



## Sport Trainer Course

The Sport Trainer Course is the combination of the Athletic Injury Management (AIM) Course and the Sport Taping & Strapping Course (T&S).

All taping supplies and manuals will be supplied.

Upon completion of the course the participant will receive a Certificate of Achievement for both AIM + T&S.

Included in the cost of the course is a complimentary membership to the Sport Medicine Council of Alberta. This allows the participant 20% off our sport medicine supplies for one year as well as allows the participant to attend our Annual General Meeting with voting privileges.

This two-day course allows persons involved in sport and recreational activities to have an opportunity to increase theoretical and practical knowledge in the prevention and treatment of athletic injuries. As well as learn proper taping procedures, when and when not to tape, taping versus bracing, as well as have the opportunity to practice a variety of different taping techniques for all parts of the body.

<b>Athletic Injury Management (Day 1)</b>	
1.	Preface – Get to know the Sport Medicine Council of Alberta
2.	The AIM Specialist <ul style="list-style-type: none"> <li>a. Role of the AIM Specialist</li> <li>b. Liability Concerns</li> <li>c. Code of Ethics</li> <li>d. Risk Management</li> <li>e. Confidentiality</li> <li>f. The Sport Medicine Team</li> </ul>
3.	Before the First Whistle <ul style="list-style-type: none"> <li>a. Athletic Medical Forms/Medical History</li> <li>b. Insurance</li> <li>c. Facility Checklist</li> <li>d. Equipment</li> <li>e. Skill Instruction</li> <li>f. Warm up and cool down procedures</li> <li>g. Emergency Action Plan</li> </ul>
4.	Understanding Athletic Injuries <ul style="list-style-type: none"> <li>a. Injury Classification</li> <li>b. Mechanism of Injury</li> <li>c. Severity of Injury</li> <li>d. Phases of Healing</li> <li>e. Injury Cycle</li> <li>f. Injury Treatment</li> <li>g. Rehabilitation</li> <li>h. Return to play/learn</li> </ul>
5.	When an Injury Occurs <ul style="list-style-type: none"> <li>a. Life-Threatening Situations</li> <li>b. Non-Life-Threatening Situations</li> </ul>
6.	Specific Athletic Injuries & Their Management <ul style="list-style-type: none"> <li>a. Abrasions, Asthma, Avulsed Tooth, Blisters, Broken Nose, Bursitis, Cartilage Injuries, Concussion, Diabetic Coma &amp; Insulin Shock, Dislocations &amp; Subluxations, Eye Contusions, Eye Lacerations, Foreign Objects in Eye, Fractures, Frostbite, Head Injuries, Heart Attack/Angina, Hyperthermia, Hyperventilation, Hypothermia, Kidney Injuries, Lacerations, Loose/Chipped Tooth, Neck &amp; Spine Injuries, Nosebleeds, Seizures &amp; Convulsions, Skin Wounds, Spleen Injuries, Sprains, Strains, Stroke, Tendon Injuries, Testicular Trauma</li> </ul>
7.	Taping Techniques <ul style="list-style-type: none"> <li>a. When to Tape</li> <li>b. When not to Tape</li> <li>c. General Taping Principles</li> <li>d. 4 Taping Techniques</li> </ul>

<b>Taping &amp; Strapping (Day 2)</b>	
1. Introduction	<ul style="list-style-type: none"> <li>a. Anatomy &amp; Injuries</li> <li>b. Joint Movements</li> <li>c. Taping Guidelines</li> </ul>
2. Shoulder	<ul style="list-style-type: none"> <li>a. Shoulder Wrap</li> </ul>
3. Elbow	<ul style="list-style-type: none"> <li>a. Elbow Hyperextension</li> </ul>
4. Wrist	<ul style="list-style-type: none"> <li>a. Wrist Hyperextension</li> <li>b. Contact Wrist</li> </ul>
5. Hand	<ul style="list-style-type: none"> <li>a. Peppard Technique</li> <li>b. Contact Thumb</li> </ul>
6. Hip & Thigh	<ul style="list-style-type: none"> <li>a. Groin Wrap</li> <li>b. Thigh Wrap</li> </ul>
7. Knee	<ul style="list-style-type: none"> <li>a. Knee Hyperextension</li> </ul>
8. Ankle	<ul style="list-style-type: none"> <li>a. Ankle Tensoring</li> <li>b. Ankle Wrap</li> <li>c. Closed Basketweave               <ul style="list-style-type: none"> <li>i. With two alternatives (More Mobility vs. More Stability)</li> </ul> </li> <li>d. Open Basketweave</li> <li>e. Achilles Tendon</li> </ul>
9. Foot	<ul style="list-style-type: none"> <li>a. Arch Technique</li> </ul>

\*The course may be taught out of sequence depending on the course conductor