

SMA-ACT is a Registered Training Organisation (RTO) providing CPR and first aid courses which are recognised nationwide by any organisation or workplace.

Sports Medicine Australia is the 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.

Sports Medicine Australia - ACT Branch (SMA-ACT Branch) offers a variety of cost-effective tailored sports medicine courses for students. So, whether you are looking for a short introductory course on injury prevention & management or a fully certified Sports First Aid course, Sports Medicine Australia - ACT has something that will suit your needs and budget.

Sports Medicine Awareness Course (SMAC)

SMAC is a 2-3 hour introductory sports medicine course. It aims to educate students on the prevention of injury, as well as developing an awareness of the safe, effective and efficient initial management of sports injuries. It can cost as little as \$6 GST Exclusive per student if presented by the teacher or \$12 if taught by a SMA lecturer. Students receive a certificate of attendance upon completion.

Strap Smart

This course provides students with the basic skills required to effectively tape the ankle, thumb & finger. The course is 2-3 hours in duration and its practical focus allows students to get a strong understanding of the benefits of taping, when to tape and when not to. Presented by an experienced Sports Trainer or Physiotherapist, the course costs as little as \$25 per student GST exclusive, depending on numbers. All tape is included in the price and students also receive a training booklet and certificate of attendance upon completion. This course can be presented in schools by a teacher if suitable qualified for as little as \$6.00 GST Exclusive per student.

CPR – HLTCPR201A Perform CPR

Course covers the unit of competency required to perform Cardiopulmonary Resuscitation (CPR) in line with the Australian Resuscitation Council Guidelines. This course can be presented in school by the teacher (if suitably qualified in First Aid) or by SMA-ACT Branch. SMA can also organise to come into the school and provide this course to teachers and administration staff at a time and date convenient to your training needs.

Sports First Aid – HLT301B Apply First Aid

This course is the equivalent of a Senior First Aid certificate with the main difference being that the Sports First Aid course focuses on injuries that are common in sport & recreation. Upon completion, students will receive a statement of attainment which is recognised nationwide. This course can be presented in school by the teacher (if suitably qualified in First Aid) or by SMA-ACT Branch.

Sports Trainer Level 1

This course is a progression from Sports First Aid and upon completion qualifies students to work as a Sports Trainers with sporting clubs. The course covers a variety of topics including Taping, Nutrition, Anatomy & Physiology, Common Medical Conditions, Drugs in Sport & Transport of the Injured Athlete. Students receive a nationally recognised accreditation from Sports Medicine Australia.

Combined Course – Sport First Aid and level 1 Sports trainer (Sport & Recreation Units)

This course is currently running in a number of high schools as part of the Sport & Recreation units. Contact our office for further details.