

# Albury-Wodonga 2010 Level 1 Sports Trainer & Re-Accreditation

## Level 1 Sports Trainer Course

Sunday March 21 & Sunday March 28

9:00am - 5:00pm both days

Venue: Heathfocus Physiotherapy

3/647 Dean Street, Albury

Course number: 31020

Cost: \$185

## Level 1-2 Re-Accreditation Course

Sunday March 28

5:00pm - 7:00pm

Venue: Heathfocus Physiotherapy

3/647 Dean Street, Albury

Course number: 31009R

Cost: \$90

## Course Information

### Level 1 Sports Trainer

This course will recognise you as a nationally accredited sports trainer, providing skills on how to prevent and manage injuries on and off the sporting field. National 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



## Frequently Asked Questions

### Why become a SMA Level 1 Sports Trainer or Sports First Aider?

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.

### Are there any pre-requisites?

Yes. A current first aid certificate or a current SMA Sports First Aid Accreditation must be provided to SMA in order to receive accreditation as a Level 1 Sports Trainer. These should be sent or faxed to SMA prior to attending the course. (However if this is not possible SMA should be notified in advance and it may be possible to forward this information after completing the course)

### What are the course outcomes?

Successful completion of the Level 1 Sports Trainer course provides an opportunity for participants to become a SMA Nationally Accredited Sports Trainer. The Level 1 Sports Trainer is the standard required to perform the duties of a sports trainer in most of Australia's major sporting codes.

Please contact the Centre (Elle Milne) on 5723 1372, or Merryn Deslandes, Recreation & Wellbeing Officer at the City of Wodonga on 02 6022 9285 or Sports Medicine Australia on 9674 8777 or email [ssp@vic.sma.org.au](mailto:ssp@vic.sma.org.au) if you require any further information regarding any of these courses.

## ENROLMENT FORM

Title (circle) Mr Mrs Miss Ms Dr \_\_\_\_\_ Name \_\_\_\_\_

Address \_\_\_\_\_

Suburb \_\_\_\_\_ P/Code \_\_\_\_\_

Contact Phone \_\_\_\_\_

Email \_\_\_\_\_

Course Number \_\_\_\_\_ Course Type \_\_\_\_\_

Payment Details (all prices include GST)

I will direct deposit \$ \_\_\_\_\_ on the following date \_\_\_\_\_

Enclosed is my cheque for \$ \_\_\_\_\_ (payable to SMA - Victorian Branch)

Please debit \$ \_\_\_\_\_ From:  MasterCard  VISA

Card Number \_\_\_\_\_

Card Expiry Date \_\_\_\_\_ / \_\_\_\_\_

Name (as it appears on the card) \_\_\_\_\_

Signature \_\_\_\_\_

Please send cheque or credit card payments to: Phone: 03 9674 8777 Fax: 03 9674 8799  
**Sports Medicine Australia - Victorian Branch** Email: [ssp@vic.sma.org.au](mailto:ssp@vic.sma.org.au)  
**Sports House, 375 Albert Road, South Melbourne 3205** ABN:13 821 409 176

Direct Deposit: **Acc Name** - Sports Medicine Australia - Victorian Branch **BSB** - 013-030  
**Acc Number** - 1003-58763 please use 'surname\_course no' as your transaction reference & email the remittance advice to [ssp@vic.sma.org.au](mailto:ssp@vic.sma.org.au)

Refund Policy - Refunds will be provided in accordance with the SMA Refund Policy. See SMA VIC Code of Practice below.

Please make cheques payable to Sports Medicine Australia - Victorian Branch and send to:

Sports Medicine Australia  
375 Albert Road, South  
Melbourne, VIC 3205

Phone: 9674 8777, Fax: 9674 8799,  
email [ssp@vic.sma.org.au](mailto:ssp@vic.sma.org.au)