

Sports Trainer Certificate (Beginner)

【 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 : 28th Jan (Sun) and 4th Feb (Sun)

Taping for acute injuries and prevention



Basic and essential clinical assessment of athletes with common sports injuries



Sports Massage

Organization host

GRS 健瑞仕
Health Services
a division of Genesis HealthCare



GRS & Associates
Holistic Care Alliance

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

Application and discount info

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*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 before 30th Dec) : \$2500

Class location: **Jordon** (Near MTR)
GRS Physiotherapy & Sports Medicine Centre

Suite 2105-6, 21/F, Rightful Center,
12 Tak Hing Street, Jordon, Kowloon



Hotline: 2730 0036

WhatsApp: 5515 9132

E-mail: grshk@grs-hs.com

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

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