



Tasmania 2010

Level 2 Sports Trainer Courses

Sunday July 25th & Sunday August 1st

Sunday 25th July

Advanced Sports Taping

Course Number T31050M
Sunday 25th July
9:00am - 12:00pm
AFL Tasmania Meeting Room
Victoria St Ulverstone

Cost: \$65

Sunday 1st August

Introduction to Sports Massage

Course Number T31052M
Sunday 1st August
9:00am - 1:00pm
North Hobart Football Club
Elizabeth St Hobart

Cost: \$125

Spinal Injury Management

Course Number T31051M
Sunday 25th July
12:30pm - 5:30pm
AFL Tasmania Meeting Room
Victoria St Ulverstone

Cost: \$125

Sport Specific Conditioning

Course Number T31053M
Sunday 1st August
1:30pm - 5.00pm
North Hobart Football Club
Elizabeth St Hobart

Cost: \$65



Celebrating 25 years partnership with



**For further information regarding any of these
courses please contact SMA on phone 03 9674 8777
or email ssp@vic.sma.org.au**

Advanced Sports Taping

Gain hands on experience of advanced taping/strapping techniques from some of the leading physiotherapists and taping experts working in Australian sport. This course builds on the basic taping skills learnt in the Level 1 Sports Trainer course. It is recommended that all participants have completed a Level 1 Sports Trainer course prior to attending.

Introductory Sports Massage

This course provides an introduction to the theory and practical application of sports and remedial massage. The course covers:

- The benefits of massage and different massage techniques
- The benefits of massage in athletic preparation and recovery
- The role massage plays in Injury management and rehabilitation

Spinal Injury Management

This course will teach the acute management of spinal injuries. Experts in the field will cover the following topics in a theoretical and practical setting:

- Background to spinal cord injury
- Treatment of spinal cord injury
- Transporting the spinal patient
- Spinal transport equipment

Sport Specific Conditioning

The aim of this course is to give Sports Trainers a better understanding of fitness and conditioning related principles, the roles and responsibilities of fitness staff and why different training principles are adapted to different types of athletes and the variables associated with this. The 5 aspects of strength and conditioning are also covered: Cardio-respiratory endurance, muscular strength, muscular endurance, flexibility & body composition

ENROLMENT FORM

Title (circle) Mr Mrs Miss Ms Dr _____ Name _____

Address _____

Suburb _____ P/Code _____

Contact Phone _____

Email _____

Course Number _____ Course Type _____

Payment Details (all prices include GST)

I will direct deposit \$ _____ on the following date _____

Enclosed is my cheque for \$ _____ (payable to SMA - Tasmanian Branch)

Please debit \$ _____ From : MasterCard VISA

Card Number _____

Card Expiry Date _____ / _____

Name (as it appears on the card) _____

Signature _____

Sports Medicine Australia - Victorian Branch

Sports House, 375 Albert Road, South Melbourne 3205

Phone: 03 9674 8777 Fax: 03 9674 8799

Email: ssp@vic.sma.org.au

ABN:13 821 409 176

Direct Deposit: **Acc Name** - Australian Sports Medicine Federation - Tasmanian Branch **BSB** 017-010

Acc Number 0017-28052 please use 'surname_course no' as your transaction reference & email the remittance advice to ssp@vic.sma.org.au

Refund Policy - Refunds will be provided in accordance with the SMA Refund Policy. See SMA VIC Code of Practice below.

How did you hear about SMA courses? SMA-VIC Website Eflash Club/Organisation

Facebook sportspeople.com.au Other _____



Please ensure payment is received prior to the course commencement date. Participants turning up on the day without enrolling beforehand may be turned away.

Please make cheques payable to:
**"Sports Medicine Australia
Tasmanian Branch"**
or fill in credit card details
and return to:
Sports Medicine Australia,
375 Albert Road,
South Melbourne, VIC 3205
Email: ssp@vic.sma.org.au