

Times: 8.30am – 5.00pm

### 2010 Level 1 Sports Trainer Courses

| Course Number | Course Date                                       | Enrol for<br>Please tick | Course Number | Course Date                                 | Enrol for<br>Please tick |
|---------------|---|--------------------------|---------------|---|--------------------------|
| # 51001       | 30 <sup>th</sup> & 31 <sup>st</sup> January       | <input type="checkbox"/> | # 51005       | 23 <sup>rd</sup> May & 6 <sup>th</sup> June | <input type="checkbox"/> |
| # 51002       | 10 <sup>th</sup> February **                      | <input type="checkbox"/> | # 51006       | 7 <sup>th</sup> July **                     | <input type="checkbox"/> |
| # 51003       | 28 <sup>th</sup> February & 7 <sup>th</sup> March | <input type="checkbox"/> | # 51007       | 15 <sup>th</sup> & 16 <sup>th</sup> June    | <input type="checkbox"/> |
| # 51004       | 12 <sup>th</sup> & 13 <sup>th</sup> April         | <input type="checkbox"/> | # 51008       | 16 <sup>th</sup> & 17 <sup>th</sup> October | <input type="checkbox"/> |

\*\* 1 day Level 1 ST course for 2nd year and above undergraduates of selected Tertiary courses Eg: physiotherapy, human movement. Must supply copy of current student card

### 2010 Level 2 Sports Trainer Courses

| Course Number | Course Date                               | Enrol for<br>Please tick |  |  |  |
|---------------|---|--------------------------|--|--|--|
| # 51001A      | 27 <sup>th</sup> & 28 <sup>th</sup> March | <input type="checkbox"/> |  |  |  |

### Course Fees

|   |          |                          |
|---|----------|--------------------------|
| 2 Day Level 1 & 2 Sports Trainer Course | \$330.00 | <input type="checkbox"/> |
| 2 Day National Pharmacies Member price  | \$264.00 | <input type="checkbox"/> |
| 1 Day Level 1 Sports Trainer Course **  | \$220.00 | <input type="checkbox"/> |

**Registration Form** Tax Invoice - ABN 35 446 122 543 We Encourage **ON LINE Registration** [www.smasa.asn.au](http://www.smasa.asn.au)

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

### Registration and Payments Options: ON LINE Registrations Available

- On Line Credit Card** [Here](#)
- 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](mailto:sportstrainers@smasa.asn.au)

- Credit Card**  **MasterCard**  **Visa**

Card # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Expiry Date: \_\_\_\_ - \_\_\_\_ - 20\_\_\_\_

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](mailto:sportstrainers@smasa.asn.au)  
 Office open: Tuesday to Friday

☎: 08 8234 6369

☎: 08 8234 6352

Sports Medicine Australia is Australia's peak national umbrella body for sports medicine and sports science, and is widely acknowledged overseas as the world's leading multi-disciplinary sports medicine body.

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 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.

### Compulsory Level 2 Course Requirements

- 12 months Industry experience
- Current CPR certificate - Can be completed prior to or after the course however accreditation will not be granted until evidence of CPR 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 Sports Trainers course

Benefits of attending the Sports Medicine Australia SA Branch (SMA-SA) Level 1 Sports Trainers course are:

- Delivered to competency based outcomes
- Delivered by experienced qualified Workplace Trainers & Assessors who are also experienced Level 2 Sports Trainers
- Sports medicine professionals (Doctors and Physiotherapists) present key components of the course
- Child Safe environments are addressed

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

### On completion of a SMA Sports Trainers course

SMA National Accreditation lasts for 3 years and is issued on successful completion of the course. On successful completion of the SMA Level 1 Sports Trainers course candidates will be eligible to apply for [Sports Trainer Membership and insurance](#) through Sports Medicine Australia.

### 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.