

COURSE PROSPECTUS 课程简介

REHAB ESSENTIALS

Welcome! We're so glad you're looking into investing in your career as a Fitness Professional. You've come to the right place.

欢迎！我们很高兴您在为您的职业投资成为一位专业健身人士。您来对了地方。

Rehab Trainer is leading a fresh stream of education for the fitness industry: to create a new breed of Fitness Professional who is able to more effectively assess, rehabilitate and prevent low risk injuries from developing during their training of clients.

Our reputation has been built on quality, face to face, customised instruction provided by elite sports Physiotherapists and Fitness Educators. We are delighted with the feedback our students give us: more than 98% of our clients report feeling significantly more motivated, confident and knowledgeable in dealing with their injured clients after doing our courses. And happily, this translates to happier clients, increased profitability, and a lower dropout rate for them, too.

Rehab trainer 正在为健身行业引领一股新的教育潮流：以创造新的专健身业人员能够更有效地评估、康复并且能在和客户训练时预防低风险伤害。

我们现已树立了良好声誉，我们有一群精英的运动理疗师和健身教育家能为您提供高质量、面对面交流、专门定制化的教学。我们对学生的反馈感到荣幸：98%以上的学生表示，在参加我们的课程后，能明显地感觉在处理受伤的客户时更有动力、信心和具有知识。令人高兴的是，这也代表着我们能够帮助他们令客户满意，增加了盈利，并降低了客户流失率。

I EDUCATIONAL AIMS 教育宗旨

**(and no, we're not trying to turn you into a physio)
(不，我们不是要把您变成物理治疗师)**

After completing the Rehab Essentials course, Fitness Professionals will function according to the five-part "Rehab Trainer" model as a safe and effective method to achieve that goal. This model is quite distinct from the Physiotherapy model, therefore preventing the concern that professional boundaries are being crossed. Rather Rehab Trainers seek to strengthen old boundaries: specifically, that PT's should never diagnose injuries, should refer injuries that are high risk immediately to an allied health professional, and should not engage in certain types

of isolation exercises that are most effectively carried out by a physiotherapist. Therefore be assured – you are not attempting to become a Physiotherapist. You are becoming a more highly skilled Fitness Professional who has a new tool-box of skills with which to deal with the litany of small niggling injuries that plagues the fitness industry.

Rehab Trainers are encouraged to consider themselves a part of the "Rehab Team" for a particular client who has a low risk injury, in the same way that a massage therapist or physiotherapist might.

The primary and essential learning goal of the Rehab Essentials course is to teach Fitness Professionals two assessment skills (1&2 below) and three intervention skills (3-5 below). These five skills are then applied to each of the three main body areas - upper, lower limbs and spine – in the event of a client reporting an injury.

在完成 Rehab Essential课程后，专业健身人士将按照 "Rehab Trainer "五部曲的模式运作，以安全和有效的方法去实现目标。这种模式与物理治疗模式截然不同，因此避免了专业界限被跨越的担忧。相反，Rehab Trainers 寻求加强过往的界限：具体而言，健身教练不应该诊断伤势，而是应该将高风险的伤势立即转介至专职医疗人员，并且不应该从事某些孤立性类型运动，这些练习应该由物理治疗师更有效地执行。因此，请放心，我们并没有试图将您变成一名物理治疗师。您将成为一个更有技巧的专业健身人员，犹如拥有一个新的技能工具箱，可以处理困扰健身行业的一连串小伤。

在为某个低风险客户提供服务时，我们鼓励将自己视为 "康复团队 "的一部分，按摩治疗师或物理治疗师也理应如此。

Rehab Essentials 课程的主要和基本学习目标是传授专业健身人士两项评估技能和三项干预策略。这五项技能能够在应对带伤的客户时，充分地应用于三个人体主要部位- 上肢、下肢和脊柱。