

## Course Outline

On completion of this 2 day course delegates should be able to:

- Demonstrate an understanding of lower limb anatomy and biomechanics
- Demonstrate an understanding of the epidemiology of lower limb injuries
- Identify those athletes most at risk of lower limb injury
- Demonstrate an understanding of why female athletes are more at risk of lower limb injury
- Demonstrate an understanding of the long and short-term implications of injury for, athlete, coach, team and healthcare provider
- Demonstrate an understanding of the key evidence based elements for lower limb injury prevention.
- Educate athletes about movement patterns and encourage movement awareness
- Feel competent to deliver the injury prevention and performance enhancement programs as part of training
- Carry out basic clinical outcome measures to demonstrate the benefits of an injury prevention program

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Book early to ensure you don't miss out. Places are limited to ensure everyone gets the most out of the practical element.

Booking forms can be downloaded from [www.sportsperform.co.uk](http://www.sportsperform.co.uk).

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