



SPORTS MASSAGE

OVERVIEW

This is an excellent course if you work with clubs in a training capacity or if you have an interest in assisting athletes with muscular health and well-being. Specific massage techniques and their application in the sporting context will be explained. Subject matter surrounding the delayed onset of muscle soreness (DOMS), pre and post-event methods, and training treatment will also be a focus in this course.

LEARNING OUTCOMES

- Massage techniques and their applications to different issues
- DOMS, pre and post-event methods and training treatment

COMPULSORY UNITS

NA054 Sports Massage

ASSESSMENT

There are no assessment requirements for this short course.

CAREERS

- Football club trainer
- Sports club assistant

DELIVERY METHODS

- On-campus – The majority of teaching and assessment is conducted on-campus

LOCATIONS

- McKoy Street, Wodonga Vic (Main campus)

DURATION

1 session (9am-4pm)

DELIVERY SCHEDULE

Dates/Times:

- Saturday 16 November 2024, 9am-4pm (1 session)

REQUIREMENTS

- There are no entry requirements for this course.
- Please bring to class: 3 large towels, 1 hand towel, 1 pillow case, 1 drink bottle, (and your dinner if needed as the cafeteria will be closed).
- As a student in this class you will be both giving and receiving massages during the course, so wear comfortable clothes.
- Please note the short massage courses do not qualify you to open a business and practise as a massage therapist, these are short introductory/special interest courses to give you the skills to provide massages to family and friends.

FEES

Fee For Service \$220.00 (Tuition \$220.00, Materials \$0.00)

HOW TO APPLY

Apply via the 'Apply now' button in the course information page. If the course is not available for online application, register your details via the 'Enquire Now' form to be notified when future dates are scheduled, or to chat to our friendly Customer Experience team.

Please note: We reserve the right to close course intakes early. Many courses have limited places and high demand. Early applications are recommended. We reserve the right to cancel intakes and courses if there are insufficient student numbers.

WHEN YOU CAN ENROL

Apply online now for the course dates you're interested in.

Note: If courses dates are not displayed, please register your interest via the online enquiry form to be notified when additional course dates are scheduled.