

SPORTS TAPING & STRAPPING WORKSHOP



10 Credits



Fáilte

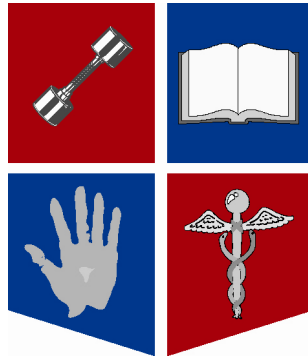
The following pages contain information on our Sports Taping & Strapping Workshop. We are happy to speak with you regarding any questions you may have relating to this programme, simply contact our admissions office. If you wish to visit our training facility please give 24 hours notice so we can arrange a tutor to talk to you.

Yours in Sport,

George Martin
Course Director

School of Sport
Chapel Lane, Athy, Co. Kildare
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Sports Taping & Strapping Workshop

School of Sport, Ireland's premier training and certification body, offers a one day course in the application of joint taping and strapping for the sports player. Sports taping and strapping is a necessity for any competitive team across all sports. Sports taping and strapping specialists have varied experience/backgrounds in sport, very often however most taping and strapping procedures are performed by physiotherapists, sports massage therapists, first aiders and professional coaching staff.

Aim

The aim of our one day training programme is to give participants a full understanding of sports taping and strapping which will enable them to identify common injury sites, assess suitability and apply safe, effective taping and strapping to joints and muscles. Our ***Sports Taping & Strapping Workshop*** is available to professionals in sport who wish to add to their training portfolio and gain knowledge and understanding regarding the principles of sports taping and strapping, including application procedures.

Our ***Sports Taping & Strapping Workshop*** is taught by tutors with practical field experience. All tutors are industry certified and run professional sports therapy practices. Upon successful completion of this training day participants will have gained a critical understanding of sports taping and strapping and will be able to offer a variety of taping and strapping procedures to the general sport and fitness population.





Course Content

Our *Sports Taping & Strapping Workshop* is presented over one day from 9:30am to 4:30pm. Course participants must hold a coaching, fitness or first aid qualification.

The subject matter on the day includes:

- **Assessing Suitability for Strapping**
- **Injury Site Preparation & Strapping**
- **Practical Applications for Common Injury Sites**
Ankle (Lateral Collateral Ligament),
Knee (PCL, Medial/Lateral Ligament)
Hamstring, Shoulder (ACL), Elbow, Wrist & Thumb

Who Can Apply

Our *Sports Taping & Strapping Workshop* is only taught at School of Sport, the national training college for fitness professionals. To apply for this course you must hold a coaching, fitness or first aid qualification. If you have any questions regarding our training programme feel free to contact our course director directly on 086 0861863 or email info@schoolofsport.com.

Examinations

There are no examinations on this workshop training day.

Qualifications

Upon completion of this workshop, graduates will be awarded with a Taping & Strapping Workshop Certificate of Attendance.

10 Continued Professional Development (CPD) credits are awarded for this course. CPD's are recognised by *Exercise Register Ireland*.

Course Fee

The workshop fee is only **€150** for 2012.

Class numbers are limited - early booking is advisable.

How to Apply

To apply simply complete the application form at the back of this brochure and return to the college with your payment of €150 and a copy of your coaching, fitness or first aid qualification.

2012 Workshop Dates

(1) March 3rd (2) August 18th



Sports Taping & Strapping Workshop

Course Application Form

Name: _____

Address: _____

Date of Birth: _____ Age: _____

Home Telephone: _____

Mobile: _____

Email Address: _____

Coaching/Fitness/First Aid Qualification:

Please state the course date you wish to attend

**Please send completed application form, your course payment of €150
and a copy of your coaching, fitness or first aid qualification to:
Admissions Office, School of Sport, Chapel Lane, Athy, Co. Kildare**

Please make all cheques/bank drafts payable to **SCHOOL OF SPORT**