Build some strong skills

The Muscle Maintenance for Personal Trainers course is designed to ensure that Fitness graduates have a means to give their clients the best service possible from a personal training perspective. It will enable Personal Trainers to apply techniques to improve the musculoskeletal function of the client’s movement patterns. Students will learn basic massage techniques, basic taping techniques and how to incorporate soft tissue work to improve joint mobility during a personal training session.

LOCATION/S

DURATION

Course delivery options

Key dates

For key start dates for each location visit the online brochure for this course (under the course details tab):

tafeeastcoast.edu.au/course/15532

Entry requirements

Course Entry Requirements

This course is for continuing students studying

...more online

Resources required

No specific resources are required to successfully complete this course.

It is recommended that students have access to a reliable internet connection to

...more online

What are my payment options?

No matter what your circumstances, TAFE Queensland East Coast has a payment option to suit you. If you are unsure of what’s right for you, call us on 1300 656 188. We’re here to help.

...more online

Outcome

SIS40210 - selected units Muscle Maintenance for Personal Trainers Short Course

ARE YOU READY TO TAKE THE NEXT STEP ON YOUR
### Units

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
<th>Elective</th>
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<tbody>
<tr>
<td>SISSSCO409</td>
<td>Work collaboratively with support personnel</td>
<td>Elective</td>
</tr>
<tr>
<td>SISSSPT304A</td>
<td>Tape ankle, thumb and fingers</td>
<td>Elective</td>
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### Disclaimer

Not all electives available at all campuses

Accurate as at 24 February 2017. For the latest information see: [tafeeastcoast.edu.au/course/15532](http://tafeeastcoast.edu.au/course/15532)