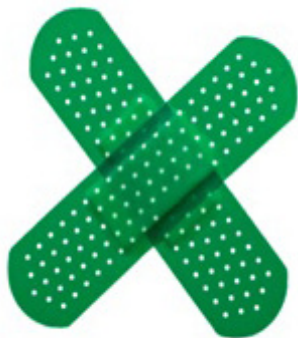




Sports Injuries Course



Upon completion of this course students can apply for membership of the society for Holistic Therapies and coaches.

Use the letters "SHTC" after your name



- 10% off at Ben Sherman
- 15% off at Bench
- 15% off at Firetrap
- 10% off at JJB Sports
- 10% off at La Senza
- 10% off at Selfridges
- 40% off at Nicky Clarke Hair Salons
- 10% off at Oasis
- 25% off the student price at Odeon Cinemas
- £2.00 per hour off with BSM driving school

Student of the year competition:



Opportunity to be nominated for our student of the year competition

"I had not studied for over 20 years when I enrolled and was very apprehensive about learning. I was encouraged by the grades and support from my tutor"

Dee Hoare (Halifax, Yorks)

"I must say how much I enjoyed this course. I will definitely be back in the future, Cheers!"

Kevin Wheeler
(Burton on Trent, Staffs)

"A lot more in depth than I anticipated. I'm sure my path will be a lot smoother in the future"

Michael England
(Rushden, Northants)

Achieve a better career with a Sports Injuries Course

Sports Injuries Course: This specialist course is designed to provide a comprehensive understanding of how sporting injuries can occur, the assessment, diagnosis, treatment and management of such injuries. The course will also investigate the principles behind the rehabilitation of sports injuries. By using a variety of techniques and approaches, the therapist will provide a valuable service to clients in this specialist area, either on a freelance basis or as part of their employment in a health and fitness facility.

Level 3 Sports Injuries Award





Sports Injuries Course

Sports Injuries Course Information

Course Duration & Fees

All students have one year to complete this course from date of registration.

Students are welcome to complete this course as quickly as they want to.

On average this course is completed in **140 hours (8/9 months)**.

Extensions can be arranged if students do not complete within the year and charges will apply.

We would ask you to contact our office on **0800 0131030** for latest extension fees if required.

We recommend that students complete **3-4 hours per week** as a minimum to get the most from this course. Remember to work out a study plan / timetable before you start and try and stick to it.

Hrs per week	Estimated Completion
4 hours	9 Months
5 hours	7 Months
7 Hours	5 Months
10 Hours	4 Months

Fees

[See website](#)

Syllabus

Contra-Indications to Treatment referral

Assess Intrinsic and Extrinsic Injuries

Implemental injuries

Vehicular injuries

Environmental factors

Define: the ages concept, Psychological fitness, Lifestyle

Explain the reasons for employing warm up and cool down exercises

Basic Principles of Treatment

Introduce planes and axes and discuss structures and their positions in relation to the anatomical position

Discuss a number of descriptions of landmarks found on skeletal bones

Sport Injuries to Lower Limbs Part 1

Analyse some of the most common foot problems

Discuss metatarsalgia giving symptoms, causes and treatment

Summarise: Heel spur, Ganglion and Morton's toe

Sport Injuries to Lower Limbs Part 2

Examine the knee and introduce the different ligaments that come under stress during sports activities

Describe medial ligament strain giving symptoms, cause and treatment

Introduce the Apleys knee test and the McMurray test

Describe the rapid and slow swelling of joint effusion

Sports Injuries to Lower Limbs Part 3

Discuss a stress fracture, where it is found, its causes, symptoms and treatment

Evaluate a shin splint giving symptoms, cause and treatment

Sports Injuries of the shoulder

Analyse injuries to the shoulder and show what roles ligaments and muscles play

Identify symptoms, causes and treatments of frozen shoulder

Sports injuries of the Head and Neck

Describe the two main muscles found in the neck, give a description of each and where they are situated

Assess Arthritis and Disc joint Pain giving

symptoms, causes and treatment

Sports Injuries of the Hand, Arm and Elbow

Explain the symptoms, cause and treatment of Carpal Tunnel Syndrome

Define Golfers and Tennis elbow, giving symptoms, causes and treatment

Summarise your understanding of elbow dislocation

Sport Injuries of the Back

Examine the vertebral column and name five groups of vertebrae

Define the lumbar, coccygeal and sacral vertebrae

Describe your understanding of trigger points and give points to be remembered when applying treatment

Taping and Strapping of Injuries

Identify benefits to the athlete of taping an injury and give instances when it should not be applied

Introduce procedures to be followed before taping and when applying tape

Explain the procedure you would use when supporting the quadriceps

Why UK Open College?

- Learn from home
- Affordable – Pay monthly
- All materials provided!
- Unlimited support!
- No previous qualifications required!
- No set term times – Enrol anytime!
- Total flexibility