

Sports Trainer Level 1

SMA Sports Trainers Level 1 course consists of 32 hours of lecture and practical sessions covering topics such as management of specific sporting injuries, warm up, stretching and cool downs, common medical conditions, Sports taping and nutrition. This course will be delivered by experienced Sports Physiotherapist, Sports Trainer, and Sports Physician & Dietitian.

Pre- requisites:

Current First Aid with CPR/ AED qualification with a recognized training organization.

Course Outline Includes:

- Introduction (Sports Trainer)
- Practical Approach to the Injured Athlete
- Basic Human Anatomy
- Sports Injury & Taping
- Heat & Cold Illness
- Common Medical Sports Conditions
- Drugs in Sports
- Nutrition

Sports Trainer Level 2

Pre- requisites:

1. Current Level 1 Sports Trainers Qualification.
2. Minimum 50 hours of practical sports trainer experience (letter signed by a club official is required)
3. Current First Aid with CPR/ AED qualification with a recognized training organization

Sports Trainer Level 2 consists of 20 hours Core module & 25 hours of Elective modules, and is a progression from Level 1.

Core module is designed to increase the sports trainers knowledge of how the general principles of sports medicine relates to sport, as well introducing topics such as psychology of injury, advanced taping, medical conditions, sports trainers role in rehabilitation of injury and advanced crisis management. 80% attendance must be achieved to receive accreditation for level 2.

Elective modules from a minimum of 5 different topics must be completed to gain accreditation as a Level 2 Sports Trainer. The 5 different electives must include, advanced taping, introduction to massage and spinal management.

Upon successful completing all of the core course and the five elective modules, participants will be issued with a 3 year accreditation as a level 2 sports trainer. For re-accreditation of this certificate, participants must provide evidence that they have been working within a team environment and have undertaken three professional development updates within that 3 year period.

CORE MODULES:

- The Roles and Responsibilities of the Level Two SportsTrainer
- Risk Management
- Advanced Crisis Management
- Assessment & Tutorial Presentation
- Poster Presentation
- Advanced of Medical Conditions
- Rehabilitation of Sporting Injuries
- Clinical Case Studies
- Psychology of Injury
- Podiatry, Footwear & Foot care
- Drugs in Sport

ELECTIVE MODULES

SMA-ACT Spinal Management – 3 hour course

SMA-ACT Advanced Taping – 5 hour course

SMA-ACT Pre & Post Massage – 5 hour course

Sports Trainer Reaccreditation

Is available for both Level 1 & 2 Sports Trainer Courses

Validity: 3 years for each level

Pre- requisites:

Current First Aid with CPR/ AED qualification with a recognized training organization.