Course Details

<table>
<thead>
<tr>
<th>Course</th>
<th>Sports Massage Level 2</th>
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<tbody>
<tr>
<td>Dates</td>
<td>15th, 16th, 18th and 19th June 2015 (Weekend - 4 days)</td>
</tr>
<tr>
<td>Times</td>
<td>9:00am – 5.00pm (Please arrive at 8:45 am)</td>
</tr>
<tr>
<td>Fees</td>
<td>$795.00</td>
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<tr>
<td>Due Date</td>
<td>5:00 pm, 1st June 2015</td>
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<tr>
<td>Pre-Requisite</td>
<td>Sports 1, Trigger Point 1, A&amp;P Level 1</td>
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Course Description

The Level (2) Sports Massage course will then enter you into the world of pre and post ‘Sport therapy’, it covers Types of stretching (PNF, Isometric and Static), Injury management, Joint anatomy and Muscle testing just to name a few.

This course has been design for people that are wishing to work in the field of sports remedial massage.

Equipment You Are Required To Bring

- Single flat sheet
- 3 large bath towels
- 1 face towel
- Sports shorts and singlet
- Bottle of drinking water
- Notepad and pen

Next Level

The Level (2) Sports Massage course will then enter you into the world of pre and post ‘Sport therapy’, it covers Types of stretching (PNF, Isometric and Static), Injury management, Joint anatomy and Muscle testing just to name a few.

Your next course should be Trigger Point Therapy 2

Please Note:
If the front door (South Rd entrance) is locked please wait for your facilitator and he/she will be along shortly.

Please wear comfortable clothing and closed shoes (e.g. Gym shorts, track pants, t-shirt, sneakers etc)

Please keep an eye on our websites for any course updates.
Training Austral Asia’s ‘Natural Health Academy’ is easily accessible via bus: Stop 8, South Road (Stop codes 13115 and 13120)

**The following routes service these stops:**

- B10
- B10C
- B10X
- B12

There is ample parking available on site (CCF – Civil Train Car Park), additional parking is available at the Thebarton Community Centre which is just a short stroll from the NHA - refer to map above.

CCF also has a large cafeteria; however it is not currently open on the weekends so we suggest that you bring your own lunch.

If you prefer, there is a hotel just down the road where you will be able to purchase counter meals, or Henley Beach Road is just a short drive away where you can find many cafes and places to purchase lunch.

If you have any queries please contact us via email at admin@nhaa.edu.au or you can call us directly on (08) 8351 8507.