



Physiotherapy, Sports Massage and Reflexology

Course 01: Physiotherapy, Sports Massage and Reflexology Complete Bundle

Physiotherapy Course

- What is Physiotherapy?
- What do Physiotherapists do?
- History of Physiotherapy
- Skeletal Muscle Structure
- Neuromuscular System
- Injury Prevention
- What is Sports Physiotherapy?
- Osteoporosis
- Back Pain & Critical Care
- Aqua therapy & Hydrotherapy
- Different Therapy Techniques
- Treatment Method
- Physiotherapy For MND Patient
- Musculoskeletal Physiotherapy (MSK)
- TENS Machines
- What is Therapeutic Ultrasound?
- Becoming a Physiotherapist

Sports Massage

- Introduction to Sports Massage
- Working as Sports Massage
- Understanding Anatomy
- Phases of Injury
- Athlete History
- Treatment Modification
- Specific Treatments
- Further Education

Reflexology

- Introduction to Reflexology
- Historical Roots
- Benefits of Reflexology
- Theories & Effect of Reflexology
- Foot Reflexology
- Reflexology Techniques
- Reflexology Aftercare
- Hand Reflexology
- Special Reflexology Treatments

Course 02: Sports Medicine Fundamentals

- Module 1: Sports Medicine
- Module 2: Careers in Sports Medicine
- Module 3: Top Ten Common Sports Injuries
- Module 4: Common Sports Medicines
- Module 5: Nutrition and Weight Management
- Module 6: Medical Problems Faced by Athletes
- Module 7: Sports and Exercise
- Module 8: Imaging in Sports Medicine
- Module 9: Performance Enhancement
- Module 10: The Future of Sports Science

Course 03: Physiotherapy Assistant

- Module 01: Introduction to Physiotherapy
- Module 02: The Standards for Physiotherapists
- Module 03: The Physiotherapy Interventions
- Module 04: Sports Physiotherapy
- Module 05: Neurological Physiotherapy
- Module 06: Musculoskeletal Physiotherapy
- Module 07: Respiratory Physiotherapy
- Module 08: Paediatric Physiotherapy
- Module 09: Evidence-Based Physiotherapy (EBP)
- Module 10: Building a Career as a Physiotherapist

Course 04: Sports and Fitness Coaching

Sports Coaching Diploma - Updated Version

- Module 1: Introduction to Sports Coaching
- Module 2: Psychological, Motivational, and Behavioural Training for Sports
- Module 3: Techniques for Sports Coaching
- Module 4: Physical Fitness and Training
- Module 5: Management Skills for a Sports Coach
- Module 6: Coaching for Popular Sports
- Module 7: Nutrition Concerns for Athletes
- Module 8: Sports Injury Prevention and Rehabilitation
- Module 9: Children and Parent in Sports
- Module 10: Women Coaches
- Module 11: Coaching and Ethical Practice

Sports Coaching Diploma - Old Version

- Module 01: Introduction to Sports Coaching
- Module 02: Skills and Responsibilities of Sports Coaches
- Module 03: Principles of Coaching
- Module 04: The Psychology of Sports Coaching – Part 1
- Module 05: The Psychology of Sports Coaching – Part 2
- Module 06: Physical Fitness for Athletes – Part 1
- Module 07: Physical Fitness for Athletes – Part 2
- Module 08: Coaching Football – Techniques
- Module 09: Coaching Football – Tactics
- Module 10: Coaching Strategies in Cricket
- Module 11: Notes for Coaches in Cricket
- Module 12: Coaching for Other Popular Sports
- Module 13: Battling Drugs
- Module 14: Nutrition Concerns for Athletes
- Module 15: Sports Injury Prevention and Rehabilitation

Course 05: Sports Nutrition Course Level 3

- Module 01: Introduction to Nutrition
- Module 02: The Role of Nutritionist
- Module 03: The Digestive System
- Module 04: Nutrients for Life – Macronutrients
- Module 05: Nutrients for Life – Micronutrients
- Module 06: Nutrition Requirements for Adults and Various Groups
- Module 07: Healthy Dieting
- Module 08: Weight Control Management
- Module 09: Weight Loss Management
- Module 10: The Day of Competition
- Module 11: Replacing Nutrients After Competition

Course 06: Sports First Aid Complete Training

- Module 1: Introduction to Sports First Aid
- Module 2: Initial Assessment
- Module 3: Life-Saving Priorities
- Module 4: Common Injuries
- Module 5: Major Injuries
- Module 6: Environmental Injuries
- Module 7: Medical Emergency
- Module 8: Things to Keep in Mind

Course 07: Personal Trainer: Healthy Fitness

- Section 01: 7 Day Work Program
- Section 02: Bodybuilding Tips
- Section 03: HIT
- Section 04: Hypertrophy
- Section 05: Joint Health 101
- Section 06: Workout

Course 08: Deep Tissue Massage Therapy

- Introduction
- The Massage Strokes Correct and Incorrect Ways
- Full Body Deep tissue Massage
- Full Massage Sequence

Course 09: Sports Injuries

- Module 01: Introduction to Sports Injuries
- Module 02: Top Ten Common Sports Injuries
- Module 03: Other Injuries Related to Sports and their Treatment
- Module 04: Internal Organ Injuries and their Treatment
- Module 05: Sports First Aid
- Module 06: Sports Medicine
- Module 07: Anatomy and Physiology of Sports Injuries
- Module 08: Drugs and Doping in Sport
- Module 09: Medical Assessment and Pre-participation Screening
- Module 10: Treating Medical Emergencies in Sports
- Module 11: Prevention and Rehabilitation Planning of Sports Related Injuries

Course 10: Sports Psychology

- Module 01 – Introduction to Sports Psychology
- Module 02 – Mental Toughness
- Module 03 – Imagery
- Module 04 – Motivation in sport
- Module 05 – Goal Setting in Sport
- Module 06 – Arousal, Stress, and Anxiety
- Module 07 – Arousal Regulation
- Module 08 – Concentration
- Module 09 – Exercise and Psychological Wellbeing
- Module 10 – Athletic Injuries and Psychology
- Module 11 – Sports Psychology as a Coach
- Module 12 – Parents Involvement in Sports Psychology
- Module 13 – Sports Psychology at Workplace
- Module 14 – How to Be a Better Competitor

Course 11: Personal Hygiene

- Module 01: Introduction to Personal Hygiene and a Brief History
- Module 02: Looking Clean, Smelling Clean
- Module 03: Improving and Maintaining Oral Health
- Module 04: Care of the Eyes
- Module 05: Ear Care Secrets
- Module 06: Foot & Nail Care in Personal Hygiene
- Module 07: Hair Care Hygienic Ways
- Module 08: Hygienic Approach to Skin Care
- Module 09: Maintain Good Toilet Hygiene
- Module 10: Potential Hygiene Guidelines
- Module 11: Personal Hygiene During Coronavirus Pandemic



Thank You