

APPLICATION FORM

Please complete the following enrolment form:

Surname: _____

Forename: _____

Address: _____

Postcode: _____

Tel. No.: _____

Email: _____

Occupation: _____

Qualifications: _____

Age: _____

I hereby apply for the Sports Event Massage course in ***Aberdeen/Inverness/Edinburgh** (*Please delete as appropriate) and enclose the non-refundable registration fee of £245 payable to Scottish Massage Schools. I also enclose copies of my diplomas, insurance and first aid certificate.

SMS adheres to the Data Protection Policy and will not share your information with any other organisation.

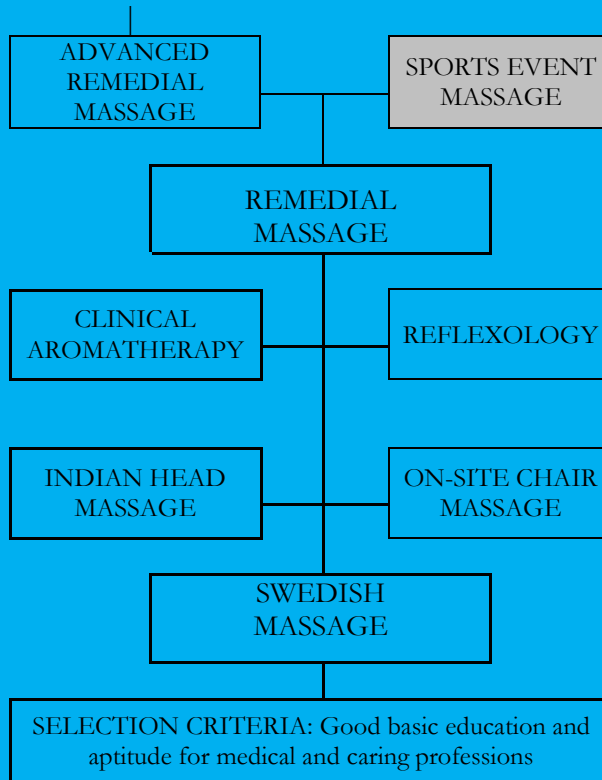
Signed: _____

**WHERE DID YOU HEAR ABOUT
THE COURSE?**

CAREER PROGRESSION

The courses run by Scottish Massage Schools are intended to provide the serious student with a complete career structure.

MANIPULATIVE THERAPY



© Scottish Massage Schools

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**DIPLOMA IN
SPORTS EVENT
MASSAGE
IN
ABERDEEN,
INVERNESS &
EDINBURGH**



SPORTS EVENT MASSAGE

Sports Events Massage is a specialised form of Massage which may be performed pre-, inter- and post a sporting event. In long competitions comprising of many heats/events, techniques may be performed between the heats and finals.

CONTENT

- Specific and specialist techniques for event massage and clinical treatment of athletes at all levels
- Musculo-skeletal anatomy and pathology of sporting injuries, and common mechanisms
- Likely contraindications encountered
- Consultation and assessment techniques
- The role of exercise physiology, sports psychology, sports nutrition, components and principles of training, the rehabilitation process and use of ancillary equipment to aid recovery
- Requirements of the sports therapist's kit bag
- Sports Pitch-side First Aid
- Working with heat and ice
- Intro to taping & strapping

ENTRANCE REQUIREMENT

Diploma in Remedial Massage, or equivalent.

DURATION

Six weekends 8.30am – 5pm each day. See enclosed letter for dates.

VENUES

Edinburgh, Aberdeen

FEES

£995

Registration (non-refundable):

£245

Tuition:

Option 1 - £750

Option 2 - 4 instalments @ £200, monthly by banker's order

LORNA FORRESTER

BSc MBA TQFE

DSM DOSM DIR DCA RMT SMTO



SPORTS EVENT MASSAGE

Sports Massage is a range of advanced hands-on techniques that are performed with specific knowledge of how the body reacts to training and competition. The practitioner also has a high level of awareness in assessing injuries, applying the appropriate treatment that should be carried out according to the athlete, the situation and the sporting environment. Sports Massage can take place in a controlled clinical setting, or in a field type environment, where it is generally referred to as Sports Event Massage.

Graduates are invited to apply to the Scottish Massage Therapists Organisation for membership and insurance

COURSE TUTORS

Lorna Forrester DSM DOSM DIR DCA RMT SMTO – Principal of Scottish Massage Schools and is involved with all courses in Edinburgh and Aberdeen. Lorna is a practising Remedial and Sports Massage Therapist, Clinical Aromatherapist, Reflexologist and On-Site Massage Therapist in Edinburgh, and runs her own company offering Massage in the Workplace to businesses throughout the UK.

Gavin Cooper DARM RMT DSpm – course leader of the Sports Event Massage course throughout Scotland, and tutor on the Remedial & Sports massage course. Gavin also runs SMS CPD workshops in Advanced Specialist massage techniques.

Gavin teaches full time on the Sports Therapy course run by City of Glasgow College and runs busy clinics in both the Lothian and Fife areas.

Gavin is a keen competitive cyclist, racing competitively since the age of 15, but has been involved in a variety of sports from a participation, organisational and treatment perspective, for over 15 years.

Other speakers, experts in their own fields, will be invited to give lectures during the course. This may include; Sports Psychologist, Sports Pitch-side First Aiders, Nutritionists, and Sports Doctor.

We also intend to have the involvement of a high profile Sporting athlete to present on the course.