

## Injury Prevention & Performance Enhancement

### SEPNZ LEVEL 2 COURSE

**This course is for registered physiotherapists who work with individual athletes or teams.**

**Delivering athletes to the start line in optimal health is a key element of Sports Physiotherapy. Our ability to identify individual risk factors and deliver effective prevention strategies is paramount in supporting robust athletes. This enables us to optimise athletes' ability to reach their performance goals.**

Location:	Date:	Course Fee:	
AUT North Campus (AA building) 90 Akoranga Drive, Northcote, Auckland <a href="#">Click for Google map</a>	Saturday 30th November 2019 8:30am – 4:30pm Sunday 1 <sup>st</sup> December 2019 8:30am – 4:30pm	SEPNZ Member	\$450.00
		PNZ Member	\$520.00
		Non-PNZ Member	\$650.00



**This course will cover the following areas:**

- Present the latest evidence and best practice in Injury Prevention and Performance Optimisation in Sports Physiotherapy
- Explore successful data collection models to support team and individual sports
- Workshop methods to identify the major health issues, and areas where performance gains can be made, in your sport/athletic population
- Explore the relevance of screening for injury prevention in sport
- Practical workshop to explore selection, relevance and efficacy of key screening tests.
- Practical workshop to identify areas that physiotherapy is able to optimise athletic performance

### Presenters:

<b>Fiona Mather</b>	Head of Performance Therapies at HPSNZ (physiotherapist)
<b>Sharon Kearney</b>	Former Silver Ferns physiotherapist and current Tactix physiotherapist
<b>Jennifer Scott</b>	Senior Physiotherapist HPSNZ
<b>Rebecca Longhurst</b>	HPSNZ and NZOC Physiotherapist

### To Register:

Registration will be limited to the first 14 paid registrants  
Online registration via Physiotherapy New Zealand [HERE](#)  
Discount code for SEPNZ members: **SEPNZ**