



CSMA[®]

**SPORTS MASSAGE SPECIALTY
CERTIFICATE**

CSMS PROGRAM GUIDE

BORN FOR THE ATHLETE[®]



CROSSFUNCTIONACADEMY.COM

Message From Your Program Director



Unleash the Power of Sports Massage!

"Sports massage is more than just a technique— it's a commitment to understanding the body, unlocking potential, and helping others achieve their best."



Dear Future Students,

I want to take a moment to share something deeply personal with you—how sports massage has transformed my life and how it can do the same for you.

Years ago, I found myself at a crossroads, struggling with physical limitations that impacted not only my athletic performance but my overall well-being. That's when I discovered the true power of sports massage. It wasn't just about relieving sore muscles; it was a gateway to understanding my body, unlocking its potential, and pushing beyond the limits I once thought were unbreakable.

This journey led me to create the CSMA program specifically for people like you. I've walked the path, felt the frustrations, and celebrated the victories. Now, I'm here to guide you on your journey to mastery.

The CSMA curriculum is designed with one goal in mind: to equip you with the skills, knowledge, and confidence to serve athletes at every level. Whether it's a weekend warrior or a seasoned professional, you'll learn how to use assessments, master a variety of tools, and expand your toolbelt for optimal success.

In this program, you won't just learn techniques; you'll understand the 'why' behind them. You'll be prepared to address the unique needs of any athlete who books an appointment with you. Our holistic approach ensures that when you step into a session, you're not just a therapist—you're a vital part of your client's athletic journey.

I believe in the power of sports massage because I've lived it. Now, I'm inviting you to discover how it can change your life and the lives of those you serve. Together, we'll build a future where your skills make a real difference.

Thank you for trusting us to be a part of your professional growth. I can't wait to see the incredible impact you'll have on the world of sports and beyond.

Warm regards,

Jenny Mapes

CSMS*D, B.S., Sports LMT, CSCS
Owner of the [CrossFunction Sports Brand](#)

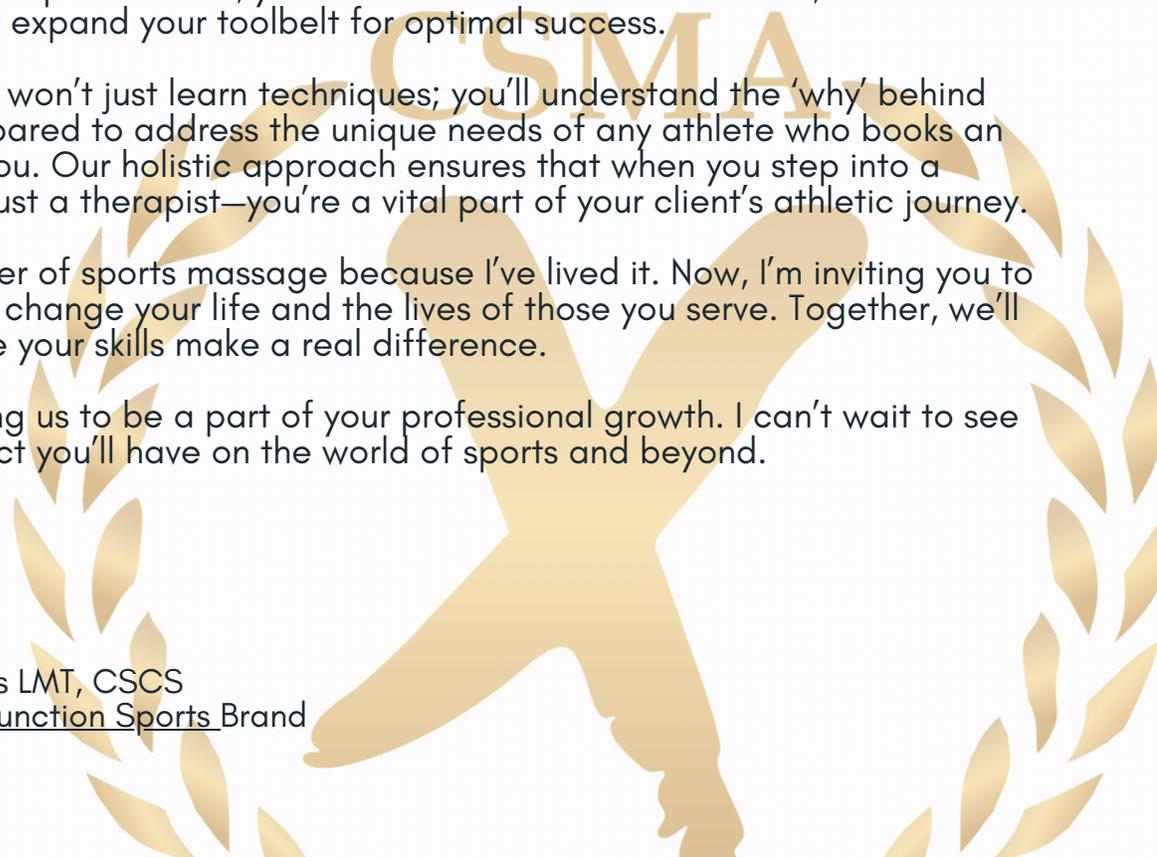


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Take Your Massage Game to the Next Level!

Are you ready to step up your massage game and become an expert in sports massage? Look no further! CSMA courses are designed to provide you with the knowledge and skills you need to excel in the world of elite sports massage.

Whether you're new to working with athletes or have some experience under your belt, our courses offer a deep dive into the Mechanics and Processes behind sports massage at an elite level. Imagine the feeling of empowerment when an elite or competitive athlete walks into your clinic and you know exactly how to cater to their needs.

Sports massage is an exciting field that goes beyond typical massage techniques. It addresses orthopedic and movement issues like none other, allowing you to make a real difference in your clients' performance and recovery.

With CSMA courses, you get the best of both worlds. Our training process combines online learning with on-site practical sessions. That means you can start earning credits and expanding your knowledge without being limited by your location. Plus, the knowledge you gain can be quickly and immediately applied in your practice, delivering great results for your clients.

Don't miss out on the opportunity to take your massage game to the next level. Enroll in CSMA courses today and unlock your potential as a sports massage expert. Your clients and your practice will thank you!





PROGRAM DIRECTOR BIOGRAPHY



SPORT MASSAGE THERAPIST
MOVEMENT SPECIALIST
B.S., LMT, CSCS

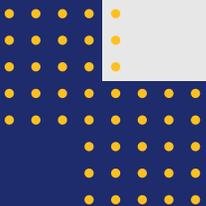
Jenny Mapes is a highly experienced movement specialist, personal trainer, and coach with over 20 years of expertise. Throughout her career, she has taught sport clinics in the Pacific Northwest and featured in Coaches Choice training videos distributed nationwide. She is a proud team member and owner of CrossFunction Sports Massage and CrossFunction Sports Recovery clinics, located in Mill Creek, WA.

As a former athlete herself, Jenny trained for the 2012 London Olympics in the high jump. Her personal journey and passion for sports and prehabilitation inspired her to pursue a career in massage therapy, focusing on helping athletes from various levels; including weekend warriors, professionals, and Olympic athletes.

Jenny's qualifications include a B.S. degree from the University of Oregon, CSCS certification, and Master Trainer certification from ISSA. She also graduated from the Alexandar School of Natural Therapeutics, where she received comprehensive training in structural and orthopedic injury massage therapy.

Throughout her career, Jenny has had the honor of serving on various medical teams, including the United States Olympic and Paralympic Training Center medical rotations in 2020 and 2023. Additionally, she has been involved with the USATF Master National Medical Team, 2020 and 2024 USATF Olympic Trials Medical, 2022 US National Championships Medical, 2022 World Championships Medical, the 2023 USATF National Championships Medical, 2023 Pan American Games and 2024 Olympic Last Chance Qualifier Medical for Team USA Wrestling.

Jenny has provided her sports massage services to countless athletes, helping contribute to their performance and overall well-being. She looks forward to helping you grow your sports massage career and techniques, so that you may feel comfortable and confident when an athlete walks into your treatment room!





MEET THE TEAM



Our program has truly talented individuals and we are blessed to have them part of our XF Family! All our instructors were former CSMS students and now CSMS*D. Our list continues to update and grow: Here is some quick information on our current instructors and behind-the-scenes extraordinaires!



Christa Duncan

CSMS*D, B.S., Sports LMT, C-PT

Raleigh, NC

- 12+ yrs in sports massage
- 2020-2024 US Indoor and Outdoor National Championship Sports Med with (school)
- 2021 US Olympic Trials private medical
- 2024 Jamaican Trials private medical
- 12+ yrs coaching Gymnastics and CrossFit



Miwa Houghton

CSMS*D, Sports LMT, C-PT

Virginia, USA, and Japan

- 15 yr Japanese Dietician and Sports LMT
- Massage therapist for pro athletes and Rugbee
- Former Japanese national Soccer Player



CURRICULUM DESIGN



The CSMA curriculum is strategically designed to follow a sequential learning process.



Introduction to Sports Movements and Anatomy:

The curriculum begins with a foundational course that introduces students to the basics of sports movements and anatomy. Students will learn how the body works, where key anatomical structures are located, and gain an understanding of how various sports involve different body movements. This step is crucial for building a solid foundation in recognizing how the body functions during athletic activities.

Understanding Common Sports Injuries:

Once students are familiar with basic anatomy and sports movements, the next step involves learning about common injuries that athletes may encounter, and the medical team they may be working with. This includes understanding the mechanisms of injuries, the types of injuries specific to various sports, and how these injuries impact movement. This knowledge prepares students to identify and address injury-related issues in athletes.

Identifying Movement Patterns and Performing Light Assessments:

In this phase, students learn to observe and identify movement patterns within the massage room. They will practice performing light assessments by having athletes execute specific sport-related actions that may be causing pain or discomfort. This step is essential for developing the ability to identify movement-related issues accurately.

Addressing Concerns Using Tools and Modalities:

After learning several assessment techniques, students are taught how to address the identified concerns using various tools and modalities. This includes correcting positions and enhancing movement in a way that aligns with the athlete's sport. The focus here is on using movement-oriented approaches to facilitate recovery and improve performance.

Critical Thinking with Real Athlete Demos:

With the foundational knowledge and skills in place, students move on to applying everything they've learned in real-world scenarios. They engage in critical thinking exercises using real athlete demo bodies. This hands-on experience is invaluable for developing the ability to think on their feet and apply their skills in a practical setting.

Advanced Techniques, Including Gait Cycles:

In the final phase of the program, students are introduced to advanced techniques, including gait cycle analysis and other specialized methods. This stage is designed to refine their skills and ensure they are prepared to handle more complex cases. Mastery of these advanced techniques marks the completion of the program and prepares students for graduation.



PROGRAM TYPES



There are four different specialists in the CSMA program.

CSMS: CrossFunction Sports Massage Specialist THIS GUIDE FOCUSES ON THIS SPECIALTY

CSMS*H: Allied Healthcare

CSRS: CrossFunction Sports Recovery Specialist (overseas)

*SPECIALTY: White Label (YOUR COMPANY NAME)

CSMS

CrossFunction
Sports
Massage
Specialist
(LMT/CMT's,
ATC's, PTA's)

CSMS*H

CrossFunction
Sports
Massage
Specialist
*Healthcare (PT's,
DC's, ND's, ARNP's)

CSRS

CrossFunction
Sports
Recovery
Specialist

***(Insert your name) SMS**

Sports
Massage
Specialist



TWO CSMS LEARNING TRACKS

Everyone learns at their own pace and in unique ways. That's why we developed the Sports Massage Specialty Program to provide two options to obtain the CSMS Credential. You can either take the fast track, combining online coursework with a week-long intensive session, or opt for the a la carte version, which divides the curriculum into separate online and in-person learning segments.



TRACK A

CSMS WEEK-LONG LIVE INTENSIVE

Enroll in the seven-day full intensive program with a group of students and complete the curriculum together! The program includes all 16 Live and online courses, with 25 hrs. of pre-course work



TRACK B

CSMS A LA CARTE

Complete the program at your own pace, dividing the online and live sections into three sequential parts:

Online Part 1
Online Part 2
Then:
Live Week-Long Intensive

PROGRAM TRACK TESTIMONIALS

"I started seeing a lot of athletes in my massage room and needed to jump-start my sports massage knowledge. This week-long intensive was exactly what I was looking for."

"I loved learning each bundle and section at a time so I could absorb each one thoroughly. The A La Carte was the best option for me."



CSMS PROGRAM

Licensed/Certified/Registered
massage therapists

View Our Curriculum

All courses must be taken in order to receive the CrossFunction Sports Massage certificate as a CSMS. They are a combination of both online and live formats.

Yellow colored classes indicate online course.

Business course is in both formats, taken at student's choice.



Core Foundation

Foundations of Sports Mechanics and Massage (3 CE)

Sports Massage 101 (2 CE)

Ethics in Sports Massage (4 CE)

*Business of Sports Massage (8 CE)

Intro to Sports Mechanics and Massage (8 CE)



Kinesiology and Movement

Kinesiology of Sports Massage (3 CE)

Basic Sports Med (3 CE)

Sports Injuries and Assessments (3 CE)



Manual Therapy

Intro to Manual Therapy Tools (8 CE)

Sports Massage Sideline (5 CE)

Trigger Point Therapy (3 CE)

Intro to Stretching (3 CE)



Sport and Advanced

Endurance Sports Massage Techniques (2 CE)

Power Athlete Massage Techniques (3 CE)

Massage Techniques for Overhead Athletes (3 CE)

Advanced Sports Mechanics and Massage (8 CE)



CSMS PROGRAM SCHEDULE

Licensed/Certified/Registered
massage therapists



Week-Intensives, and A La Carte Lives

Below is the entire week-intensive schedule.

Live A La Carte Section One in **blue**; after completing Online Section One

Live A La Carte Section Two in **yellow**; after completing Online Section Two

Business course may be taken LIVE (section 2), or completed beforehand ONLINE then used as a free day. This option is for both intensive and a la carte students.

Pre-Live or Online Required

9:00am-5:30pm Business of Sports Massage (either as a single live webinar, or Online)

Day 1

8:00am-5:30pm Intro to Sports Mechanics and Massage

Day 2

9:00am-12:00pm Sports Injuries and Assessments (half day learning)

1:00pm-5:00pm Group Activity/Outing

Day 3

9:00am-5:30pm Intro to Manual Therapy Tools

Day 4

9:00am-12:00pm Intro to Stretching

1:00pm-4:00pm Trigger Point Therapy

Day 5

9:00am-11:00am Endurance Sports Massage Techniques

11:00-2:30pm Power Athlete Massage Techniques (w/lunch)

2:45-5:45pm Massage Techniques for Overhead Athletes

Day 6

9:00am-6:00pm Advanced Sports Mechanics and Massage, & Exam



Program Curriculum

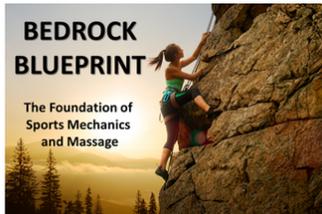


The final pages are the 16 core classes and descriptions of the CSMA Sports Massage Program.





Curriculum In Depth



BEDROCK BLUEPRINT: Foundations of Sports Mechanics and Massage
This course is designed to learn the fundamentals of sports massage; what sports mechanics are, what they look like in action, what do they look like in the lens of a sports massage therapist when working on an athlete. You will learn the components of athletic principles of motion, including:
• Speed • Agility • Endurance • Power • Coordination • Angular Velocity and Torque • Strength • Balance
Then you will view over TWO DOZEN sports, what they look like, and areas of emphasis for massaging an athlete in those sports.



SPORTS MASSAGE 101
Have you heard the term "sports massage" and wondered what it meant? Or perhaps you have been a licensed massage therapist for a while and wish to dive into the sports massage niche? Either way, this is a great introductory course to help explore different ways sports massage can be performed, the variety of modalities used, and how athletes benefit from the value of massage in their sport.



ETHICS IN SPORTS MASSAGE
Course Objectives:
• To introduce SafeSport and USADA and their programs
• To learn about prohibited substances and ethics in relationship to prohibited substances, including oils, creams, and other therapies
• To understand ethical situations when working with healthcare providers and coaches
• To learn general business ethics and treatment room considerations



BUSINESS OF SPORTS MASSAGE
Explore the many things you can do as a sports massage therapist outside of using your hands and physical massage! This course will give you multiple ideas in your sports massage journey, tap into your core personality, and learn fundamentals behind your sports massage business. This course is designed for both novice and veteran massage therapists, stepping you through the process of creating your Vision, Goal Setting, and providing useful tips within the sports massage career.



Curriculum In Depth



Kinesiology
of Sports
Massage



KINESIOLOGY OF SPORTS MASSAGE

This fast-paced course helps prepare a student with fundamental knowledge and review prior to taking advanced technique courses such as Active Release Technique, Myoskeletal Alignment Technique, Anatomy Trains, or Fascial Stretch Technique certifications. Students will learn some deeper muscle anatomy, movement rotations, and general fascial lines of seven different areas of the body including the Neck, Shoulder/Arm, Back, Hip, Legs, and Feet. This course is in context of various sports patterns and movements, which will be highlighted throughout each body segment.

Sports Injuries
and Soft Tissue
Assessments



SPORTS INJURIES AND SOFT TISSUE ASSESSMENTS

This fast-paced course is an overview of different types of injuries a manual therapist may encounter with athletes that come into their treatment rooms. This course is not intended for injury diagnosis or prognosis. Rather, it is a high-level understanding of injuries, how they may occur in sports scenarios, and how to perform quick assessments in the treatment room to better address the area of concern of an athlete. In this course the student will learn some common sport injuries and quick assessments of the following six sections of the body: Neck, Shoulders, Arms, Hips/Low Back, Legs, and Feet/Ankle.

BASIC SPORTS MED FOR
MANUAL THERAPISTS



BASIC SPORTS MED FOR MANUAL THERAPISTS

- Identify and introduce 10 professions in the sports medicine world, what their education requirements are, what their job entails, and what setting they work in.
- Introduce 6 common tools and tests that are used to diagnose the most common musculoskeletal ailments; explain how those tools work and when they are used.
- Describe 13 common treatment options athletes use for injury prevention, care, and rehabilitation; explain how they work and why an athlete might choose to use them.

Introduction
to Manual
Therapy Tools

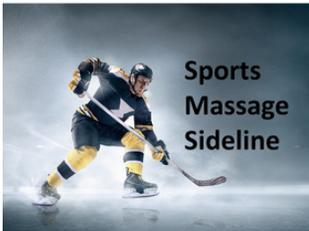


INTRO TO MANUAL THERAPY TOOLS

This science-based curriculum will introduce students to five different types of manual therapy tools, including; percussive instruments, dynamic cupping, IASTM, compressive floss, and lastly, kinesiotape in the final Advanced day. Students will learn protocols for each of these therapies, and then how to cumulatively put them together for effective and hands-free treatment perfect for your manual therapy practice!



Curriculum In Depth



SPORTS MASSAGE SIDELINE

You will dive into the elements of a successful sideline routine which you can immediately incorporate into your daily clinical sessions. We will address the key areas of success for working with an athletic body, including the: Hips, Side Thoracic Cavity, Shoulder Girdle, Neck



TRIGGER POINT THERAPY

View Trigger Point therapy in a whole new way using the lens of sports! This hands-on course will teach students key trigger point locations throughout six areas of the body, with sports movements in mind. Students will learn how to correctly identify locations on the athlete's body, how to position the body correctly, and perform the skill.

Intro to Stretching



INTRO TO STRETCHING

Add to your manual therapy toolbox three very well-known and utilized stretching modalities! Learn directly from Joshua Morton of Active Isolated Stretching (AIS), Bob McAtee "Stretch Man" of PNF stretching, and Ann Frederick of Fascial Stretch Therapy (FST). You will hear how each of these stretching methodologies came about, gain information from each of the interviews, and learn two specific methods of stretching along different areas of the body per each technique, which you can then quickly translate into your treatment room.



ENDURANCE SPORTS MASSAGE TECHNIQUES

This course combines everything a student has learned thus far; from Sports Massage 101, to anatomy/kinesiology courses, and all of the hands-on courses, melded into one accumulative group of protocols for endurance athletes. In this course the protocols will focus on three specific areas: The Lower Legs, Lateral legs/IT band, and Quadriceps. After learning the protocols, a student will be able to create their own 30 min-90 min treatment. This course is only to be taken after all of the other series have been completed.



Curriculum In Depth



POWER SPORTS MASSAGE TECHNIQUES

This course combines everything a student has learned thus far; from Sports Massage 101, to anatomy/kinesiology courses, and all of the hands-on courses, melded into one accumulative group of protocols for power athletes. In this course the protocols will focus on three specific areas: the Feet, Hamstrings, and Hips. After learning the protocols, a student will be able to create their own 30 min-90 min treatment. Power athlete demo bodies will come in for students to practice their treatment plans



MASSAGE TECHNIQUES FOR OVERHEAD ATHLETES

This course combines everything a student has learned thus far; from Sports Massage 101, to anatomy/kinesiology courses, and all of the hands-on courses, melded into one accumulative group of protocols for overhead athletes. In this course the protocols will focus on three specific areas: The Torso, Shoulder/Arms, and Neck. After learning the protocols, a student will be able to create their own 30 min-90 min treatment. Overhead athlete demo bodies will come in for students to practice their treatment plans



SPECIALTY CERTIFICATE

INTRO TO SPORTS MECHANICS AND MASSAGE

Review the online curriculum concepts, how to perform sideline live with a partner, review sports kinesiology, learn the components of working with athletes training cycles, how events work, learn the CrossFunction Myo-Dynamics Integration Model, understand the quadrants of intentional treatment.



SPECIALTY CERTIFICATE

ADVANCED SPORTS MECHANICS AND MASSAGE

Students will watch and assess complex body movements from the ground up. They will then learn kinesiotaping, advanced psoas techniques, additional stretching techniques, and anything else noted in class for that week. Finally, demo bodies will come in as 10 minute rotations in a practice of an athletic event setting, where they will practice their learned skillsets throughout the week. The final exam will be administered after the course.



FAQ's



Cancellation / Refund Policy

All CE courses hosted by CrossFunction Sports Massage Academy will clearly list registration fees in promotional materials. CSMA has the following cancellation/refund policy:

REFUNDS:

- If purchased more than 60 days before the live course start date, students are eligible for a 100% refund of current received funds within 7 days of the initial purchase
- A 20% refund of current received funds is available if requested more than 30 days before the live course start date, regardless of the purchase date
- If the request is made within 30 days or less before the live course or intensive start date, no refunds are allowed.
- A \$50 cancellation fee will be deducted from funds paid prior to refunding.
- Refunds can only be made back to the card that was used for purchase.
- Exceptions for emergencies or extenuating circumstances are considered on a case-by-case basis.
- All questions and requests must be made through email to courses@crossfunctionmassage.com

TRANSFERS:

- Amount paid on file may be applied as a coupon code to a future week-long intensive, A La Carte Live Section, or Single Course Live Session, within eight months of the initial course purchase date.
- If you transfer from one live course date to another, you will lose any extra / special discounts that were applied to your initial registration.
- No transfers or refunds can be made once event begins

2025 PROGRAM COST AND MATERIALS

CSMA Sports Massage Certificate Program Includes all the online courses, live courses, small bag of manual therapy supplies, a pen and the curriculum book

\$2399 CSMS/CSMS*H/White Label
\$2999 CSRS INTERNATIONAL

How to Connect/Next Steps



Thank you for reading our product guide!

We are thrilled to have you join our program! Explore our webpage, view the current live class schedule, or reach out to us on Instagram or via email for any inquiries. Thank you for your interest in the field of sports massage and for supporting athletes in reaching their highest potential!

Kind regards,
Your XF Team

Contact Us :



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The BOC Approved Provider Name is approved by the Board of Certification, Inc. to offer continuing education to Certified Athletic Trainers.