



# Level 1 Certificate in Massage Therapy

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

Exchange House, Main Street, Ballincollig, Cork. Email: [incotcork@gmail.com](mailto:incotcork@gmail.com) Tel: 021 2417762 [www.incot.ie](http://www.incot.ie)



*i.c.o.t.*  
INTERNATIONAL COLLEGE OF ORTHOPAEDIC THERAPY



## 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](mailto: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](http://www.incot.ie) for details**

**Email: [incotcork@gmail.com](mailto: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