

Sport

Taping and Strapping (Pre-Sports) Part-time

In Brief

Start Date / Duration

This course will be held over 2 evenings, Tuesday 21st and Thursday 23rd May 2024. The classes will run 6pm - 9pm.

Entry Requirements

You will need to hold a Level 3 Certificate in Sports Massage (Soft Tissue Therapy) or equivalent.

You will achieve

Barnsley College certificate in Pre-Sports Taping and Strapping.

Course Overview

Sports taping is an essential skill for therapists working with active people. Learning the principles of pre-sports taping and strapping, plus when and how to apply a range of sports taping techniques, will provide therapists with vital skills for work with sports teams, athletes and in clinic.

Course Content

The areas of study are:

- Review of current theory relating to taping and strapping
- Review different types of tape and methods for taping
- Contraindications and limitations
- Influencing movement patterns and restriction
- Taping for all major joints
- Sports specific techniques

How will I be assessed?

Practical demonstration.

What Equipment Will I Need?

You will need to bring pens and stationery as well as training clothes.

Where will I study?

Honeywell Sports campus
Honeywell Lane
Barnsley
S75 1BP

What can I do next?

Professionally, successful achievement of this course will allow you to enhance the range of treatments you offer within your organisational setting such as a sports club or alternatively in a self-employed environment.

How much does the course cost?

This course costs £120. There is no funding available for this course.

Extra information

Full Fee Payable

If the course is listed as full fee payable, you will have to pay for the course.

Contact the Information Unit

For further information please contact our friendly Information Team on +44 (0)1226 216 123 or email info@barnsley.ac.uk [mailto:info@barnsley.ac.uk]

Want to join Barnsley Sports Academy and the Sports Village?

Barnsley College has a range of sports opportunities for all students to take part in, gain professional training and compete nationally and internationally. We also have a state-of-the-art fitness village, Honeywell Sports Village [<https://www.barnsley.ac.uk/shops-services/honeywell-sports-village/>] where students can make use of our fitness suite, spinning studio and classes for competitive rates. You don't have to be studying sport to get involved in the Sports Academy [<https://www.barnsley.ac.uk/our-departments/sport/sports-academy/>].

Additional Learning Support

Our Additional Learning Support team can provide you with the support you need. Please contact them on +44 (0)1226 216 769.

Disclaimer

Please note we reserve the right to change details without notice. We apologise for any inconvenience this may cause.

Last updated: 5th October 2023

Want to apply?

Visit <https://www.barnsley.ac.uk/apply> to get started

Call us on **01226 216 123**