

## Sports Massage Training Course

*Tuesday, 21 February 2012*

**Are you interested in helping athletes achieve peak performance**

**Would you like to gain a unit of competency in sports massage, with substantial government funding to assist in the cost of training?**

The Island Health College, a private Registered Training Organisation in North Hobart, is applying for government funding to offer training in a unit from the Diploma of Remedial Massage (Provide remedial massage to athletes). This course is an opportunity for sports trainers to gain nationally recognized training in sports massage.

EOI close on the 9th of March 2012

**What is sports massage?**

Sports massage is the specific application of techniques to **maintain** the health of the athlete and **increase their performance**, and to aid in recovery. Sports massage can assist anyone who participates in sport, from children to masters. It optimizes performance, decreases injury potential, and supports tissue healing.

**How and when will training be delivered?**

- 21 hours of practical classroom-based training (over 3 Saturdays) at the College training rooms in North Hobart
- Home-based study for theoretical components (less for Level 1 or 2 accredited sports trainers)

Workbooks will be provided, and a list of practical requirements such as towels and massage oil, will be provided to learners prior to course commencement.

Please open link below for full details...

Other Links

[Sports Massage Training Course Information](#)