

Sport Trainer Course: Combined Program

Course Breakdown

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| Description | The Sport Trainer Course combines the Athletic Injury Management Course (Day 1) and the Sport Taping & Strapping Course (Day 2) , providing you with a comprehensive learning experience. By enrolling in this integrated course over a single weekend, you can take advantage of a cost-saving opportunity compared to registering for the courses separately. |
| Prerequisites | By enrolling in the Sport Trainer Course, you will fulfill all prerequisites required for the individual courses. |
| Duration | 16 hours (8 hours per day) 8:30 AM - 4:30 PM (each day) |

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| Day 1 | <p>Athletic Injury Management Course</p> <p>This course is designed to enhance both theoretical and practical knowledge for individuals involved in sport and recreation activities. You will learn:</p> <ul style="list-style-type: none"> • Effective strategies for preventing athletic injuries • Immediate care techniques for common sports injuries • Basic rehabilitation principles to support recovery • Essential injury prevention strategies |
| Day 2 | <p>Sport Taping & Strapping Course</p> <p>This course focuses on equipping you with practical taping techniques for common sports injuries. Key areas covered include:</p> <ul style="list-style-type: none"> • Proper taping procedures • Determining when taping is appropriate • Comparing taping with bracing • Hands-on practice with various taping techniques for different body parts |

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Day 1: Athletic Injury Management Course

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| Chapter 1 | Introduction Get to know the Sport Medicine Council of Alberta! |
| Chapter 2 | The AIM Specialist Role of the AIM Specialist, Liability Concerns, Code of Ethics, Risk Management, Confidentiality, The Sport Medicine Team, Infectious Diseases |
| Chapter 3 | Before the First Whistle Athletic Medical Examinations, Medical History Form, Athlete Medical Information Card, Insurance Coverage, Fitness & Conditioning, Protective Equipment, Environment & Facility, Skill Instruction, Warm Up & Cool Down, Activity Pyramid, Stretching, Emergency Action Plan, Equipment & Supplies, Pre-Event & Follow Up |
| Chapter 4 | Understanding Athletic Injuries Injury Classification, Mechanism of Injury, Severity of Injury, Phases of Injury, Injury Cycle, Injury Treatment, Rehabilitation, Return to Play/Return to Learn |
| Chapter 5 | When an Injury Occurs General Principles, Life-threatening Situations, Non-Life-threatening Situations |
| Chapter 6 | Specific Athletic Injuries & Their Management Abrasions, Lacerations, Blisters, Asthma, Avulsed Tooth, Loose/Chipped Tooth, Nosebleeds, Broken Nose, Bursitis, Cartilage Injuries, Head Injuries, Concussion, Neck & Spine Injuries, Diabetes/Hypoglycemia, Eye Injuries, Dislocations & Subluxations, Fractures, Cold Injuries, Thermal Injuries, Hyperventilation, Kidney Injuries, Spleen Injuries, Testicular Trauma, Stroke, Heart Attack/Angina, Sprains & Strains |
| Chapter 7 | Sport Taping & Strapping Introduction This chapter introduces you to the SMCA's Sport Taping & Strapping Course. |
| Appendix | The Appendix contains form templates including: <ul style="list-style-type: none"> • Athlete Medical Information & History Form • Athlete Participation Consent Form • Request to Return to Participation - Medical Professional Form • Request to Return to Participation - Parent/Guardian Form • Sample Facility Checklist • Injury Report Form |

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Day 2: Sport Taping & Strapping Course

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| Chapter 1 | Introduction Get to know the Sport Medicine Council of Alberta, and learn about Anatomy & Injuries, Joint Movements, and Taping Guidelines. |
| Chapter 2 | Shoulder Learn information about the anatomy of the shoulder, shoulder injury statistics, and learn how to do a Shoulder Wrap. |
| Chapter 3 | Elbow Learn information about the anatomy of the elbow, elbow injury statistics, and learn how to tape for an Elbow Hyperextension. |
| Chapter 4 | Wrist Learn information about the anatomy of the wrist, wrist injury statistics, and learn how to tape for a Wrist Hyperextension, Wrist Hyperflexion, and Contact Wrist. |
| Chapter 5 | Hand Learn information about the anatomy of the hand, hand injury statistics, and learn how to tape for a Peppard Technique (thumb), Contact Thumb, and Buddy Taping (finger). |
| Chapter 6 | Hip & Thigh Learn information about the anatomy of the hip & thigh, hip & thigh injury statistics, and learn how to do a Groin Wrap and a Thigh Wrap. |
| Chapter 7 | Knee Learn information about the anatomy of the knee, knee injury statistics, and learn how to tape for a Knee Hyperextension. |
| Chapter 8 | Ankle Learn information about the anatomy of the ankle, ankle injury statistics, and learn how to do an Ankle Tensor, and an Ankle Wrap. Learn how to tape a Closed Basketweave with two alternatives (More Mobility vs. More Stability), Open Basketweave, and an Achilles Tendon Technique. |
| Chapter 9 | Foot Learn information about the anatomy of the foot, foot injury statistics, and learn how to tape for an Arch Technique. |