



Sport Strapping

Short Course



Duration: 1 Day



3 REPSSA endorsed CPD points



Admission requirements:

No previous qualifications or requirements are needed.

You will require the below equipment for your course:

- ▶ 1 x 50mm EAB strapping
- ▶ 1 x 75mm EAB strapping
- ▶ 1 x brown Rigid tape
- ▶ 1 x 50mm kinesio tape
- ▶ A partner to practice your techniques on



Registered: REPSSA



Modes of delivery: Contact or Online



Subjects & Modules

- ▶ Introduction to Taping
- ▶ Anatomy of upper limb
- ▶ Anatomy of lower limb
- ▶ Common injuries of upper limb
- ▶ Common injuries of lower limb
- ▶ Taping techniques of the upper limb
- ▶ Taping techniques of the lower limb
- ▶ Referral to medical professional



Other courses you might be interested in

- ▶ Water Aerobics Instructor
- ▶ Kids Development Specialist
- ▶ Group Training Specialist