Garnet
Garnet Global Training Center

GGT-SP-121

Sports Management & Wellbeing

Sports Injury Prevention

الوقاية من الإصابات الرياضية

Duration	Language	Formats	Hours	Level
5 or 10 days	**English or Arabic**	**Classroom, online, in-house**	**35 / 70**	**Intermediate (practitioner)**

Overview

Sports Injury Prevention turns established good practice into step-by-step methods that participants rehearse in exercises and then apply at work. Management programs for clubs, federations, venues and workplace wellbeing teams. It runs as a 5-day or 10-day program in English or Arabic, in classrooms in Dubai, Riyadh, Cairo, London, Istanbul and other cities, or live online, and can be delivered in-house.

What you will be able to do

- Apply the methods and standards of Sports Injury Prevention to real tasks.
- Diagnose common problems and identify root causes.
- Interpret data and results correctly and act on them.
- Follow safe, compliant and documented work practices.
- Avoid the mistakes that most often cause rework or failure.

Who should attend

Club and federation managers, coaches, venue operators and wellbeing leads. Practitioners with one to five years of experience benefit most.

Key topics

- Sport governance
- Commercial and sponsorship
- Venue operations
- Athlete development
- Fan engagement
- Health and wellbeing

Formats and fees

5-day classroom	**USD 4,750**
5-day online	**USD 2,950**
10-day classroom	**USD 8,950**
10-day online	**USD 5,450**
In-house	**Quotation per group**

Fees per participant, excluding VAT.

Register or ask

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Email: info@garnettrainings.com

Training: training@garnettrainings.com

Web: garnettrainings.com

Sharjah Publishing City Free Zone, Sharjah, UAE

Certificate

Participants who attend at least 90% of sessions and complete the final assessment receive a certificate of completion stating 35 contact hours (5-day) or 70 contact hours (10-day).

5-day outline

Day 1 Sports Injury Prevention: principles and standards

- Sport governance
- Hands-on workshop on a workplace challenge

Day 2 Methods and tools in practice

- Commercial and sponsorship
- Venue operations

Day 3 Diagnosis and problem solving

- Athlete development
- Common mistakes and how to avoid them

Day 4 Quality, safety and documentation

- Fan engagement
- Regional and international case studies

Day 5 Workshop, assessment and action plan

- Health and wellbeing
- Checklists and templates to take away

10-day outline

Day 1 Sports Injury Prevention: principles and standards

- Sport governance
- Hands-on workshop on a workplace challenge

Day 2 Methods and tools in practice

- Commercial and sponsorship
- Venue operations

Day 3 Diagnosis and problem solving

- Athlete development
- Common mistakes and how to avoid them

Day 4 Quality, safety and documentation

- Fan engagement
- Regional and international case studies

Day 5 Workshop, assessment and action plan

- Health and wellbeing
- Checklists and templates to take away

Day 6 Advanced techniques and specialist practice

- Complex cases in depth
- Group discussion and peer review

Day 7 Digital tools, data and automation

- Analysis tools and software
- Using AI in this field

Day 8 Benchmarking against international practice

- Global performance benchmarks
- Measurement and reporting

Day 9 Capstone project

- Analyse a real challenge from your organisation
- Build the solution and implementation plan

Day 10 Presentations, final assessment and certificates

- Project presentations and review
- Final exam and certificate award

Schedule 2027–2030

Dates	Format	City	Language	Fee (USD)
8–12 Feb 2027	5-day classroom	Casablanca	Arabic	4,750
4–15 Apr 2027	10-day classroom	Jeddah	English	8,950
19–23 Jul 2027	5-day online	Live online	English	2,950
12–16 Dec 2027	5-day classroom	Cairo	English	4,750
13–24 Mar 2028	10-day classroom	Abu Dhabi	Arabic	8,950
3–14 Apr 2028	10-day online	Live online	Arabic	5,450
7–11 Aug 2028	5-day classroom	Barcelona	English	4,750
13–17 Nov 2028	5-day classroom	Singapore	English	4,750
14–18 Jan 2029	5-day classroom	Manama	Arabic	4,750

Dates	Format	City	Language	Fee (USD)
19 Feb – 2 Mar 2029	10-day classroom	Casablanca	Arabic	8,950
14–18 May 2029	5-day classroom	Dubai	English	4,750
6–10 Aug 2029	5-day online	Live online	English	2,950
18 Feb – 1 Mar 2030	10-day online	Live online	Arabic	5,450
6–17 May 2030	10-day classroom	Dubai	Arabic	8,950
21–25 Oct 2030	5-day classroom	Kuala Lumpur	English	4,750
10–14 Nov 2030	5-day classroom	Cairo	English	4,750

Customised and in-house versions of this course are available on request. garnettrainings.com/en/customise/