

Times: 8.30am – 5.00pm

### 2010 Level 1 Sports Trainer Courses

Course Number	Course Date	Enrol for Please tick	Course Number	Course Date	Enrol for 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 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 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 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 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 **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.

