

# Level 1 Sports Trainer Courses & Level 2 Modules

Wycheproof, Cohuna & Kerang  
February 2018



## Level 1 Sports Trainer Courses (Now 2 Days)

Sunday 4<sup>th</sup> and 11<sup>th</sup> February 2018, 9.00am - 5.00pm

Course number: 31807

Cost: \$285 (Inc GST)



**Venue:** Wycheproof Community Resource Centre, 280 Broadway, Wycheproof Vic 3527

Sunday 18<sup>th</sup> and 25<sup>th</sup> February 2018, 9.00am - 5.00pm

Course number: 31808

Cost: \$285 (Inc GST)

**Venue:** Cohuna Kangas Football Club Rooms, Cohuna Recreation Reserve, Cohuna Vic 3568

**Pre-requisites:** A current first aid certificate is to be provided in order to receive accreditation as a Sports Trainer. These should be emailed to SMA prior to attending the course or handed in at the course.

## Level 2 Modules

### Advanced Sports Taping

Wednesday 21st February,

6.30pm - 9.30pm

Course number: 31807M

Cost: \$85 (Inc GST)

**Pre-requisites:** It is recommended that candidates hold a SMA Level 1 Sports Trainer accreditation.

### Concussion Management

Wednesday 28th February,

6.30pm - 9.30pm

Course number: 31708M

Cost: \$85 (Inc GST)

**Venue:** Northern District Community Health Service, 24 Fitzroy Street, Kerang, Vic 3579



**Registration & payment:** Please visit [sma.org.au/training-courses/](http://sma.org.au/training-courses/) to register and pay online.

**Further information:** email [vic.admin@sma.org.au](mailto: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 of participants at sporting clubs. Being a Level 1 Sports Trainer also provides an opportunity to follow a pathway to advanced skills as a Level 2 Sports Trainer and to qualify to become a Sports Medicine Australia Sports Trainer Member.

### Course information

This course will recognise you as a 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 conditions

### Are there any pre-requisites?

Yes, a current first aid certificate (HLTAID003) must be provided. As part of the First Aid pre-requisite for the Level 1 Sports Trainer the CPR (HLTAID001) must be also current. The CPR has a 12-month valid term as part of the 3 year First Aid accreditation.

### What are the course outcomes?

The Level 1 Sports Trainers course is designed to introduce participants to the basic knowledge and skills required by a Sports Trainer. These skills include the management of specific sporting injuries, sports taping and transporting an injured athlete. This course educates prospective sports trainers, teachers, coaches, administrators and parents on the basic principles of sports medicine.

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