

## **SPORTS MEDICINE AUSTRALIA COURSE INFORMATION**

Sports Medicine Australia offer a variety of injury prevention, first aid and sports medicine courses designed to educate people involved in sport and recreation.

The **Safer Sport Program** is a community based education program aimed at :

- all participants engaged in exercise and activity, of all age groups and of all abilities.
- those supporting the exercising community. eg - parents, teachers, coaches and sports trainers.

There are five main courses that reflect the Safer Sport Program's commitment to "Safer Sport" through an emphasis on skill achievement. These are :

### **Sports First Aid Course**

The Sports First Aid course teaches basic first aid skills, with an emphasis on injuries that occur during sport. The course is aimed at school teachers, coaches, parents, club officials, prospective sports trainers, athletes or anyone interested in learning about sports first aid.

There are no prerequisites for entry into the Sports First Aid course.

The Sports First Aid course is a 16 hour course, of which more than half is dedicated to practical sessions. The course covers topics such as:

- prevention of injury
- assessment and immediate management of sporting injuries
- crisis management

The Sports First Aider is trained to help make sport safer. They can help prevent injuries and are competent in first aid and crisis management procedures. On successful completion of the course, the Sports First Aider will receive a certificate and an identification card.

### **Level 1 Sports Trainers Course**

The Level 1 Sports Trainers course is a progression from the Sports First Aid course, introducing new skills that are required as a Sports Trainer. This course educates prospective sports trainers, teachers, coaches, administrators and parents on the basic principles of sports medicine. Entry into the Level 1 Sports Trainers course requires a current Sports First Aid Certificate.

The Level 1 Sports Trainers course involves 25 hours of lecture and practical sessions in subjects such as:

- management of specific sporting injuries
- warm up, stretching and cool down
- taping
- nutrition

The accredited Level 1 Sports Trainer is a competent, trained person who can help athletes prevent injuries and ensure that the correct immediate assessment and management procedures for sporting injuries are used. On successful completion of the course, the Level 1 Sports Trainer will receive a certificate and identification card.

### **Level 2 Sports Trainers Course**

The Level 2 Sports Trainers course is a progression from Level 1. It is designed to give the active sports trainer the flexibility to structure the course to suit their own needs by offering optional modules in addition to a compulsory core module. Current Level 1 Sports Trainers accreditation, 12 months experience and 50 hours practical field experience are pre-requisites for entry into the Level 2 Sports Trainers course.

The core module is designed to increase the sports trainer's knowledge of how the general

principles of sports medicine relate to sport, as well as introducing new topics such as psychology of injury, medical conditions, the sports trainers role in rehabilitation of injury and advanced crisis management.

In addition to the compulsory core module, thirty five hours of listed modules, from a minimum of five different topics, must be completed to gain accreditation as a Level 2 Sports Trainer. The modules consist of topics such as:

- special groups in sport (women, children, disabled, veterans)
- drugs in sport
- advanced taping techniques
- coaching courses
- fitness leaders courses
- team management
- administration

Upon successful completion of the course, the Level 2 Sports Trainer will receive a certificate and identification card.

### **Elastoplast StrapSmart**

Strap and Wrap is taping workshop for anyone interested in sport. Elastoplast Sport and SMA have partnered to provide a taping course of the highest quality.

### **Continuing Education**

Sports First Aiders are certified for 3 years and are then required to re-certify. Level 1 and 2 Sports Trainers are accredited for three years and are then required to undertake a re-accreditation program. Also, Sports First Aiders and Sports Trainers are encouraged to keep their knowledge up to date and to attend relevant seminars and workshops.

### **Course Registration**

The State Branches of Sports Medicine Australia are responsible for administering all courses. If you wish to register for a course please contact your SMA State Branch.

## **SMA STATE BRANCHES**

### **ACT**

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### **NSW**

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### **WA**

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### **Tasmania**

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