



INJURY PREVENTION SPECIALIST

20 REPSSA ENDORSED CPD POINTS | REPSSA

COURSE DURATION: 6 MONTHS

STUDY MODE OFFERED: ONLINE

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

entry requirements

If you hold a fitness qualification or exercise science qualification you will:

Receive a certificate of achievement | Be able to use this qualification to train clients

If you do not hold a fitness qualification or exercise science qualification you will:

Receive a certificate of attendance | Not be able to use this qualification to train clients

course overview

Upon completion of this course you will have thorough knowledge and understanding of the effect of muscle imbalances, common upper and lower body injuries, the role of various professionals in injuries (who to refer to, and more importantly, what YOU CAN do), how to design an effective, individualised programme with the aim of preventing the development of an injury as well as execution of simple functional tests to adapt your programmes based on individual anatomical differences.

campuses/study modes

ONLINE

Study anytime, anywhere

course resources

- HFPA Online Learning Platform
- E-manual
- Online assessments
- Additional online resources videos
- Online Tutor support

accreditation

- 20 REPSSA endorsed CPD points
- HFPA Certificate of Achievement/Completion

learning outcomes

Successful learners will be able to:

- Carve out a niche in the industry as an injury prevention specialist
- Use your new skills to up your performance as a trainer for fitness clients or athletes

subjects & modules

INJURY PREVENTION SPECIALIST MODULE

- 1 Scope of Practice
- 2 Anatomy Recap
- 3 General Principles of Injuries
- 4 Healing Process
- 5 Types of injuries
- 6 Posture assessment and Evaluation
- 7 Common Upper body injuries
- 8 Common lower body Injuries
- 9 Psychological considerations
- 10 Aqua programmes and Injuries
- 11 Prehabilitation Assessments
- 12 Examples of Exercises for Prevention of Injuries

learning pathways

- Posture Training Specialist
- Sports Massage
- Sports Strapping

description of modes of delivery

ONLINE PROGRAMME

- Students study online using the HFPA Online Learning Platform
- Students are assigned to an Online Tutor who will assist for the duration of the course

contact details

Enquiries: info@hfpa.co.za

Accounts: accounts@hfpa.co.za

National Contact Centre: 0861 777 010