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**
Mooloolaba

**DURATION**
Part time: 8 weeks / 1 day per week

**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

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**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.

**FULL FEE | $195**
This is the total cost of the course.
Got a question?
Enquire about your full fee study options

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**Outcome**
SIS40210 - selected units Muscle Maintenance for Personal Trainers Short Course

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**Units**

| SIS5SSC0409 | Work collaboratively with support personnel | Elective |
| SIS5SSP3040A | Tape ankle, thumb and fingers | Elective |

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**Disclaimer**

Not all electives available at all campuses

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**ARE YOU READY TO TAKE THE NEXT STEP ON YOUR PATH TO GREAT?**

Enrol today to secure your spot in this course.

**HOW TO ENROL**

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Accurate as at 12 February 2018. For the latest information see:
tafeeastcoast.edu.au/course/15532