SPORTS NUTRITION

DESCRIPTION
This course focuses the diet in response to sporting requirements such as training, competition and recovery.

Topics in this course include:
- Design a diet for training
- Recovery eating
- Principles of hydration and fluid replacement
- Body weight monitoring methods
- Principles of safe weight loss and weight gain principles

COURSE DURATION
- 1 day (9am - 5pm)

SPORT PSYCHOLOGY

DESCRIPTION
Sports Psychology is the study of how psychology influences sports, athletic performance, exercise, and physical activity.

This program provides you with the knowledge on how to apply the following psychological approaches to enhance an athlete’s performance:
- Mental rehearsal
- Goal setting
- Self-control, arousal and anxiety techniques
- Relaxation techniques
- Visualisation
- Self-talk
- Stress management
- Concentration

COURSE DURATION
- 1 day (9am - 5pm)
HLTAID003 APPLY FIRST AID

DESCRIPTION
This unit of competency describes the skills and knowledge required to provide first aid response, life support, management of casualty(s), the incident and other first aiders, until the arrival of medical or other assistance.

Topics in this course include:
- CPR & DRSABCD
- Injury management
- Anaphylaxis
- Bleeding control
- Choking and airway obstruction
- Envenomation
- Fractures, sprains and strains, using arm slings, roller bandages or other appropriate immobilization techniques
- Respiratory distress, including asthma
- Shock

COURSE DURATION
- 1 day (9am - 5pm)

ATHLETE SKILLS AND DEVELOPMENT

DESCRIPTION
This 2 day workshop provides you the off field skills and knowledge required to become a professional athlete.

Topics in this program include:
- Media skills for athletes
  The focus of this topic is on communication skills to develop a rapport with the media, preparing for media interviews, conveying an effective personal image and applying appropriate communication techniques to participate in interviews and other media engagements.
- How to prepare a sponsorship proposal
  You will learn the skills and knowledge to identify and access information about potential sponsors, preparing a sponsorship proposal and implementation plan and presenting it.
- Your responsibilities of an elite athlete
  The seminar provides strategies on developing self-management strategies to address issues that may affect professional and personal performance.

COURSE DURATION
- 2 days (9am - 5pm)