

# Get training for the health team

**Y**OUR opportunity to pursue an exciting career combining your love of sports and health science is now a reality.

With the introduction of VET FEE-HELP, now you can begin your studies without the financial burden of upfront fees at the Australian College of Sports Therapy, thanks to the tuition assistance provided under this new scheme.

Sports therapy is all about injury prevention, treatment and rehabilitation of athletes.

Sports therapists work with teams and individuals utilising a broad range of skills and knowledge, keeping players in the game and hastening return to play.

Australia's a sporting nation and proud of its achievements at home and internationally, but when it comes to looking after our talented athletes, we may be lagging behind the US, UK and Canada.

Sports therapy is a relatively new healthcare discipline in Australia. In other nations it has long been recognised as valuable in managing athletic and sports-related injuries.

The Australian College of Sports Therapy is changing the way we are looking after the health of our athletes.

It recognised a gap in Australia's sports medicine teams as well as the educational opportunities for Australians with a passion for sport to pursue a health career in sports therapy. It's now providing nationally recognised training to students who want to use their talents as sports-health practitioners.

ACST's sports-therapy program provides a solid underpinning in anatomy, physiology, exercise science and assessment as a basis for training in the practise of manual therapies and patient management.

The course focuses on maintaining health, fitness and participation of



**Helping hands:** Australian College of Sports Therapy students tend to riders at the Around the Bay in a Day event (left) and (below) try out a bit of massage.

professional and recreational athletes and sporting teams.

An important component of sports therapy training is practical experience and students have many opportunities to work with qualified professionals in private practice, sports medicine centres, at sporting events and to work with athletes in the field.

ACST students attend to participants at events such as the Roxy Women's Surf Pro, the Around the Bay in a Day and the Sunrise 1000 bike ride. Many ACST students are keen athletes themselves and com-

bine their athletic pursuits with studies. The Australian College of Sports Therapy offers places for courses in sports therapy, myotherapy and sports and remedial massage.

Graduates are professionally qualified practitioners who are eligible for membership in professional associations and provider numbers with health-fund rebate entitlements. They can also find employment with sporting clubs, fitness centres, other health practitioners and in private practice.

