



SPORTS STRAPPING

3 REPSSA ENDORSED CPD POINTS | REPSSA

COURSE DURATION: 1 DAY

SHORT CONTACT COURSE

[VISIT THE COURSE PAGE](#) TO VIEW ALL OUR FEES AND EASY PAYMENT TERMS

course overview

Knowledge of and ability to perform sports strapping is an excellent skill which any fitness professional, sports scientist, biokineticist, coach, athlete or sports conditioning coach can add to their existing skill-set. Strapping techniques can assist both the treatment and prevention of injuries. In this course, you will learn about the benefits of sports strapping along with how you can use them for pain relief, injury prevention, and recovery purposes! Our hands-on teaching approach will ensure that you receive the best possible experience with us and walk away with the confidence to start using these skills immediately.

Studying Sports Strapping qualifies you for 20% off our [Sports Massage Course!](#)

campuses/study modes

SHORT COURSE

Johannesburg

course resources

- 1 contact workshop
- 1 practical assessment
- Hard Copy Manual

accreditation

- 3 REPSSA endorsed CPD points
- HFPA certificate of achievement

subjects & modules

SPORTS STRAPPING MODULE

- 1 Introduction to Taping
- 2 Anatomy of upper limb
- 3 Anatomy of lower limb
- 4 Common injuries of upper limb
- 5 Common injuries of lower limb
- 6 Taping techniques of the upper limb
- 7 Taping techniques of the lower limb
- 7 Referral to medical professional

learning outcomes

Successful learners will be able to:

- Offer pre-, post- and inter-event sports massage therapy to athletes of all levels, from weekend warriors to elite players

learning pathways

- Injury Prevention Specialist
- Sports Massage
- Posture Specialist

description of modes of delivery

SHORT CONTACT COURSE

We offer the largest selection of Continuing Education and Specialisation programmes to the SA Fitness industry. Our wide range of courses will assist you to expand your expertise, earn your CPD points and broaden your scope of services. All of our short courses conveniently take place on weekends. Our short course tutors are of the highest calibre, and our facilities are state of the art.

contact details

Enquiries: info@hfpa.co.za

Accounts: accounts@hfpa.co.za

National Contact Centre: 0861 777 010