

Level 1 Sports Trainer Course

Sunday 26 May
9 am - 5 pm
Course number: **31933**
Cost: \$285 (Inc GST)



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



Venue: Quambatook Football Club, 1204 Bushland Reserve

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

Please note:

This is a one-day course with pre-course online learning required. This will be forwarded to you upon Registration.

To ensure your enrolment experience is as swift and easy as possible, please ensure when registering you have the following documentation ready:

- * A CURRENT Statement of Attainment for HLTAID003 Provide First Aid (must have been completed within the last 3 years); and
- * A CURRENT Statement of Attainment for HLTAID001 Provide CPR (must have been completed within the last 12 months).

Supported by



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 recognize 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 8 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?

Email vic.admin@sma.org.au or phone 03 9674 8777

Contact: Mallee Sports Assembly – Rhonda – 0427 780109

