



# HERC

## HEALTH, EXERCISE & RESEARCH CENTER

hereby certifies that

# *ELVIRA YUDINA*

has earned the qualification of  
Certified Sports Massage Therapist meeting the  
International Standards defined by HERC.

**HERC0260**

CERTIFICATE ID

Founder & CEO

*Banićević Ž*

Željko Banićević

Ph.D., M.Sc., B.Sc., CPT, PT.

06/01/2026

Date of Achievement



**دبي UBAI**  
الرياضة SPORTS

# CURRICULUM

## ELVIRA YUDINA

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has successfully completed the following theoretical  
and practical units for

### LEVEL 3 DIPLOMA IN MASSAGE THERAPY FOR SPORTS

1. Introduction to Anatomy for Sports Massage Therapy (T)
2. Skeletal System for Sports Massage Therapy (T)
3. Muscular System for Sports Massage Therapy (T)
4. Integumentary System for Sports Massage Therapy (T)
5. Other Systems Relevant to Sports Massage Therapy (T)
6. Introduction to Sports Massage Therapy (T)
7. Examination & Assessment in Sports Massage Therapy (T&P)
8. Contraindication in Sports Massage Therapy (T)
9. Effects of Sports Massage Therapy (T)
10. Sports Massage Therapy Techniques (T&P)
11. Injury Management for Sports Massage Therapy (T)
12. Flexibility & Stretching for Sports Massage Therapy (T&P)

#### Exams:

- Sports Massage Therapy Techniques (P)
- Theory Exam for Sports Massage Therapy (T)

*\*T- theory; P- practice*

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