



# 2024 Sports Trainer Courses + Continuing Education Sessions

[alphingtonsportsmed.com.au/courses](http://alphingtonsportsmed.com.au/courses)

## ▲ SPORTS TRAINERS COURSE - LEVEL 1

Pre-requisite: Current First Aid and CPR certificates.

AFL requirement for trainers (junior & senior),  
unless a Qualified Medical Professional (QMP).

BYO lunch. Morning & Afternoon Tea provided.

8hr course. \$275 (Inc. GST).

Min 8 - Max 16 participants.

### Dates:

9am - 5pm Sunday 24 March

9am - 5pm Sunday 21 April

9am - 5pm Sunday 5 May

6 - 10pm Monday 13 & 20 May  
(you must attend both sessions)

## ▲ ADDITIONAL EDUCATION SESSIONS FOR SPORTS TRAINERS

Expand your injury management knowledge and skills in these specific areas.

Pre-requisite: Current Sports Trainers certificate. 2hr course. \$38.50 (Inc. GST). Min 8 participants.

### ▲ Groin & Hamstring Injuries

Lecture + practical (taping).  
7-9pm Wednesday 29 May

### ▲ Ankle Injuries

Lecture + practical (taping).  
7-9pm Wednesday 5 June

**Sunday courses will be held at Alphington Sports Medicine,  
weeknight sessions will be at La Trobe Uni, Bundoora.**

To register your interest in any of these course dates,  
please email: [marketing@alphingtonsportsmed.com.au](mailto:marketing@alphingtonsportsmed.com.au).