



Course Category	Wellness			
Course Title	IPTFA Specialist Sport Injuries & Rehabilitation Trainer Certificate Course			
Course Code	BW012			
Medium of Instruction	Chinese / English			
Duration	24.0 hour(s)			
Pre-requisites	Age 17 or above			
Course Fee	Macao Resident: MOP4,920 Non-Macao Resident: MOP4,920			
Certificate	Students who have obtained a passing grade of the course and attended no less than 70% of the class sessions for each subject will be issued a course certificate by UTM and a certificate by IPTFA. The passing grade of each examination is 70.			
	Course Code	Sub Code	Course Start Date	Course End Date
	BW012	2402	2024/06/04	2024/06/28
Outline	<ul style="list-style-type: none">•Introducing sports injuries and rehabilitation,•Application of human anatomy•Human biomechanics•Introducing common sports injuries•Assessment and management of sports injury risks and the rehabilitation process•Stretching, strengthening, and proprioceptive neuromuscular facilitation exercises•Designing sport rehabilitation plans•Application of physical therapy-Sports bandaging methods for knee and hand, hot and cold therapy, and mat-based deep muscle strengthening methods-Sports bandaging methods for foot and deep muscle strengthening methods with exercise balls			