

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.

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.