

# Sports Medicine

## Program Highlights

- Course instructors are readily available to assist students or answer questions
- Eligible students have the opportunity to gain work-study employment in the Athletic Training Room working with injured student athletes or as a personal trainer developing exercise programs for student athletes and the general student population
- Courses in sports medicine are very "hands on" with a great deal of practical application and problem solving
- Courses generally include small-group problem solving or lab experience to help students understand how to use the information or to provide a broader understanding of the information
- In July 2005, CSB/SJU received a certificate of recognition from the National Strength and Conditioning Association for successfully meeting established educational program criteria in strength and conditioning
- Students work with certified athletic trainers, physical therapists, general practitioners and orthopedic surgeons
- Many CSB/SJU students participate in internship programs that enhance their coursework
- The program has strong relationships with physical therapy schools, including collaboration with the College of St. Catherine
- Varsity athletes can be involved in the program while participating in their sport.
- Peterson's Top Colleges for Science lists our science and math programs among the best in the nation

## Program Overview

CSB/SJU offers a minor in sports medicine as well as a pre-physical therapy curriculum. The sports medicine minor has a strong exercise science emphasis. It is designed to prepare students to become certified exercise professionals such as personal trainers and strength conditioning specialists. CSB and SJU are the only colleges in Minnesota to be recognized as meeting the high standards set by the National Strength and Conditioning Association in preparing students to become certified strength and conditioning specialists.

Our pre-physical therapy program (PT) is not a specific set of courses, but rather is a curriculum that you create with your adviser to help achieve your goal of gaining acceptance into the graduate program of your choice. Your four-year plan will include not only specific courses, but also volunteer experiences which will help to make you an attractive candidate to the PT programs.

## Outcomes

The CSB/SJU pre-physical therapy program is highly respected and our students have been very successful in gaining acceptance into a variety of PT programs. Of the 2007 graduating class, seven out of seven students who applied to PT schools were accepted, and, over the past three years, each of the 24 students from our program that applied to PT schools was accepted.

Upon completion of the sports medicine minor curriculum, students may pursue the National Strength and Conditioning Association's certified strength and conditioning specialist certification or certification as a personal trainer through one of several accredited organizations.

Learn more about our sports medicine minor on our Web site at: <http://www.csbsju.edu/csbphyed>

Learn more about our pre-physical therapy program on our Web site at: <http://www.csbsju.edu/academicadvising/majors-0103/preprof/phythpy.htm>

## Study Abroad Opportunities

We highly recommend that students take advantage of our phenomenal study abroad programs. Upon deciding to study abroad, students should work closely with the pre-physical therapy adviser in planning course schedules.

## Faculty

### Don Fischer, Physical Therapy Adviser

#### Scott Bierscheid

Master's degree in athletic administration, St. Cloud State University

Bachelor's degree in athletic training, Minnesota State University Mankato

#### Julie Deyak

Master's degree in exercise physiology, St. Cloud State University

Bachelor's degree in elective studies with emphasis in sports medicine and health, St. Cloud State University

#### Don Fischer

Master of Science degree in physical therapy, Arcadia University

Bachelor's degree in physical education with emphasis in athletic training, St. Cloud State University

#### Dorothy Johnson

Master of Science degree in sports management, St. Cloud State University

Bachelor of Arts in exercise physiology with emphasis in athletic training, College of St. Scholastica

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"In speaking with representatives from the various PT programs, our students are highly sought after because of the strong liberal arts education CSB/SJU provides and because of our excellent science programs. In addition, one of the nice aspects of CSB/SJU is that you can attain this quality education without being 'locked' into applying to a specific PT program. You are able to take time and explore the strengths and weaknesses of the various PT programs and make an educated decision as to where you want to apply."

**Don Fischer, adviser, pre-physical therapy**

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