



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 Tel: 021 2417762 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



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 14th September 2023.

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