DEPARTMENT OF SPORTS MEDICINE

College of Health Sciences

Overview

216 Sturzebecker Health Sciences Center
West Chester University
West Chester, PA 19383
610-436-3293
Department of Sports Medicine (http://www.wcupa.edu/sportsMed)

Dr. Morrison (kmorrison@wcupa.edu), Interim Chairperson
Dr. Curtis (ncurtis@wcupa.edu), Graduate Coordinator

Program of Study

The Master of Science in Athletic Training program is designed to
prepare students to become certified athletic trainers. Athletic trainers
are healthcare professionals who function as members of the sports
medicine team working in collaboration with physicians. Athletic
trainers may be employed in high schools, colleges or universities,
rehabilitation clinics, professional sports, hospitals, physician offices,
industry, and other healthcare settings. They are involved in the
prevention, emergency care, diagnosis, treatment, and rehabilitation of
acute and chronic medical conditions.

Our program is designed for students with minimal knowledge and
experience in athletic training. Upon completion of this Commission
on Accreditation of Athletic Training Education (CAATE)-accredited
program, students will be eligible to sit for the Board of Certification,
Inc. (BOC) examination. Upon successful completion of this
examination students will be BOC-certified athletic trainers (ATC).
Most states use the results from the BOC examination to determine
eligibility to practice athletic training.

This two-year program is only for students who have completed
a bachelor's degree (in any major) and have met the admission
requirements for the professional phase of the MS in Athletic Training
program. This program is intended for college graduates who have
completed their bachelor's degree and who may want to change careers,
athletes who didn't have time during their undergraduate years to major
in athletic training, and international students who want a career in
athletic training.

Programs

Master's Program in Sports Medicine

- M.S. in Athletic Training (http://catalog.wcupa.edu/graduate/
  health-sciences/sports-medicine/athletic-training-ms)

Accelerated Bachelor's to Master's

- B.S. in Health Science: General - Sports Medicine Studies
  Concentration to M.S. in Athletic Training (http://
  catalog.wcupa.edu/undergraduate/health-sciences/health-health
  science-bs-general-sports-medicine-studies-concentration)

Admissions

All applicants to one of West Chester University's graduate programs
will be held to the graduate admissions requirements (http://
catalog.wcupa.edu/general-information/admissions-enrollment/
graduate-admissions). When applicable, additional requirements for
admission into specific department program(s) may be listed below.

Master of Science in Athletic Training

For admission consideration to the M.S. in Athletic Training, students
must have the following:

1. Bachelor's Degree in any discipline.
2. Completion of an application in the Athletic Training Centralized
   Application System (ATCAS). The completion of this application
   replaces the completion of a WCU Graduate Studies application.
3. Transcript verification that the following prerequisite coursework
   has been completed at the college level with a grade of 2.00 or higher:
   - Human Physiology (3-4 credits with lab. When anatomy and
     physiology are taken as a combined course, two semesters are
     necessary to meet this requirement)
   - Chemistry (3-4 credits)
   - Physics (3-4 credits)
   - Statistics (3-4 credits). One course to include descriptive statistics,
     correlation, and introduction to inferential statistics or research
     design
   - Exercise Physiology (3-4 credits)
   - Kinesiology or Biomechanics
4. Transcript verification that the following prerequisite coursework
   has been completed at the college level with a grade of 3.00 or higher:
   - Human Anatomy (3-4 credits with lab). When anatomy and
     physiology are taken as a combined course, the semester in which
     the course is centered on structural anatomy will be considered
     for this requirement. Student will submit course descriptions if
     necessary). Students who do not obtain a grade of 3.0 or higher
     in Human Anatomy may be admitted as a provisional admit.
     Provisional admits will be required to pass an online comprehensive
     anatomy exam (minimum grade of 83%) and if this criteria is not
     met they must enroll in SMD 500, Human Cadaver Anatomy
     Lecture.
5. Verification of current CPR for the professional rescuer certification.

Policies

All graduate students are held to the academic policies and procedures
(http://catalog.wcupa.edu/graduate/academic-policies-procedures)
outlined in the graduate catalog. Students are encouraged to review
departmental handbooks for program tips, suggested course sequences,
and explanations of procedures. When applicable, additional policies for
specific department program(s) may be listed below.

Faculty

Professors

Sandra Fowkes-Godek (sfowkesgodek@wcupa.edu) (1991)
B.S., Pennsylvania State University; M.S., University of Colorado;
Ph.D., Temple University
Scott Heinerichs (sheinerichs@wcupa.edu) (2004)
B.S., West Chester University, M.A.T., University of South Carolina;
Ed.D., Widener University
Carolyn Consuelo Jimenez ( cjimenez@wcupa.edu) (1994)
B.A., Colorado College; M.S., University of Arizona; Ph.D., Temple
University

Associate Professors

Neil Curtis (ncurtis@wcupa.edu) (1993)
Graduate Coordinator, Sports Medicine
B.S., Boston University; M.S., University of Arizona; Ed.M., Ed.D.,
Columbia University
Alison Gardiner-Shires ( agardiner@wcupa.edu) (2008)
B.S., Salisbury University; M.S., California University of Pennsylvania;
Ph.D., University of South Carolina
Katherine Morrison ( kmorrison@wcupa.edu) (2007)
Chairperson, Sports Medicine
B.S., West Chester University; M.S., James Madison University; Ph.D.,
University of Delaware
Assistant Professors
Nicole Cattano (ncattano@wcupa.edu) (2007)
Graduate Coordinator, Kinesiology
B.S., University of North Carolina at Greensboro; M.P.H., West
Chester University; Ph.D., Temple University
Lindsey Keenan (lkeenan@wcupa.edu) (2016)
B.S., Lock Haven University; M.S., East Stroudsburg University; M.S.,
East Stroudsburg University; Ph.D., Temple University

Instructor
Daniel Baer (dbaer@wcupa.edu) (2016)
B.S., West Chester University; M.S., University of Pittsburgh

Courses
SMD
SMD 500. Human Cadaver Anatomy. 2 Credits.
A regional study of the gross structure of the human body and human cadaver dissection
covering the back, upper and lower limbs, head, neck, thorax, abdomen and pelvis. Emphasis
is on the structure and function of the skeletal, muscular and peripheral nervous systems.
Pre / Co requisites: SMD 500 requires a corequisite of SMD 501.

SMD 501. Human Cadaver Dissection. 4 Credits.
A human cadaver dissection course accompanying SMD 500. The gross structures of the back,
upper and lower limbs, head and neck, and thorax, abdomen and pelvis are studied.
Pre / Co requisites: SMD 501 requires a corequisite of SMD 500.

SMD 502. Prevention & Care of Injury and Illness. 3 Credits.
This course builds upon students' existing knowledge of basic life support and first aid,
providing an avenue for practice and discussion of advanced first aid techniques and
management of sport-related medical emergencies. The course also takes an evidence based
approach to common athletic injuries, principles of injury prevention, and the application of
taping and bracing techniques used in athletic training.
Pre / Co requisites: SMD 502 requires current CPR for the professional rescuer certification.
Typically offered in Summer.

SMD 505. Evidence Based Practice in Sports Medicine. 3 Credits.
The purpose of this course is to expose students to evidence based practice (EBP) and
demonstrate the impact it has on clinical practice in the profession of athletic training and
other allied health care professions. Students will be given all the necessary background
information on EBP research design, tools to critically appraise, and will be equipped to
perform an original EBP design or an analysis of consolidated EBP research. This course is
designed to provide students with a greater understanding of how to prudently interpret
research results as it pertains to influencing change in clinical practice.
Pre / Co requisites: SMD 505 requires prerequisite MAT 121 or equivalent.

SMD 510. Therapeutic Agents. 3 Credits.
Therapeutic agents used in athletic training are presented with regards to physiological
effects, physics, indications/contraindications as well as the evidence based practice for appropriate
agent selection.
Pre / Co requisites: SMD 510 requires prerequisite or co-requisite of SMD 502.
Typically offered in Spring.

SMD 511. Principles of Rehabilitation. 3 Credits.
Principles, objectives, indications, contraindications, and progression of various exercise
programs used in the rehabilitation of orthopedic injuries are presented.
Pre / Co requisites: SMD 511 requires co-requisite of SML 511.
Typically offered in Fall.

SMD 512. Orthopedic Assessment 1. 3 Credits.
A comprehensive approach to the assessment and diagnosis of lower extremity and shoulder
musculoskeletal injuries including the identification of risk factors, the role of clinical outcome
measures, and appropriate referral decisions.
Typically offered in Summer.

SMD 513. Orthopedic Assessment 2. 3 Credits.
A comprehensive approach to the assessment and diagnosis of the spine, thorax, upper
extremity musculoskeletal and head injuries including the identification of risk factors, the role of
clinical outcome measures, and appropriate referral decisions.
Pre / Co requisites: SMD 513 requires prerequisite of SMD 512.
Typically offered in Fall.

SMD 514. General Medical Conditions and Pharmacology in Athletic Training. 3
Credits.
A presentation of the pathology, pharmacology, and management strategies relevant to
sports medicine. Emphasis will be on non orthopaedic conditions commonly encountered in a
physically active population.
Typically offered in Spring.

SMD 515. Athletic Training Clinical Experience 1. 3 Credits.
Clinical experience is provided in sports medicine settings. The student will have the
opportunity to implement athletic training knowledges, skills and abilities while developing
clinical reasoning and critical thinking in the delivery of health care. Emphasis with equipment
intensive sports.
Pre / Co requisites: SMD 515 requires prerequisites of SMD 502 and SMD 512.
Typically offered in Fall.

SMD 516. Athletic Training Clinical Experience 2. 3 Credits.
Clinical experience is provided in sports medicine settings. The student will have the
opportunity to implement athletic training knowledges, skills and abilities while developing
clinical reasoning and critical thinking in the delivery of health care. Emphasis with adolescent
and special populations.
Pre / Co requisites: SMD 516 requires a prerequisite of SMD 515.
Typically offered in Spring.

SMD 530. Organization and Administration of Athletic Training. 3 Credits.
An overview of administrative and organizational concepts that relate to health care entities
that provides athletic training services. Focuses on issues in athletic training including facility
design, fiscal management, insurance, medical, ethical and legal issues. Discusses current
issues related to professional conduct and practice.
Pre / Co requisites: SMD 530 requires prerequisite of SMD 515.
Typically offered in Fall.

SMD 582. Modern Principles Of Athletic Training. 3 Credits.
A course for the physical educator and/or coach. Injuries which occur in class, practice,
and game situations; preventative taping and wrapping; immediate first aid procedures,
professional relations within the medical profession.

SMD 592. Seminar in Sports Medicine. 3 Credits.
This class will require students to review and research papers on specific and timely topics in
sports medicine. Papers will be read prior to class, presented by students in class and then
critically reviewed by the instructor and students. The suggested topics will be subject to
change if additional topics are viewed by the instructors as being more current and important
issues related to athletic training and sports medicine.
Repeatable for Credit.

SMD 595. Orthopaedic Surgical Techniques. 3 Credits.
A course designed to enhance the sports medicine professionals knowledge and awareness
of common orthopedic surgical techniques. Tissue response to surgical inervation and post-
surgical rehabilitation considerations will be addressed.

SMD 616. Athletic Training Clinical Experience 3. 3 Credits.
Clinical experience is provided in sports medicine settings. The student will have the
opportunity to implement athletic training knowledges, skills and abilities while developing
clinical reasoning and critical thinking in the delivery of health care. Emphasis with non
traditional seasons or settings.
Pre / Co requisites: SMD 616 requires prerequisite of SMD 516.
Typically offered in Summer.

SMD 617. Athletic Training Clinical Experience 4. 4 Credits.
Clinical experience is provided in sports medicine settings. The student will have the
opportunity to implement athletic training knowledges, skills and abilities while developing
clinical reasoning and critical thinking in the delivery of health care and advanced clinical skills.
Pre / Co requisites: SMD 617 requires prerequisite of SMD 616.
Typically offered in Fall.

SMD 618. Athletic Training Clinical Experience 5. 4 Credits.
Clinical experience is provided in sports medicine settings. The student will have the
opportunity to implement athletic training knowledges, skills and abilities while developing
clinical reasoning and critical thinking in the delivery of health care and advanced clinical skills.
Pre / Co requisites: SMD 618 requires prerequisite of SMD 617.
Typically offered in Spring.
SMD 640. Injury Risk and Prevention Strategies. 3 Credits.
The purpose of this course is to expose students to injury prevention programs and research, including topics such as concussion, overuse, upper and lower extremity, and heat injuries as well as the female athlete triad. Injury prevention research discussed relates to the athletic as well as other special populations, such as athletes with an injury history, military population, and females. Students will be equipped to clinically integrate injury prevention programs, including educating the athlete, coaches, and other allied health professionals. This course is designed to provide students with a greater understanding of how to select injury prevention programs as it pertains to influencing change in clinical practice. Typically offered in Summer.

SMD 654. Sport Physiology in Various Populations and Environments. 3 Credits.
This course will cover the advanced physiology of all major body systems during participation in sport and exercise with special attention to different populations such as body size, gender and age. The physiology of how the body reacts and adapts to exercise in different environmental conditions will be covered with special attention different populations. Typically offered in Fall.

SMD 693. Selected Topics in Sports Medicine. 3 Credits.
A second year graduate course covering environmental topics, theory and practice of evidence-based sports medicine, educational and course assessment concerns for sports medicine professionals. Repeatable for Credit.

SML

SML 510. Therapeutic Agents Lab. 1 Credit.
Lab experiences for the application of therapeutic agents presented in SMD 510. Pre / Co requisites: SML 510 requires a prerequisite or co-requisite of SMD 510. Typically offered in Spring.

SML 511. Principles of Rehabilitation Lab. 2 Credits.
Lab experiences in the application of exercises presented in SMD 511. Pre / Co requisites: SML 511 requires a co-requisite of SMD 511. Typically offered in Fall.

SML 654. Sport Physiology in Various Populations and Environments Lab. 1 Credit.
This laboratory course will expose students to and involve them in activities related to the lecture course SMD 654, Sport Physiology in Various Populations and Environments. Pre / Co requisites: SML 654 requires a co-requisite of SMD 654. Typically offered in Fall.