

### Level 1 Sports Trainer Courses

Course Number: T31001  
Sunday January 31 & Sunday February 7  
9:00am-5:00pm (both days)  
Northern Physiotherapy Services,  
5 Peltro Street, Glenorchy  
Cost: \$195

Course Number: T31002  
Sunday February 14 & Sunday February 21  
9:00am-5:00pm (both days)  
St Patricks College-Gym Building,  
282 Westbury Road, Prospect  
Cost: \$195

### Level 1-2 Re-Accreditation Courses

Course Number: T31001R  
Sunday February 7  
5:00pm-6:30pm  
Northern Physiotherapy Services,  
5 Peltro Street, Glenorchy  
Cost: \$110

Course Number: T31002R  
Sunday February 21  
5:00pm-6:30pm  
St Patricks College- Gym Building,  
282 Westbury Road, Prospect  
Cost: \$110

If Re-Accreditation is required at any other venue or location please contact Sports Medicine Australia on 03 9674 8777 or [ssp@vic.sma.org.au](mailto:ssp@vic.sma.org.au) and we may be able to arrange a re-accreditation specifically for you.



**Pre-Requirement:** In order to become an accredited Sports Trainer participants must provide evidence of a current first aid or sports first aid certificate to SMA upon enrolment.  
(If not participants should contact SMA to discuss the options available to them).



## 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. 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

Please contact Sports Medicine Australia if you require any further information regarding any of these courses:

Sports Medicine Australia:  
Phone 03 9674 8777  
Email [ssp@vic.sma.org.au](mailto:ssp@vic.sma.org.au)

## 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 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. This is the standard required to perform the duties of a sports trainer in most of Australia's major sporting codes.



Please ensure payment is received prior to the course commencement date. Participants turning up on the day without enrolling beforehand may be turned away.

Please make cheques payable to:  
**"Sports Medicine Australia  
Tasmanian Branch"**  
or fill in credit card details and return to:  
Sports Medicine Australia,  
375 Albert Road,  
South Melbourne, VIC 3205  
Email: [ssp@vic.sma.org.au](mailto:ssp@vic.sma.org.au)

## 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](mailto: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](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.