

2011 SMA-ACT SPORTS TRAINERS CONFERENCE



SUNDAY 30th OCTOBER 2011

The 2011 SMA-ACT Sports Trainers Conference provides an opportunity to participate in Professional Development Workshops, aimed at developing the skills and knowledge of working Sports Trainers, and Allied Health & Fitness Professionals.

With a variety of Theory and Practical workshops, this day is an excellent opportunity for networking with other Sports Trainers and Professionals working in the Sports Medicine Field.

SPORTS ANATOMY

Expand on your Anatomy and Physiology Knowledge.

This workshop will help you with communication amongst Allied Health Professionals and help you identify commonly used terms in relation to Functional Sports Anatomy.

KINESIOLOGY TAPING

Kinesiology taping is growing in popularity within the Sports Industry, with many high profile athletes using this method of taping to aid in the body's natural healing process.

This workshop will also provide an understanding of the application of kinesiology taping which is used to promote faster recovery for athlete's soft tissue and joint injuries, and why it is different to rigid strapping which provides strong support for joints during high-stress sport activity.

TEST METHODS TO EVALUATE INJURY

This workshop will help to keep up to date with the most common sporting injuries, and assist the Sports Trainer in being able to better identify these injuries.

Download a registration form from
<http://sma.org.au/sma-branches-new/act/conferences-and-events/>
or contact SMA-ACT on 6247 5115 or ssp@act.sma.org.au

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