



Physiotherapy, Sports Massage and Reflexology Complete Bundle

⇒ Course 01: Physiotherapy, Sports Massage and Reflexology Complete Bundle

- Physiotherapy Course
- Recommended Reading
- Sports Massage
- Reflexology

⇒ Course 02: Deep Tissue Massage Therapy

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

⇒ Course 03: Learn the Art of Massage

- Introduction Part 1
- Introduction Part 2
- Introductory Stroke
- Upper Back Pressure
- Upper Back Pressure (positioned lower back)
- Trapezius- Seated
- Open Up Pectorals
- Scalines
- Shoulders
- Top of Shoulders Seated
- Face and Scalp
- Hand Massages
- Foot Massages

⇒ Course 04: Sports Therapy

- Introduction to Sports Therapy
- Professionalism and Ethics of Sports Therapy
- Anatomy & Kinesiology
- Assessment of Sports Injuries
- Sports Injuries Depend on Sports Profile
- Common Sports Injuries
- Major Sports Injure
- First Aid Treatment
- Sports Nutrition
- Rehabilitation Exercise
- Sports Massage Treatments
- Hydrotherapy & Electrotherapy

⇒ Course 05: Hydrotherapy

- Introduction to Hydrotherapy
- Anatomy and Physiology Review
- Types of Hydrotherapy
- Effects of Hydrotherapy
- Common Conditions Treated with Hydrotherapy
- Hydrotherapy for Shoulder and Lower Limb
- Hydrotherapy for Animals

⇒ Course 06: Pain Management

- Introducing Pain Management
- Pain Theories
- Types of Pain
- Physiology and Psychology of Acute Pain
- Pain as a Long-term Condition
- Back and Neck Pain
- Headache
- Neuropathic Pain and Its Management
- Cancer Pain
- Assessment of Pain
- Relaxation for Pain Management

⇒ Course 07: Foot Health Practitioner (FHP)

- A Comprehensive Introduction to FHP
- Anatomy and Physiology of Foot
- Systems in the Foot
- Foot Dermatology
- Examination and Diagnosis in Clinical Management
- Podiatry Equipment and Instrument
- Foot Disorders
- Treating Foot Disorders
- Diseases of the Nail and Their Treatment
- Management of High-Risk Patients
- Diabetic Foot
- Pedicure
- Reflexology

⇒ Course 08: Understanding Nutrition and Health Level 4

- Introduction to Nutrition
- Nutrients for Life – Nutrients for Life Macronutrients
- Nutrients for Life – Micronutrients
- Nutrition Requirements from Pregnancy to Teenage
- Nutrition Requirements for Adults and Various Groups
- Healthy Dieting
- Eating Disorders
- Diet and Nutrition Related Diseases
- Use of Nutrition in Different Illnesses/Diseases
- Weight Control Management
- Weight Loss Management
- Basics of Ketogenic Diet
- The Role of Nutritionist

⇒ Course 09: Sports Psychology

- Introduction to Sports Psychology
- Mental Toughness
- Imagery
- Motivation in sport
- Goal Setting in Sport
- Arousal, Stress, and Anxiety
- Arousal Regulation
- Concentration
- Exercise and Psychological Wellbeing
- Athletic Injuries and Psychology
- Sports Psychology as a Coach
- Parents Involvement in Sports Psychology
- Sports Psychology at Workplace
- How to Be a Better Competitor

⇒ Course 10: Sports Medicine Fundamentals

- Sports Medicine
- Careers in Sports Medicine
- Top Ten Common Sports Injuries
- Common Sports Medicines
- Nutrition and Weight Management
- Medical Problems Faced by Athletes
- Sports and Exercise
- Imaging in Sports Medicine
- Performance Enhancement
- The Future of Sports Science

⇒ Course 11: Sports First Aid Complete Training

- Introduction to Sports First Aid
- Initial Assessment
- Life-Saving Priorities
- Common Injuries
- Major Injuries
- Environmental Injuries
- Medical Emergency
- Things to Keep in Mind

⇒ Course 12: Science-Based Workout: Build Muscle, Lose Fat & Get Fit

- Introduction
- The Science Behind Building Muscle & Losing Fat
- Beginner Workout Program
- Motivation & Goal Setting

⇒ Course 13: Personal Hygiene

- Introduction to Personal Hygiene and a Brief History
- Looking Clean, Smelling Clean
- Improving and Maintaining Oral Health
- Care of the Eyes
- Ear Care Secrets
- Foot & Nail Care in Personal Hygiene
- Hair Care Hygienic Ways
- Hygienic Approach to Skin Care
- Maintain Good Toilet Hygiene
- Potential Hygiene Guidelines
- Personal Hygiene During Coronavirus Pandemic

⇒ Course 14: Complete Communication Skills Master Class for Life

- Module 01: Effective Communication
- Module 02: How to Talk to Anyone
- Module 03: Power of Storytelling
- Module 04: Becoming an Influencer
- Module 05: Importance of Body Language
- Module 06: Communication Skills for Job Interviews
- Module 07: Public Speaking



Thank You