

Injury Prevention

Specialist

Short Course



Some course content:

- ▶ Scope of Practice
- ▶ Anatomy Recap
- ▶ General Principles of Injuries
- ▶ Healing Process
- ▶ Types of injuries
- ▶ Posture assessment and Evaluation
- ▶ Common Upper body injuries
- ▶ Common lower body Injuries
- ▶ Psychological considerations
- ▶ Aqua programmes and Injuries
- ▶ Prehabilitation Assessments
- ▶ Examples of Exercises for Prevention of Injuries



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



Duration: 6 Months



20 REPSSA endorsed CPD points



Admission 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



Registered: REPSSA



Modes of delivery: Online



Other courses you might be interested in

- ▶ HIIT Fundamentals and Programming
- ▶ Strength Training For Fat Loss
- ▶ Developing Endurance