



Due to the current situation, all courses have been postponed until further notice. (COVID-19)

**2020 Sports Trainer Courses & Continuing Education**

For the:



Presented by:

**ALPHINGTON SPORTSMEDICINE EXERCISE+REHAB**  
www.alphingtonsportsmed.com.au

**Sports Trainers Course**

Pre-requisite: Current First Aid and CPR certificates.  
NFNL requirement for all senior club/team trainers.  
8hr course. BYO lunch. Morning & Afternoon Tea provided.  
\$200 pp (Ex. GST). Min 8 - Max 16 participants.  
2020 dates available: 9am - 5pm Sunday 29 March |  
6-10pm Monday 20 & 27 April | 6-10pm Monday 18 & 25 May



**Additional Education Sessions for Sports Trainers**

These qualify as PD requirements for ongoing Sports Trainer accreditation. Pre-requisite: Current Sports Trainers certificate.



**Incident Management**

Improve your confidence in and ability to deal with serious injuries.  
2 hour sponsored (FREE) information session. 7-9pm Wednesday 6 May.



**Knee Injuries**

Expand your knee injury management knowledge & skills.  
Lecture + practical (taping). Min 8 participants.  
2 hour course. \$25pp (Ex. GST). 7-9pm Monday 15 June.



**Groin & Hamstring Injuries**

Expand your groin & hamstring injury management knowledge & skills.  
Lecture + practical (taping). Min 8 participants.  
2 hour course. \$25pp (Ex. GST). 7-9pm Monday 13 July.

Location: La Trobe University, Bundoora

Registrations via Northern Football Netball League: Ph 9435 8228  
<http://nfnl.org.au/volunteer-accreditation-and-registration-forms/>