

The College of Commerce Cork City would like to offer your students and staff the opportunity to gain comprehensive knowledge and practical experience in the following courses:-

Sports Taping Taster Course 70 euro

This introduction course will give coaches and therapists basic knowledge on how to apply a range of taping and strapping procedures in injured athletes and individuals

Course commences Tuesday the 7th of February from 6.30 until 8.30 pm and will run for 6 weeks.

Sports Injuries Taster Course only 70 euro

This taster course will give you basic knowledge on the following:

- ***Sports injuries prevention***
- ***Introducing preventive measures***
- ***Design a nutritious and well balanced diet***
- ***Design a fitness programme***
- ***Massage for Sports injury***

Course commences Wednesday the 8th of February from 6.30 until 8.30 pm and will run for 6 weeks.

This course is delivered by Mr. Ernesto Mazzone who hold a Masters in Sports Science is highly qualified in this field working internationally.

Enrol online and get a further 10% discount

www.CorkCollegeofCommerce .IE

Or contact us
021-4222100