

# Blue Heron Academy eLearning

## Sports Science Therapist

The Blue Heron Academy has been providing residential classes in sports science, and certifying trainers, for over twenty-five years. Now you can study the Blue Heron Academy personal training methods and become a Certified Sports Science Therapist through our dynamic and highly successful eLearning certification program.

**Objectives:** By the completion of this eLearning program in sports science and sports science therapy you will have:

1. Defined sports science.
2. Learned about the role of inflammation in aging and disease.
3. Learned treatment strategies for reducing or preventing diseases related to inflammation.
4. Learned how to develop an effective athletic and sports rehabilitation program for clients.
5. Learned sports science and sports medicine procedures for physical evaluation and assessment.
6. Learned proper client interview procedures.
7. Learned how to maintain client case records and SOAP notes.
8. Learned how to plan an effective client treatment program.

Section One:

- The role of inflammation in aging and disease

Section Two:

- Basic principles for treating athletic injuries and pathologies, a holistic approach
- Understanding medical research and clinical trials

Section Three:

- Sports science and physical assessment
- Client case history study analysis

#### Section Four:

- MyBodyMetrics physical assessment and evaluation