



Level 1 Sports Trainers Course

Registration form

Be proactive make your environment safe for all participants. Do you have a volunteer who would love to help with injury prevention and management?

We have a few vacancies for a Level 1 Sports Trainers Course being held Saturday 23rd and Sunday 24th October 2010 in Whyalla.

You can register on line or simply fax the enrolment form back.

Level 1 Sports Trainer Course		Venue: West Whyalla Football Club, Whyalla			
Course Number	Course Date	Full Fee		National Pharmacies Member Discount Price	
51009	23 rd & 24 th October 2010 8.30am – 5.00pm	\$330.00	<input type="checkbox"/>	\$264.00	<input type="checkbox"/>

Registration Form Tax Invoice - ABN 35 446 122 543 We Encourage **ON LINE Registration** www.smasa.asn.au

First Name.....Surname.....
 Mailing Address.....Suburb.....Post Code.....
 PhoneMobile.....Email.....
 National Pharmacies Member # (for discount)

Registration and Payments Options: ON LINE Registrations Available

- On Line Credit Card** <http://mybookingmanager.com/smast2010>
- Direct Bank Deposit:**
 Account: Australian Sports Medicine Federation SA Branch Inc
 BSB: 015-214 Account No: 4014 50838
 Message / Reference: ST + Your Surname
 Please send confirmation receipt no to: sportstrainers@smasa.asn.au

- Credit Card** **MasterCard** **Visa**
- Card # _____ - _____ - _____ - _____ Expiry Date: ____-____-____
- Card Holders Name: _____
- Card Holders Signature: _____

- Cheques to:** Australian Sports Medicine Federation (SA Branch) Inc

Please forward completed form to:

Level 1 Sports Trainers Course
 Sports Medicine Australia SA Branch
 PO Box 219
 BROOKLYN PARK SA 5032

Email: sportstrainers@smasa.asn.au
 Office open: Tuesday to Friday

☎ : 08 8234 6369
 📠 : 08 8234 6352

Sports Medicine Australia is the peak organisation for the Safer Sport Program which developed the Sports Trainer courses that have been in existence for over 25 years.

The Level 1 Sports Trainer assists athletes in the prevention of injuries and provides initial sports injury management. Level 1 Sports Trainers work at sporting clubs, school sports days, national and international events. The course is 16 hours in duration; a requisite is an Apply First Aid certificate (HLTFA301B) and covers the following topics:

The Sports Trainer in Action	Medical Conditions
Introduction to Anatomy	Trunk Injuries
Injury Prevention	Head and Spine Injuries
Injury Management	Environmental Injuries
Upper and Lower Limb Injuries	Wound Management for sport
Nutrition	Drugs in Sport
Ankle, Finger & Thumb Taping	Moving the Injured athlete

The course is competency based, with both practical and theoretical assessments. The Sports Medicine for Sports Trainers manual, workbook and interactive CD are included in the cost of the course.

The Level 2 Sports Trainer course is part of the SMA Safer Sports Program and is designed to build upon the skills learnt in the Level 1 Sports Trainers course. Coupled with industry experience, the course consists of core and elective modules designed to increase the sports trainer's knowledge of how general principles of sports medicine relate to sport, as well as introducing new topics such as psychology of injury and the sports trainers role in rehabilitation of injury. The core modules are 16 hours in duration and cover the following topics:

Roles and Responsibilities of the Level 2 Sports Trainer	Pre & Post Injury Management
Sports Trainers and the Law	Advanced Anatomy
Sports Trainer and Communication	Assist with Implementing a Recovery program
Working with Diverse Populations	Assist with implementing a Rehab program
Care of child athletes & mature age athletes	Introduction to basic skills of Strength and Conditioning
Care of athletes with disabilities	Educational Support for Athletes
Apply the principles of Psychology of Injury	Assist in implementing the Principles of Sports Psychology

The course is competency based, with both practical and theoretical assessments. The Safer Sport Program Level 2 Sports Trainer manual and folder with presentations are included in the cost of the course.

Level 2 Course Requirements

- 10 months Industry experience
- Current Apply First Aid certificate (HLTFA301B) - Can be completed prior to or after the course however accreditation will not be granted until evidence of this certificate has been received.
- Complete the 2010 Administration Assignment which can be downloaded here.
- Compulsory Modules
- Play by the Rules online training package <http://www.playbytherules.net.au> The following 2 modules need to be completed:
 Child Protection – General “Child Protection – Coaches & Officials”
 Discrimination & Harassment “Discrimination & Harassment – Administrators”
 Download the certificate on completion of each module, copy and forward to SMA - SA.
- SMA-SA approved Advanced Taping course
- 2 Elective modules related to sports medicine eg Advance Life Support, SMA-SA Sports Trainers conference, OH&S training, Nursing, Massage, University studies etc, can be negotiated

Benefits of completing a SMA Level 1 or Level 2 Sports Trainers course are:

- Delivered to competency based outcomes
- Delivered and assessed by experienced presenters, including qualified Workplace Trainers & Assessors who are also experienced Level 2 Sports Trainers.
- Sports medicine professionals (Doctors and Physiotherapists) present key components of the course
- Asthma Emergency Management Training with a certificate provided by the Asthma Foundation
- Child Safe environments information is provided
- Blood rule and wound management for sport

Course prerequisites: Can be completed prior to or after the course however accreditation will not be granted until evidence of has been received.

On completion of a SMA Sports Trainers course

You will be accredited through SMA's National Accreditation Program which lasts for 3 years. SMA Sports Trainer accreditation gives you the opportunity to work anywhere in Australia including National Events eg. Masters Games in Alice Springs, University Games, or any other major events. As an accredited Sports Trainer you will join **over 800 other SA Sports Trainers** and receive monthly e-news providing you with up to date information, opportunity to be part of the Sports Trainer of the Year Award, Invitation to attend the annual Sports Trainers State Conference held in November and be eligible to apply for [Sports Trainer Membership and insurance](#) through Sports Medicine Australia. A mentor program to assist Sports Trainers is also available.

Sports Medicine Australia SA Branch is:

- a multidisciplinary organisation inclusive of all medical and allied professionals with an interest in sport and recreation
- a **non-profit** health and safety promotion organisation
- a **community education** and industry service provider

The safe participation of Australians in sport and healthy physical activity at all stages of life is the primary concern for all involved with Sports Medicine Australia.