



Sports Injuries Course

Sports Injuries Course Information



Upon completion of this course students can apply for membership of the society for Holistic Therapies and coaches.

Use the letters "SHTC" after your name



- 10% off at Ben Sherman
- 15% off at Bench
- 15% off at Firetrap
- 10% off at JJB Sports
- 10% off at La Senza
- 10% off at Selfridges
- 40% off at Nicky Clarke Hair Salons
- 10% off at Oasis
- 25% off the student price at Odeon Cinemas
- £2.00 per hour off with BSM driving school

Student of the year competition:



Opportunity to be nominated for our student of the year competition

"I had not studied for over 20 years when I enrolled and was very apprehensive about learning. I was encouraged by the grades and support from my tutor"

Dee Hoare (Halifax, Yorks)

"I must say how much I enjoyed this course. I will definitely be back in the future, Cheers!"

Kevin Wheeler  
(Burton on Trent, Staffs)

"A lot more in depth than I anticipated. I'm sure my path will be a lot smoother in the future"

Michael England  
(Rushden, Northants)

# Achieve a better career with a Sports Injuries Course

**Sports Injuries Course:** This specialist course is designed to provide a comprehensive understanding of how sporting injuries can occur, the assessment, diagnosis, treatment and management of such injuries. The course will also investigate the principles behind the rehabilitation of sports injuries. By using a variety of techniques and approaches, the therapist will provide a valuable service to clients in this specialist area, either on a freelance basis or as part of their employment in a health and fitness facility.

Level 3 Sports Injuries Award



Qualifications and Careers



## Sports Injuries Course

All students have one year to complete this course from date of registration.

Students are welcome to complete this course as quickly as they want to.

On average this course is completed in **140 hours (8/9 months)**.

Extensions can be arranged if students do not complete within the year and charges will apply. We would ask you to contact our office on **0800 0131030** for latest extension fees if required.

We recommend that students complete **3-4 hours per week** as a minimum to get the most from this course. Remember to work out a study plan / timetable before you start and stick to it.

Hrs per week	Estimated Completion
4 hours	9 Months
5 hours	7 Months
7 Hours	5 Months
10 Hours	4 Months

[See website](#)

### Contra-Indications to Treatment referral

Assess Intrinsic and Extrinsic Injuries  
 Implemental injuries  
 Vehicular injuries  
 Environmental factors  
 Define: the ages concept, Psychological fitness, Lifestyle  
 Explain the reasons for employing warm up and cool down exercises

### Basic Principles of Treatment

Introduce planes and axes and discuss structures and their positions in relation to the anatomical position  
 Discuss a number of descriptions of landmarks found on skeletal bones

### Sport Injuries to Lower Limbs Part 1

Analyse some of the most common foot problems  
 Discuss metatarsalgia giving symptoms, causes and treatment  
 Summarise: Heel spur, Ganglion and Morton's toe

### Sport Injuries to Lower Limbs Part 2

Examine the knee and introduce the different ligaments that come under stress during sports activities  
 Describe medial ligament strain giving symptoms, cause and treatment

Introduce the Apleys knee test and the McMurray test  
 Describe the rapid and slow swelling of joint effusion

### Sports Injuries to Lower Limbs Part 3

Discuss a stress fracture, where it is found, its causes, symptoms and treatment  
 Evaluate a shin splint giving symptoms, cause and treatment

### Sports Injuries of the shoulder

Analyse injuries to the shoulder and show what roles ligaments and muscles play

Identify symptoms, causes and treatments of frozen shoulder

### Sports injuries of the Head and Neck

Describe the two main muscles found in the neck, give a description of each and where they are situated  
 Assess Arthritis and Disc joint Pain giving symptoms, causes and treatment

### Sports Injuries of the Hand, Arm and Elbow

Explain the symptoms, cause and treatment of Carpal Tunnel Syndrome  
 Define Golfers and Tennis elbow, giving symptoms, causes and treatment

Summarise your understanding of elbow dislocation

### Sport Injuries of the Back

Examine the vertebral column and name five groups of vertebrae  
 Define the lumbar, coccygeal and sacral vertebrae  
 Describe your understanding of trigger points and give points to be remembered when applying treatment

### Taping and Strapping of Injuries

Identify benefits to the athlete of taping an injury and give instances when it should not be applied  
 Introduce procedures to be followed before taping and when applying tape  
 Explain the procedure you would use when supporting the quadriceps

## Why UK Open College?

- Learn from home
- Affordable – Pay monthly
- All materials provided!
- Unlimited support!
- No previous qualifications required!
- No set term times – Enrol anytime!
- Total flexibility