



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/>