



香港運動訓練及治療學會

The Sports Training and Rehabilitation Association of Hong Kong
www.start.org.hk

Sports First Aid Instructor & Level 1 On-field Sports Physiotherapy Certificate Combined Program

Date: Sundays 20 & 27 July 2014

Time: 10:00am - 6:00pm

Venue: PhysioOne Centre
Rua de Ferreira do Amaral 11-E, 1st to 3rd floor, Macau

Instructor: Kerry Fung
BHSc, BCM, MSc, PDPT, PCSMT, PCPMT, PCCO, DipAc, CSpHSc

Course Fee: MOP 2800
Early Bird (before 5 July 2014): MOP 2500

Aims:

To equip physiotherapists with essential skills in dealing with sports injuries in on-field situations and travelling with sports teams, and to certify them as Sports First Aid Instructors to instruct the public on Sports First Aid so as to foster the awareness of sports care and injury management among the public.

Course Objectives:

Physiotherapists participated in the program should be able to:

- state the role and responsibilities of a physiotherapist in injury prevention, assessment, management and rehabilitation within a team situation.
- demonstrate skills in triage and primary survey of sports injuries
- demonstrate skills in pre-hospital life support of trauma patients
- state the procedures in assessment of musculoskeletal sports injuries
- demonstrate skills in the assessment and on-field treatment of common sports injuries of the shoulder, elbow, wrist, hand, hip, knee, ankle and foot
- state the principles of sports injuries management and rehabilitation
- demonstrate sports taping and kinesiology taping techniques

Duration:

14 hours (graduation for the On-field Sports Physiotherapy Certificate requires the possession of a basic life support certificate from a recognized authority, which must be completed within 3 months after completion of this course at the latest*. If this requirement is not satisfied, only the Sports First Aid Instructor Certificate will be issued.)

*e.g. BLS for Health Care Provider certificate from the American Heart Association, CPR and AED certificates from the Hong Kong St John Ambulance or Macau Red Cross, etc.)

Co-organizer: Institute of Holistic Healthcare

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Course Contents

- Concepts of Sports Physiotherapy and Sports First Aid
- Principles of Pre-hospital Trauma Life Support
- Examination and diagnosis of common musculoskeletal sports injuries
- Principle and Practice of Sports Taping
- Principle and Practice of Kinesiology Taping
- Manual & Stretching Technique in Sports First Aid Practice
- Common Manual Physiotherapy Techniques in the Management of Sports Injuries
- Curriculum of Sports First Aid Certificate Program
- Basics of Teaching Methodology

About the Instructor



Mr Kerry Fung, *BHSc, BCM, MSc, PDPT, PCSMT, PCPMT, PCCO, DipAc, CSpHSc, CBP, SBStJ*, is the President of the Sports Training and Rehabilitation Therapy Association of Hong Kong and the Dean of the Institute of Holistic Healthcare. He is a Registered Physiotherapist in Hong Kong, Australia and UK and is a Registered Chinese Medicine Practitioner in Hong Kong, Australia and China. He has been the Chairman and Advisor of the Sports Physiotherapy Group of the Hong Kong Physiotherapy Association and an Executive Council Member of the Hong Kong Association of Sports Medicine and Sports Science, and is a frequent speaker on sports physiotherapy courses.

About the START

The Sports Training and Rehabilitation Therapy Association of Hong Kong, with its official abbreviation, START, denotes the start of a new era in the support of sportspeople in Hong Kong. With its primary aim of promoting and developing the science, curriculum and practice of Sports First Aid, Sports Training and Sports Rehabilitation, it was officially inaugurated in June, 2010 under the Societies Registration Ordinance of the Laws of Hong Kong.

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The vision of the Association is to bridge the gap for the care and prevention of sports injuries for sportspeople and their performance. It is hoped that through continual efforts and participation from her members and the invaluable advice from her advisors, the Association could enhance the awareness and practice of care and support to sportspeople in the community.

Enquiries: course coordinator: Wendy Chan +853 2835 3119 wendy@physio1macao.com

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