



**BODYINNOVATION**  
REVIVE • MOVE • ENHANCE

SPORTS AND DEEP TISSUE  
**MASSAGE  
COURSE**

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## SPORTS AND DEEP TISSUE MASSAGE COURSE

Interested in working in sport, fitness, or wellness? Learn how to release muscle tension and support athletes with preparation, maintenance, and recovery treatments. Choose online theory or combine it with practical training and examination. Perfect for fitness and coaching professionals looking to enhance their skills and continue their professional development.

*(No NQF or credits awarded)*



“ As a biokineticist taking the course, I had precious apprehensions that it wouldn't be as medical and scientific as our field requires treatment to be. The course was not only medically structured from a content perspective but also instructed to give a deeper insight into truly understanding treatments and adapting approaches to meet the clients needs. Along with a comfortable, friendly and professional learning environment - it was a great experience, thank you! ”

- Laila Cajee

## MEET YOUR INSTRUCTOR

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## MEET YOUR INSTRUCTOR **NICOLA MACLOED**

Nicola Macleod (BA Hons. Biokinetics) is an Olympic Strength and Conditioning Coach and Sports & Deep Tissue Massage Therapist with over 17 years of experience in the sports, health, and fitness industry.

“Massage has been essential in building my career, working with Olympic athletes, weekend warriors, and desk-bound professionals. This wealth of experience has enabled me to create a course that’s both practical and comprehensive.”

Many previous students have gone on to successful careers as biokineticists, physiotherapists, chiropractors, and massage therapists, with this course providing them with a strong foundation.

## COURSE PACKAGES **PRICING**



### FULL MASSAGE COURSE

Includes the theory and practical course  
with training and practical exams.

**R10,170.00**

### THEORY ONLY

or partial payment

**R4,185.00**

### PRACTICAL ONLY

**R8,385.00**

## LEARNING OUTCOMES

# COURSE OVERVIEW

- 01 -

### **MASSAGE THEORY**

Gain an understanding of massage fundamentals, including its effects, benefits, contraindications, and the ethical and professional procedures involved.

- 02 -

### **MUSCULOSKELETAL ANATOMY\***

Learn essential medical terminology, basic physiology, and the structure of the skeletal and muscular systems.

- 03 -

### **FUNCTIONAL ANATOMY\***

Explore muscular anatomy and function, and conduct functional assessments of specific muscles.

- 04 -

### **SPORTS AND INJURIES\***

Understand the differences between professional athletes and recreational participants, and identify common sports injuries.



- 05 -

### **MASSAGE TECHNIQUES**

Master therapeutic and sports massage techniques, including pre-event, post-event, and maintenance treatments.

### **BONUS**

Stretching workbook and instructional video

Practical pack (for in-person participants): Includes massage oil, towels, face mask, and a custom massage gift.

*\*Exemption may be given based on prior learning*

## BREAKDOWN AND TIMELINE

# COURSE LAYOUT



### THEORY ONLINE VIDEO TUTORIALS

This six-week course features online video lessons, with approximately two hours of video content and manual review work per week. You can complete the material at your own pace and on your own schedule.



### THEORY ONLINE VIDEO TUTORIALS

The practical training will span four consecutive days in Pretoria, South Africa, for a total of twenty hours. During this time, participants will both give and receive massages with fellow attendees and volunteers.



### THEORY EXAM

On the final day of the practical course, a written theory exam will be administered. A minimum pass rate of 70% is required to qualify for the practical exam.







### TRAINING HOURS AND PRACTICAL EXAM

After the practical course, participants must complete 50 training hours of massage, including 10 case studies. Once completed, you can submit a video for your practical exam or schedule an in-person exam in Pretoria, South Africa.

**IMPORTANT INFORMATION:** *The Allied Health Professions Council is the only professional association for massage therapists in South Africa. Short courses in massage are currently not recognised for accreditation by the Allied Health Professions Council. On completion of the course, you will receive a certificate of attendance and completion of a short course in Sports and Deep Tissue Massage presented by Body Innovation which you may use to work in the field of massage.*

## REVIEWS AND FEEDBACK

# TESTIMONIALS

“ Nicola, your process, attitude, instruction and hands-on method are great and inspired confidence.

“ The online videos were very useful, very good. I wouldn't change a thing!

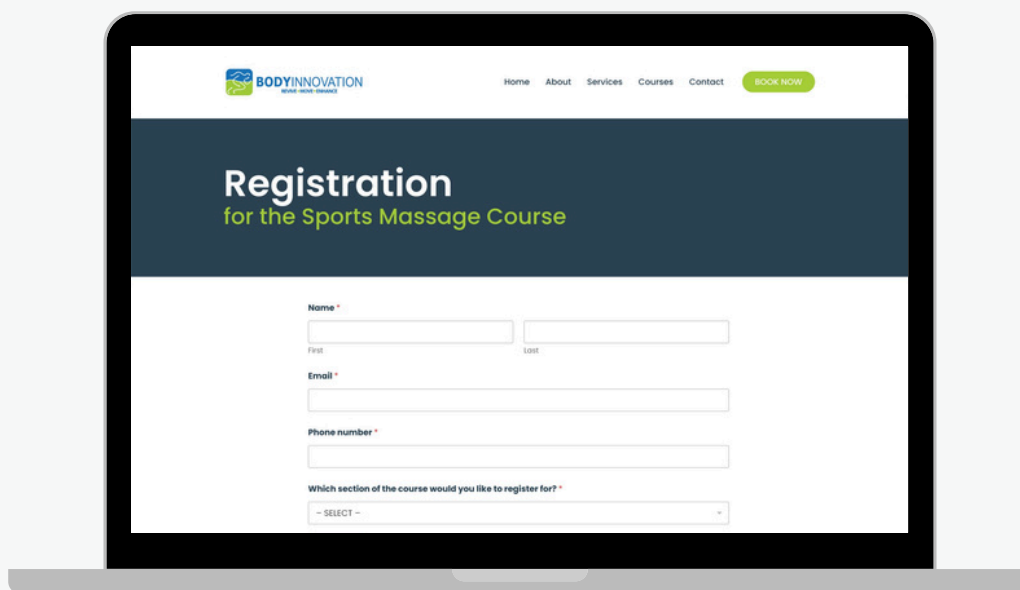
“ The team at Body Innovation offer a comprehensive course that offers everything one needs to become a proficient sports and deep tissue massage therapist. the course and material cover all bases and works very well with the practical sessions.

“ A super course for the novice and the advanced!

REGISTER

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## JOIN NOW REGISTER



We believe in providing personalized, high-quality training, which is why we limit the practical course to just 8 participants. This ensures focused, hands-on instruction for each student, creating an optimal learning environment.

Don't miss out – **book your spot now!** Spaces fill up quickly, and this is your opportunity to receive the best possible training in a small-group setting.

**REGISTER NOW**

*Upon registration, you'll receive immediate access to the theory course content through our online learning platform. A course link and login details will be sent to your email. You'll have access to videos, quizzes, and all necessary materials. Please ensure that all content is completed prior to attending the practical course, as this is a key requirement for participation.*