

Level 1 Sports Trainer Course & Sports Trainer Re-Accreditation

Sea Lake
June 2018



Level 1 Sports Trainer Course

Sunday 17th June and Sunday 24th June
9.00am - 5.00pm both days
Course number: 31815
Cost: \$285 (Inc GST)



Sports Trainer Re-Accreditation

Sunday 17th June
4.00pm - 6.00pm
Course number: 31821R1/2
Cost: \$120 (Inc GST)



Venue: Sea Lake Football Clubrooms, 40 Complex Drive, Sea Lake, VIC, 3533

Pre-requisites: A current Provide First Aid certificate HLTAID003 (including current CPR HLTAID001) is to be provided in order to be eligible to attend the course.

- Please attend in casual attire understanding that sports taping is a component of the course.

Registration & payment: Please visit sma.org.au to register and pay online

Further information: email vic.admin@sma.org.au or phone 03 9674 8777

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Sports Medicine Australia is a multi-disciplinary organisation which works to enhance the health of all Australians through safe participation in sport, recreation and physical activity.



Why become an SMA Level 1 Sports Trainer?

The sports trainer plays an important role in ensuring the safety and wellbeing of participants at sporting clubs. Being a Level 1 Sports Trainer provides an opportunity to upskill in the prevention and management of injuries and qualify to become a Sports Trainer Member with SMA. The participant can then advance their skills and progress to a Level 2 Sports Trainer after gaining industry experience.

Course information

This course will recognise you as an industry accredited sports trainer, providing skills on how to prevent and manage injuries on and off the sporting field. Industry accreditation from this 16-hour course is the standard requirement to work as a sports trainer **in many of the country's sporting codes**. Learn from skilled presenters on the topics of:

- Preventing sports injuries
- Principles of injury management
- Sports taping
- Sports nutrition
- Transporting the injured athlete
- Common sporting illnesses, injuries and medical condition

More information?

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