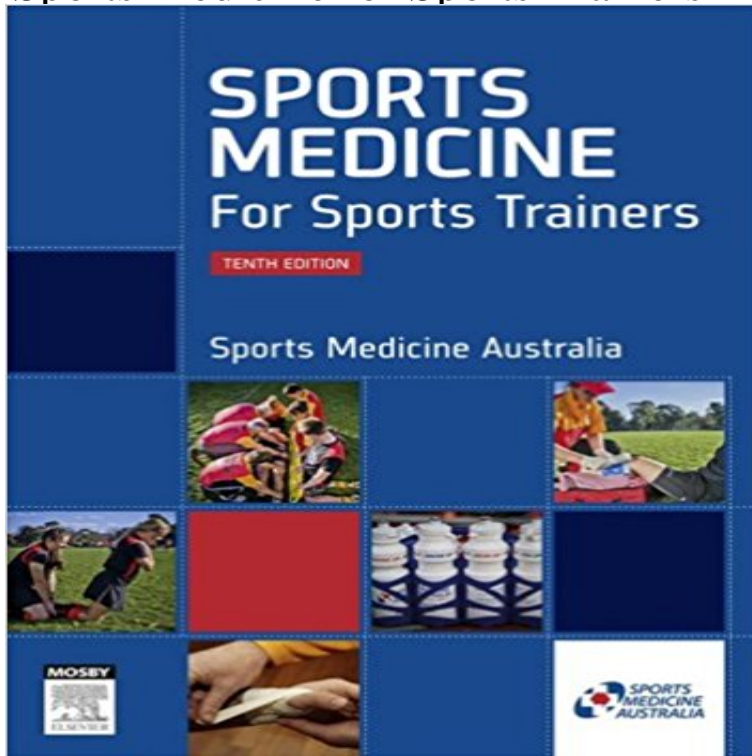


## Sports Medicine for Sports Trainers



This E-book provides an easy-to-read introduction to the basic principles of sports medicine for people of all sporting backgrounds and interests. It gives readers practical knowledge in areas such as injury prevention, injury management, crisis management techniques and optimising performance. Topics covered include: management of common sporting injuries; how to conduct warm up, stretching and cool down sessions; using taping to prevent or reduce severity of injuries; and principles of sports nutrition. Examples are drawn from a wide variety of sports. Developed by Sports Medicine Australia, it provides you with the information you need to help athletes prevent injuries, to reduce the severity of injuries that occur, and to prevent injuries from re-occurring.

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