

# Level 1 Certificate Massage Therapy

15 Week Course, 1 Evening per week Now Enrolling for September Start

Exchange House, Main Street, Ballincollig, Cork, Email: incotcork@gmail.com Tel: 921 2417762 www.incot.in







### Level 1 Certificate Course in Massage Therapy



This 15 week course in Level 1 Massage
Therapy is ideal for anyone wishing to learn
the skills of massage. The course is
accredited by the Federation of Holistic
Therapists (FHT) Ireland and the UK.

This course will give you the necessary skills to be a confident and effective Level 1 massage therapist working only on non-injured tissue. It is an ideal introduction to the field of Massage Therapy.

**Course dates:** The course will run 1 evening per week on a Thursday from 6:30 pm to 9:30 pm.

### Dates for 2024: Start date Thursday 12th September

Venue: International College of Orthopaedic Therapy (INCOT), Exchange House, Main

Street, Ballincollig, Co Cork.

Course Fees: €850.

Booking deposit of €300 payable with application Balance due prior to starting the course

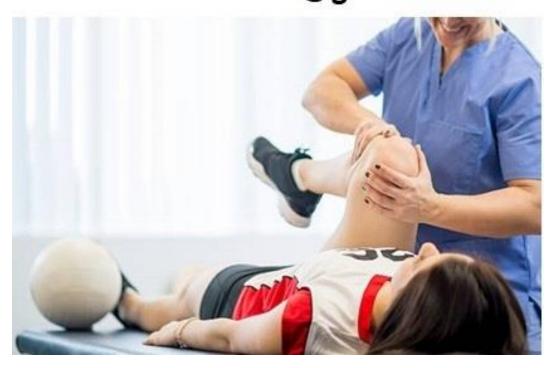
For further details contact INCOT at: 021 2417762 or 086 6613997

Email: incotcork@gmail.com



# ITEC Level 3 Diploma in Sports Massage Therapy Now enrolling for September Start

Classes 1 evening per week
Visit www.incot.ie for details
Email: incotcork@gmail.com





## Level 3 Certificate in Sports Massage Therapy



Course Duration: 1 Year (September to

May)

### Qualification:

ITEC Level 3 Certificate in Sports Massage Therapy.

Course Fee: €2,200 includes exam fees.

€500 deposit on application.

The balance of €1,700 payable prior to start

date.

**Courses schedule:** Thursday evenings 6.30 to 9.30pm.

Start date: Thursday 12th September 2024.

#### Modules covered include:

- Functional Anatomy & Physiology & Nutrition for Sports Therapies,
- Applying Sports Massage methods to Non Pathological Tissue.
- Business, Conduct and Professionalism.
- · Benefits of Massage
- Massage Techniques,
- Contra indications to Massage
- Client Care & Home Care Advice
- Client records and Consultation forms
- Formulating a treatment plan
- Case studies