

# Sports Trainer Foundation Certificate

## 【Project Objectives】



- Strengthen student's ability in providing immediate medical care on-field.
- Learn the scientific knowledge and skills concerning sport injury prevention.
- Enhance the knowledge and skills of re-conditioning of sports injuries and sports performance training.



### Target participants:

- ✓ Sports instructors
- ✓ Personal trainers
- ✓ PE teachers
- ✓ Nurses
- ✓ Doctors
- ✓ Rehabilitation assistant

## Introduction -

### What is a Sports Trainer

Sports Trainer provides a pivotal link between the coach, athlete and health care professional. Sports Trainer is professional who applies scientific theories to train athletes. They also deal with athletes' injuries for the sake of making sport safer. With the pertinent prompt medical care given by Sports Trainer, athletes could avert the risk of experiencing an otherwise preventable injury. The two main emphases of the Sports Trainer Advanced certificate are the **immediate medical care offered on-field** as well as **injury prevention**.

**Course only takes**  
**17 hours**  
**+**  
**1 hour**  
**M C Q Exam**

**Date : 26<sup>th</sup> Aug (Sun) and 2<sup>nd</sup> Sept (Sun)**

The organization host is recognized by Nursing Council of Hong Kong as an accredited provider of CNE points and participants can be awarded CNE points

**Taping for acute injuries and prevention**

Basic and essential clinical assessment of athletes with common sports injuries



**Sports Massage**



Organization host



**GRS & Associates Holistic Care Alliance**

## Primary course content

## Time

Principles of fitness training and sports performance training	1	<b>Dr. Chan Hoi Chung, Samuel</b>
Common risks or injuries associated with different kinds of sports	2	* M.B.B.S. (HK), M.E.D.M. (CUHK)
Management of acute musculoskeletal injuries	2	* MSc Cardiology (Advanced Cardiology Practice) (CUHK)
Management of acute medical emergencies (eg. Heat stroke, heart attack)	0.5	* MSc MMR (CUHK)
Sports injury rehabilitation principles	1	
Return to play principles/ Re-conditioning of sports injuries	3	<b>Mr. Lee Ho Wai, Ray</b>
Sports taping for acute injuries and prevention	3	* Registered Physiotherapist (Australia, HK & New Zealand)
Sports massage	1.5	
Basic and essential clinical assessment of athletes with common sports injuries	1.5	* Certified Exercise Specialist, ACSM
Referring the injured athletes to a more qualified health care professional (eg. physiotherapists/doctors) for further advice and management	0.5	* MSc in Healthcare (Physiotherapy), HK PolyU
Applied sports nutrition	0.5	* MSc in Epidemiology & Biostatistics, CUHK
The Business of Sports Trainers	0.5	* Lecturer of HKUSPACE, CUHKCSC, OUHK & IVE
		* Ex-Research Assistant I (Exercise Therapy), HKU

**The course is divided into 2 days, 9 hours a day, 9 am to 7 pm (including 1 hour lunch)**

## Application and discount info

\*Call Us  
\*WhatsApp  
\*Website  
\*E-mail  
register

\*Bank transfer to our Hang Sang account  
\*Check mailing  
\*Pay in person

Send us the bank receipt by Fax: 27300893  
Whatsapp:55159132  
E-mail: grshk@grs-hs.com

**2 days Class fee : \$2700**

**Early bird discount (Apply on or before 31<sup>th</sup> July) : \$2500**

**GAA members: 15% off**

*{Early bird discount can be used in conjunction with GAA members discount.}*

**Join with a friend: 10% off**

Class location: **Jordon (Near MTR)**  
GRS Physiotherapy & Sports Medicine Centre  
Suite 2105-6, 21/F, Rightful Center,  
12 Tak Hing Street, Jordon, Kowloon



**If you are interested in joining the course and GAA membership, please contact us for application:**

**Hotline: 2730 0036**

**E-mail: grshk@grs-hs.com**

**WhatsApp: 5515 9132**

**Website: <http://vc.grshs.com>**