

2018 SPORTS TRAINER COURSES

Presented by: **ALPHINGTON
SPORTSMEDICINE
EXERCISE+REHAB**

On behalf of:



Sports Trainers Course (NFNL & AFL Accredited)

- Pre-requisite: Current First Aid and CPR certificates
- NFNL requirement for all senior club/team trainers
- 8hr course. Min 8 - Max 16 participants. \$200 pp (ex. GST)

Sunday 18 March 9am-5pm OR

Monday 16 & 23 April 6-10pm (split: 2 x 4hr sessions)

Advanced Taping Course

- Pre-requisite: Current Sports Trainers certificate
- Expand on your knowledge of taping (body parts not covered in Sports Trainers Course)
- Continued education for ongoing Sports Trainer accreditation
- 3 hour course. Min 6 - Max 16 participants. \$60pp (ex. GST)

Monday 23 April 7-10pm OR Monday 21 May 7-10pm

Nutrition for Sports Trainers Course

- Pre-requisite: Current Sports Trainers certificate
- Introduction to the basic principles of sports nutrition
- Continued education for ongoing Sports Trainer accreditation
- 3 hour course. Min 6 - Max 16 participants. \$60pp (ex. GST)

Wednesday 23 May 6-9pm

Medication and Drugs for Sports Trainers Course

- Pre-requisite: Current Sports Trainers certificate
- Introduction to prohibited vs permitted substances in sport
- Continued education for ongoing Sports Trainer accreditation
- 2 hour course. Min 8 - Max 16 participants. \$50pp (ex. GST)

Wednesday 9 May 6.30-9pm

Registrations: <http://nfnl.org.au/201718-nfnl-sports-trainers-and-advanced-taping-courses/> Ph: 9435 8228