

Level 1 Sports Trainer Courses January - July 2010

Course Number: 31001

Sunday 14th & 21st February, 9:00am - 5:00pm both days
Venue: Sports House, 375 Albert Road, South Melbourne

Course Number: 31002

Saturday 27th & Sunday 28th February, 9:00am - 5:00pm both days
Venue: State Netball and Hockey Centre, Brens Drive, Parkville

Course Number: 31003

Sunday 21st & 28th March, 9:00am - 5:00pm both days
Venue: Narre Warren Physio Clinic, 3C/420 Princess Highway, Narre Warren

Course Number: 31005

Sunday 21st & 28th March, 9:00am - 5:00pm both days
Venue: State Netball and Hockey Centre, Brens Drive, Parkville

Course Number: 31006

Saturday 17th & Sunday 18th April, 9:00am - 5:00pm both days
Venue: Sports House, 375 Albert Road, South Melbourne

Course Number 31007

Sunday 16th & 23rd May, 9:00am - 5:00pm both days
Venue: Melbourne Sports and Aquatic Centre, Aughtie Drive, Albert Park

Cost: \$295

Pre-requisite: To become an accredited Sports Trainer participants must provide a copy of a current first aid or sports first aid certificate to SMA-VIC upon enrolment

(If this is not possible participants should contact SMA-VIC to discuss alternate options).



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:

Sports Medicine Australia - Victorian Branch

Sports House, 375 Albert Road, South Melbourne 3205

Phone: 03 9674 8777 Fax: 03 9674 8799

Email: ssp@vic.sma.org.au

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

Refund Policy - Refunds are provided in accordance with the SMA Refund Policy. For a copy of the policy contact 03 9674 8777



Level 1 Sports Trainer Course Information

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. Topics covered include:

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

Pre-requisite: To become an accredited Sports Trainer participants must provide a copy of a current first aid or sports first aid certificate to SMA-VIC upon enrolment.

(If this is not possible participants should contact SMA-VIC to discuss alternate options).

Frequently Asked Questions

Why become a 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 advance your skills and become a Level 2 Sports Trainer and qualify as 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-VIC prior to attending the course. (However if this is not possible SMA-VIC should be notified in advance and it may be possible to forward this information after completion of 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. This is the standard required to perform the duties of a sports trainer in most of Australia's major sporting codes.