Department of Exercise, Sport, and Health Education

Sports Medicine

RU RADFORD UNIVERSITY

The Sports Medicine Option in the Exercise and Sport Science Concentration is designed to prepare students to enter disciplines such as physical therapy, exercise physiology, cardiac rehabilitation, chiropractic or other advanced programs in physical rehabilitation. Most positions in these areas of specialization require advanced degrees. Graduate study is very competitive; therefore, students are encouraged to maintain a grade point average of at least 3.30 and obtain related volunteer experience prior to graduation.

Students in this program generally seek clinically-based positions in areas of physical rehabilitation, such as physical therapy, cardiac rehabilitation or Chiropractic Medicine. Some students use the degree as a springboard to advanced study in the exercise sciences (graduate degrees) or in specified career areas such as physical therapy, occupational therapy, or chiropractic schools.

While many of these positions require an advanced degree or study at other related schools, many students obtain entry-level positions in the clinical setting prior to obtaining the advanced degree. Other students work in related health agencies, hospitals, health and fitness facilities, rehabilitation centers, etc.

Students should possess a strong science background along with experience in math and statistics. The Sports Medicine curriculum requires one year of anatomy and physiology, chemistry, and physics, plus other related courses such as psychology, nutrition, and the exercise sciences. Students should also enjoy working with individuals and possess strong interpersonal skills.

The minimum grade point average required to enter fieldwork (internship) is a 2.1 overall and 2.50 in the major. Students must maintain a 3.00 gpa to enroll in upper-division courses in the major.

Prerequisites for many advanced programs in physical rehabilitation include coursework in Biology, Chemistry, Physics, Math, Technology, Psychology, and English. Students are encouraged to check with graduate schools for specific requirements. Beneficial minors are selected from health, psychology, nutrition, or biology.

Many ESHE classes in the exercise and rehabilitative sciences are particularly important in the preparation for enrollment in advanced programs.

Students are also strongly encouraged to seek additional certificates, such as CPR, ACSM Exercise Specialist, or NSCA Strength and Conditioning Specialist. Check with your advisor for certification opportunities.

For more information contact:
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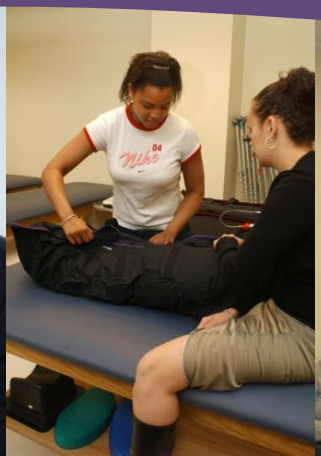


Sports Medicine 4 Year Plan

*Must be taken in designated semester. Courses in **Bold** are required in Core Curriculum.

Fall Semester		**Spring Semester**	
Freshman Year	**Cr.**	**Freshman Year**	**Cr.**
*University Core A: Core 101	3	* University Core A: Core 102	3
University Core B: Humanities or V-P Arts	3	University Core B: **Math 137**	3
College Core A: Global Perspectives	3	University Core B: **Psychology 121**	3
College Core A: US Perspectives	3	University Core B: Humanities/VPA	3
*Chemistry 101	4	*Chemistry 102 or 103	4
	Total 15	Must take **BIOL 105 (**University Core B) 4 hrs summer to stay on track for BIOL 310 & 311	**Total 16**
Sophomore Year	**Cr.**	**Sophomore Year**	**Cr.**
* University Core A: Core 201	3	* University Core A: Core 202	3
*BIOL 310: Structure & Function I	4	*BIOL 311: Structure & Function II	4
College Core B: **HLTH 200**	3	ESHE 201: Intro to Athletic Injuries	3
College Core B: Humanities/VPA/FORL	3	ESHE 315: Physical Activity and Aging	3
Approved Elective	3	Approved Elective	3
	Total 16		**Total 16**
Junior Year	**Cr.**	**Junior Year**	**Cr.**
College Core B: **STAT 200**	3	ESHE 305: Strength & Conditioning	3
*ATTR 323: Assess. of Athletic Injuries I	3	ESHE 396: Assess. & Prescription	3
ESHE 350: Sport Psychology	3	HLTH 465: Ex. Perform. & Nutrition	3
ESHE 390: Kinesiology	3	PSYC 230 or 439	3
ESHE 392: Exercise Physiology	3	ESHE/HLTH approved elective	3
	Total 15	Recommend: Take GRE in Summer	**Total 15**
Senior Year	**Cr.**	**Senior Year**	**Cr.**
Approved Science	4	Approved Science	4
*ATTR 365: Therapeutic Exercise	4	ESHE 463: Fieldwork in ESHE	6
*ATTR 420: Therapeutic Modalities	4		
ESHE 363: Pre-internship	1		
Recommend: Apply for Graduate School	**Total 13**		**Total 10**