

## Level 1 Sports Trainer Courses January - June 2012

Saturday February 11 & Sunday February 12  
9:00am - 5:00pm (both days)  
Venue: Sports House, South Melbourne  
Course Number: 31201

Saturday March 3 & Sunday March 4  
9:00am - 5:00pm (both days)  
Venue: State Netball & Hockey Center, Parkville  
Course Number: 31202

Saturday March 24 & Sunday March 25  
9:00am - 5:00pm (both days)  
Venue: Narre Warren Sports Injury Clinic  
Course Number: 31203

Saturday March 31 & Sunday April 1  
9:00am - 5:00pm (both days)  
Venue: Advantage Sports Medicine, Blackburn  
Course Number: 31204

Sunday April 15 & 22  
9:00am - 5:00pm (both days)  
Venue: Sports House, South Melbourne  
Course Number: 31205

Sunday May 20 & 27  
9:00am - 5:00pm (both days)  
Venue: State Netball & Hockey Center, Parkville  
Course Number: 31206

Sunday June 17 & 24  
9:00am - 5:00pm (both days)  
Venue: Sports House, South Melbourne  
Course Number: 31207

### **Cost: \$299**

Pre-requisite: To become an accredited Sports Trainer participants must provide a copy of a current first aid or sports first aid certificate to SMA-VIC upon enrolment. (If this is not possible participants should contact SMA-VIC to discuss alternate options).



## ENROLMENT FORM

Title (circle) Mr Mrs Miss Ms Dr \_\_\_\_\_ Name \_\_\_\_\_

Address \_\_\_\_\_

Suburb \_\_\_\_\_ P/Code \_\_\_\_\_

Contact Phone \_\_\_\_\_  First Aid Certificate Attached

Email \_\_\_\_\_

Club or Organisation \_\_\_\_\_

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 - Victorian Branch)

Please debit \$ \_\_\_\_\_ From :  MasterCard  VISA

Card Number \_\_\_\_\_

Card Expiry Date \_\_\_\_\_ / \_\_\_\_\_

Name (as it appears on the card) \_\_\_\_\_

Signature \_\_\_\_\_

Please send cheque or credit card payments to: Phone: 03 9674 8777 Fax: 03 9674 8799

**Sports Medicine Australia - Victorian Branch** Email: ssp@vic.sma.org.au

**Sports House, 375 Albert Road, South Melbourne 3205** ABN:13 821 409 176

Direct Deposit: **Acc Name** - Sports Medicine Australia - Victorian Branch **BSB** - 013-030

**Acc Number** - 1003-58763 please use 'surname\_course no' as your transaction reference & email the remittance advice to ssp@vic.sma.org.au

Refund Policy - Refunds are provided in accordance with the SMA Refund Policy. For a copy of the policy contact 03 9674 8777



How did you hear about SMA courses?

- SMA-VIC  Website  Eflash  
 Facebook  Club/Organisation

### Level 1 Sports Trainer Course Information

This course will recognise you as a nationally accredited sports trainer, providing skills on how to prevent and manage injuries on and off the sporting field. National accreditation from this 16 hour course is the standard requirement to work as a sports trainer in many of the country's sporting codes.

Topics covered include:

- Preventing sports injuries
- Principles of injury management
- Sports taping
- Sports nutrition
- Transporting the injured athlete
- Common sporting illnesses, injuries and medical conditions

Pre-requisite: To become an accredited Sports Trainer participants must provide a copy of a current first aid or sports first aid certificate to SMA-VIC upon enrolment.

(If this is not possible participants should contact SMA-VIC to discuss alternate options).

### Frequently Asked Questions

#### Why become a SMA Level 1 Sports Trainer?

The Sports Trainer plays an important role in ensuring the safety of participants at sporting clubs. Being a Level 1 Sports Trainer also provides an opportunity to advance your skills and become a Level 2 Sports Trainer and qualify as a Sports Medicine Australia Sports Trainer Member.

#### Are there any pre-requisites?

Yes. A current first aid certificate or a current SMA Sports First Aid Accreditation must be provided to SMA in order to receive accreditation as a Level 1 Sports Trainer. These should be sent or faxed to SMA-VIC prior to attending the course. (However if this is not possible SMA-VIC should be notified in advance and it may be possible to forward this information after completion of the course).

#### What are the course outcomes?

Successful completion of the Level 1 Sports Trainer course provides an opportunity for participants to become a SMA Nationally Accredited Sports Trainer. This is the standard required to perform the duties of a sports trainer in most of Australia's major sporting codes.