



Sports Physical Therapy Micro-Credential

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Micro-credentials are short stackable courses that are designed specifically to provide students within the Master of Science program with knowledge, skills, and abilities in basic sports physical therapy.

These are non-credit bearing courses and allow students to learn specialized skills while completing their core degree requirements.

There are 3 course offerings within the micro-credential and students can take any (or all) of the courses at no additional cost to their tuition.

Each module will consist of 8-12 hours of educational content.

Fall Term - Course 1: Acute Injury and Illness Management

This course will introduce the acute injury management of sport related injuries. In addition to the evaluation and treatment of acute injuries, lab activities will include splinting, bracing and spine boarding for sideline sports venue and field coverage.

Spring Term - Course 2: Therapeutic Exercise and Functional Training for Athletes

This course will discuss concepts related to restoring and enhancing the function of athletes to return to their pre-injury level as quickly and as safely as possible. Emphasis on didactic and lab instruction will include advanced therapeutic exercise principles and functional movement patterns.

Summer Term - Course 3: Return to Sport

This course will discuss testing criteria and considerations to ensure that athletes are physiologically prepared for reintegration to sport. Didactic and lab instruction will include return to sport testing for upper extremity and lower extremity injuries.