per year).

FICS wants to provide the highest quality and most current sports chiropractic information to our members producing well rounded. You can register for all the amazing modules via the ICSC course website!

**CURRENCY NOTICE:** As FICS uses secure Swiss international banking for online transactions, all prices presented below are in Swiss Francs (CHF). It is helpful to note that the international exchange rate is approximately **\$1.05CHF = \$1USD**. This may vary slightly depending on the daily exchange rate

Find out more about registering as a member <https://fics.sport/memberships/>

## The ICSC cost structure has three parts:

- 7.1 Cost of the e-learning modules
- 7.2 Cost to attend the hands-on seminars – registration <https://fics.sport/iccsp-hands-on-modules/>
- 7.3 Verification of evidence and awarding of the final accreditation. **Note:** *Once your final application is approved you will receive a final invoice for payment. Please note that professional printing of ICSC accreditations are undertaken every two months. FICS is not responsible for international or bank fees charged to your account as a result of these transactions*

### 7.1 Cost e-learning

#### ICSC self-directed e-Learning (eLS)

- |                   |   |
|-------------------|---|
| ➤ FICS Member     | Full Program all 10 modules<br>\$2,500.00 |
| ➤ Non-FICS Member | \$3,500.00                                |

#### ICSC self-directed e-Learning (eLS)

- |                              |                                |
|------------------------------|--------------------------------|
| ➤ Head Injury                | Individual Modules<br>\$130,00 |
| ➤ International Sports Chiro | \$ 95,00                       |

### 7.1.1 Cost Hands on Practical Seminars

Seminars are held in partnership with the FICS members and associated National Council Sports Chiropractic (NCSC). The price to attend these seminars will depend on the location and the type of seminar UE or LE seminar which is being hosted.

### 7.3 Cost Final administration

The final verification process and administration costs associated with the awarding of the ICSC are broken up into three areas **depending on which pathway the member took to qualify for this accreditation.**

Members coming through the advanced standing pathway, will require some extra administration to ensure the appropriate checking of the documentation is undertaken, as the advanced standing qualification are issued by an organisation other than FICS.

**1. \$105.00 CHF advanced standing – other postdoctoral degrees**

These members will require some administration to ensure the appropriate checking of the documentation is complete and verified as authentic.

**2. \$45 CHF - \$65 CHF – members who currently hold an ICCSP/ICCSD**

The cost will cover the admin, printing and postage\*\*\* members coming from a country where a local printer has been established to reduce postage costs will be offered a discount rate of \$45.00

**3. No Charge – Full ICSC program**

New members applying for and paying for the full ICSC accreditation today are paying anywhere up to \$4,000 for the program. Therefore, FICS will absorb some of the cost of the professional printed certificate.

#### Student discount:

- FICS offer students payment plan options.
- Promotion codes for the eLS offered for students attending seminars.
- **Student discount Seminars** may apply to seminars depending on the location.

#### Payment plan

Once the first payment is made the student contacts us when they are ready and have the funds to buy the next set of modules, noting that the total plan must be paid within **18 months of signing up**. Contact [admin@ficsport.org](mailto:admin@ficsport.org) to register for this. If you would like to negotiate something different from the below please contact us. All prices quoted are in USD.

#### Plan 1

Payment 1 - \$500 2 modules  
Payment 2 - \$750 3 modules  
Payment 3 - \$500 2 modules  
Payment 4 - \$750 3 modules

#### Plan 2

Payment 1 - \$750 3 modules  
Payment 2 - \$500 2 modules  
Payment 3 - \$750 3 modules  
Payment 4 - \$500 2 modules

# 7. GETTING STARTED



## 1. Applying 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.

If you are a student and require assistance with a payment plan please reach out to [admin@ficsport.org](mailto:admin@ficsport.org).

2. Complete all the **10 FICS eLS module**:

3. Complete both hands-on seminars; Upper and Lower Extremity. FICS hold up to 10 seminars a year and try to get to as many locations as possible to make it easy for members to access this training. For a up to date list of seminars and how to register visit. <https://fics.sport/iccsp-hands-on-modules/>.

*Note: If you don't see a seminar near you, consider contacting your local NCSC and enquire about hosting a seminar with FICS. Get them to contact FICS via email [admin@ficsport.org](mailto:admin@ficsport.org).*

4. Start your 50 hours of professional experience:

You can choice 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 manuscript, 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 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](mailto:admin@ficsport.org).

FICS will undertake the necessary checks and verification of your evidence. Please allow up to 3 working weeks for a ruling.

**Documents: - Refer 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 copy of current certification in CPR or equivalent credentials in emergency procedures - not more than 2 years old.
5. Copy of transcript or diploma from a CCEI accredited chiropractic institution.  
<https://fics-sport.org/portal/index.php/en/education>
6. Current chiropractic license/registration

## 9. CONTACT US



FICS is now a strategically focused, tactically oriented organization that is cloud based to provide security of data and flexibility of operations. This move to the cloud enabling the organization 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.

**FICS is currently supported by administrative services from Australia.** Please note when contacting admin support that there may be a delay due to the time zone where you live, compared to the Australia admin office. FICS Admin service will generally reply and acknowledge emails **within 48 working hours** and will provide you with the assistance which you need to address any questions which you may have.

**Calls to the below number after 6pm or before 7am, Australian time** will go to a voice message where you can leave a message in regard to your enquiry. We would also like to encourage you to email the admin office on the below email address as this will allow you to provide full details of your enquiry and allow us to ensure

we provide prompt followup. **To keep up to date** with all the dates of 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:**

PO Box 3032, Weston Creek,  
Australian Capital Territory 2611, Australia  
Tel: +61 417 324 384  
Email: [admin@ficsport.org](mailto:admin@ficsport.org)

***FICS members join a truly worldwide movement and are spreading the benefits of sports chiropractic to even more 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.***

