

1st4sport Level 2 Certificate in the Treatment and Management of Injury in Sport

New course available for close season at Hungerford Town FC

Essential for all coaches therapists within The Hellenic League and Zamaretto League.

**Hurry Limited places available
you must enrol by: Friday 23rd April**

Course Information:



- **Minimum Age:** 16
- **Course Duration:** 22.5 hrs contact plus additional learning
- **Course Prerequisites:** Current recognized FA Emergency First Aid certificate, First Aid award or equivalent. (this is available within this course if needed)
- **Who is it for:** This is the foundation course aimed at personnel acting as manager, coach, trainer, or therapist for amateur and youth football and sports clubs and for teachers responsible for school teams.
- **Course aims and objectives:** To provide the candidate with the specific basic knowledge and skills necessary to enable them to recognise, treat and manage common injuries in sport/fitness. It also offers an opportunity for newcomers to this sector to recognize major from minor injuries.

Course Content: This course will cover the following subjects:

Anatomical terminology

- Joints
- Muscles
- Bones
- Surface Anatomy
- Signs and symptoms of injury
- Recognition of injury
- Signs and symptoms of common sports injuries
- Phases of treatment and rehabilitation
- Treatment Methods
- Major contributions to the prevention of injury
- Walking aids and walking re-education
- Bandaging and taping techniques

Practical Involvement: The course contains content of a practical and functional nature, given this participants should be in good general health. Students should appreciate that the course contains practical components where they will work with other course members (models) for palpation and anatomical identification to maximize learning.

Assessment:

1. Have successfully attained a currently recognised Safeguarding Children/Child Protection Certificate/Award or equivalent.
2. A series of written tasks demonstrating knowledge and understanding across all 3 units of the qualification.
3. Observation of practical tests.
4. A final, independently assessed, 30 minute written paper covering knowledge and understanding requirements of all 3 units of the qualification.

Re-assessment: Candidates who are initially unsuccessful with their assessment can be re-assessed within the 24 month period from their registration on the course.

Suggested additional learning opportunities:

- 1st4sport Level 3 Certificate in the Treatment and Management of Injury in Sport

Equality: FA Learning will ensure that it treats people fairly and with respect and that it will provide access and opportunities for all members of the community to take part in, and enjoy, it's activities in an atmosphere free from harassment, bullying, discrimination or abuse. FA Learning will seek to provide a service which is appropriate to the needs of an individual and to make reasonable adjustments or provide support, where appropriate, to cater for those needs.

Course Dates and information:

All Courses to be held at:

Hungerford Town FC, Town Ground, Bulpit Lane,
Hungerford, Berkshire RG17 0AY

Course	Dates and Times	Cost
Level 2 Treatment of Injury.	Sunday 23 rd May 9.00-5.00pm	£140.00
	Sunday 30 th May 9.00-5.00pm	
	Sunday 6 th June 9.00-5.00pm	
FA Emergency Aid	Weds 26 th June 6.30-9.30pm	£15.00
FA Safeguarding Children	Thursday 3 rd June 6.30-9.30pm	£25.00

To enrol or for further information– please complete the attached application form and Email: Justin Merritt, Course Tutor – j.merritt@premiersportsgroup.co.uk