DEPARTMENT OF SPORTS MEDICINE

College of Health Sciences
216 Sturzebecker Health Sciences Center
610-436-3293
Department of Sports Medicine (http://www.wcupa.edu/sportsMed)
Katherine Morrison (kmorrison@wcupa.edu), Interim Chairperson
Neil Curtis (ncurtis@wcupa.edu), Athletic Training Program Director
Sandra Fowkes-Godek (sfowkes-godek@wcupa.edu), Coordinator of Physician Services

The Department of Sports Medicine offers the B.S. in Athletic Training, a CAATE-accredited program, which prepares students to achieve national certification from the Board of Certification, Inc. (BOC). Students completing this major also are eligible for entry-level athletic training positions, as well as graduate study in such fields as athletic training, physical therapy, exercise physiology, biomechanics, and sports medicine.

The current B.S. in Athletic Training is being phased out after the admission of the fall 2016 class. Students who are interested in athletic training will complete a 3+2 accelerated program earning both a B.S. degree in Health Science and a M.S. degree in Athletic Training. Interested students should contact Dr. Neil Curtis, Athletic Training Program Director, at (610) 436-2119 or via e-mail at ncurtis@wcupa.edu.

Facilities

Offices, classrooms, and laboratories for the Department of Sports Medicine are housed in the Russell L. Sturzebecker Health Sciences Center. Clinical experience is offered in two athletic training rooms on campus, one located in Hollinger Fieldhouse and the recently expanded facility located in the Sturzebecker Health Sciences Center. The athletic training rooms offer students the opportunity to work with state-of-the-art equipment, including numerous electrical modalities, Cybex isokinetic dynamometers, and the latest in proprioceptive apparatus.

Pre-Physical Therapy Options

A student may follow several academic paths to prepare for a professional physical therapy program. Students who are interested in preparing for a professional physical therapy school may meet the prerequisites through:

1. The College of the Sciences and Mathematics by enrolling in the Department of Biology (http://catalog.wcupa.edu/undergraduate/sciences-mathematics/biology)
2. The College of Health Sciences by enrolling in the Department of Sports Medicine (p. 1)

Students also may elect to take their undergraduate degree in the School of Interdisciplinary and Graduate Studies in the Liberal Studies - Science and Mathematics track (http://catalog.wcupa.edu/undergraduate/interdisciplinary-graduate-studies/liberal-studies-program) with a Biology minor. Students interested in Pre-Physical Therapy should contact Dr. Neil Curtis in Sports Medicine or Dr. Sharon Began in Biology (http://catalog.wcupa.edu/undergraduate/sciences-mathematics/biology).

Programs

Majors in Athletic Training

- B.S. in Athletic Training (http://catalog.wcupa.edu/undergraduate/health-sciences/sports-medicine/athletic-training-bs) (no longer accepting new students)

Graduate Opportunities

See the graduate catalog for more information about the Sports Medicine programs. (http://catalog.wcupa.edu/graduate/health-sciences/sports-medicine)

Policies

- See undergraduate admissions information. (http://catalog.wcupa.edu/general-information/admissions-enrollment/undergraduate-admissions)
- See academic policies. (http://catalog.wcupa.edu/undergraduate/academic-policies-procedures)

All undergraduate students are held to the academic policies and procedures outlined in the undergraduate 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 programs may be listed below.

Applicants should have a combined SAT score of 1100 and rank in the top 20% of their high school class. Qualified students are required to participate in an interview with department faculty prior to admission.

Technical Standards for the B.S. in Athletic Training Major

The B.S. in Athletic Training program at West Chester University prepares students for careers as certified athletic trainers where they will enter employment settings and render athletic training services to individuals engaged in physical activity. The clinical, classroom, and laboratory experiences place specific demands on the students enrolled in the program. The technical standards developed for the degree establish the essential qualities necessary for students to achieve the knowledge, skills, and competencies of an entry-level certified athletic trainer and meet the expectations of the agency (CAATE) that accredits the program.

Students must possess the abilities outlined below to be admitted into the program. Students selected for admission must verify that they understand and meet these technical standards with or without a reasonable accommodation. A student with a condition who may need a reasonable accommodation to meet these standards will be referred to the Office of Services for Students with Disabilities (OSSD) for an evaluation of whether the condition is a disability as defined by applicable laws, and a determination of what accommodations are reasonable. The determination will specifically take into consideration whether the requested accommodations might jeopardize the safety of the patient, and the ability to complete the classroom, laboratory, and clinical course work required for the athletic training program. The OSSD, with input from the Department of Sports Medicine, will make this determination. Whenever possible, reasonable accommodations will be provided for those individuals with disabilities to enable them to meet these standards and ensure that students are not denied the benefits of, excluded from participation in, or otherwise subjected to discrimination in this program.

The following are technical standards for the B.S. program, which are not inclusive of all expected abilities:

1. Critical thinking ability sufficient for clinical judgment
2. Interpersonal abilities sufficient to interact with individuals, families, and groups from a variety of social, emotional, cultural, and intellectual backgrounds
3. Communication abilities sufficient for interaction with others in verbal and written form
4. Physical abilities sufficient to maneuver in small or confined spaces and to provide emergency care
5. Gross and fine motor abilities sufficient to provide safe and effective athletic training care
6. Tactile dexterity sufficient for physical assessment
7. Visual ability sufficient for observation and assessment necessary in athletic training care
8. Auditory ability sufficient to monitor and assess health needs
9. Ability to maintain composure and function in highly stressful situations such as those associated with critical injury or illness

**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 (cjmenez@wcupa.edu) (1994)
B.A., Colorado College; M.S., University of Arizona; Ph.D., Temple University

**Associate Professors**

Nicole Cattano (ncattano@wcupa.edu) (2007)
Graduate Coordinator, Sports Medicine
Graduate Coordinator, Kinesiology
B.S., University of North Carolina at Greensboro; M.P.H., West Chester University; Ph.D., Temple University

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 Professor**

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

**Instructors**

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

John Smith (jsmith5@wcupa.edu) (2017)
B.S., Pennsylvania State University; M.S., West Virginia University

**Courses**

**SMD**

**SMD 100. Foundations of Sports Medicine. 2 Credits.**
An overview of the professions in the discipline of sports medicine.
Distance education offering may be available.
Typically offered in Fall.

**SMD 204. First Aid for Health Professionals. 3 Credits.**
LEC (3), LAB (2)
Prepares health professionals to meet emergencies requiring first aid. Includes First Responder training.
Typically offered in Spring & Summer.

**SMD 210. Psychosocial Perspectives of Sports/Recreational Injuries. 3 Credits.**
Present active individuals with information on the incidence, prevention, and management of sport/recreational injuries. In addition, the psychological impact and sociological factors affecting health care delivery will be addressed. Taken together students will be better prepared and more informed consumers of sport/recreational health care.
Distance education offering may be available.
Typically offered in Fall, Spring & Summer.

**SMD 211. Pathology & Eval Athletic Injury/Illness I. 3 Credits.**
A presentation of the pathology, pharmacology, and management strategies relevant to sports medicine. Emphasis will be on nonorthopaedic conditions commonly encountered in a physically active population.
Pre/Co requires: SMD 212 requires prerequisites of BIO 269 and SMD 312. Athletic Training Majors only.
Typically offered in Spring.

**SMD 212. Pathology & Eval Athletic Injury/Illness II. 3 Credits.**
A course designed to qualify students in First Aid and CPR, and to introduce the principles of athletic injury prevention and management. For non majors only.

**SMD 213. Pathology & Eval Athletic Injury/Illness III. 3 Credits.**
Principles, objectives, indications, contraindications, and progression of various exercise programs used in the rehabilitation of athletic injuries are presented.
Pre/Co requires: SMD 211 requires prerequisites of SMD 312. Athletic Training Majors only.
Typically offered in Fall & Spring.

**SMD 310. Therapeutic Modalities. 3 Credits.**
Physical agents used in athletic training are presented with regard to the physics, physiological effects, indications, contraindications, and progression.
Pre/Co requires: SMD 310 requires prerequisite of SMD 100 or SMD 204.
Typically offered in Fall & Spring.

**SMD 311. Therapeutic Exercise for Athletic Training. 3 Credits.**
The principles, objectives, indications, contraindications, and progression of various exercise programs used in the rehabilitation of athletic injuries are presented.
Pre/Co requires: SMD 311 requires prerequisites of SMD 312. Athletic Training Majors only.
Typically offered in Fall & Summer.

**SMD 312. Pathology/Evaluation of Athletic Injury/Illness II. 3 Credits.**
A continuation of SMD 212 with emphasis on the pathology of injuries to the extremities commonly seen in athletics and the techniques for their evaluation.
Pre/Co requires: SMD 312 requires prerequisites of BIO 259, BIO 269. Athletic Training Majors only.
Distance education offering may be available.
Typically offered in Spring & Summer.

**SMD 313. Pathology/Evaluation of Athletic Injury/Illness III. 3 Credits.**
A continuation of SMD 312 with emphasis on the head, neck, and trunk.
Pre/Co requires: SMD 313 requires prerequisite of SMD 312.
Typically offered in Fall & Summer.

**SMD 314. Sports Injury Management I. 3 Credits.**
Clinical experience of 200 or more hours with specific behavioral objectives in athletic equipment selection and fitting, and the presentation of illness, injuries, and conditions.
Pre/Co requires: SMD 315 requires co-requisites of SMD 311 and SMD 312 and SMD 314.
Typically offered in Fall.

**SMD 315. Sports Injury Management II. 3 Credits.**
Clinical experience of 200 or more hours with specific behavioral objectives in case study presentations of injuries, illnesses, and/or conditions, and hospital emergency department medical care.
Pre/Co requires: SMD 316 requires co-requisite of SMD 310 and SMD 313 and SMD 310.
Typically offered in Spring.
SMD 361. Kinesiology. 3 Credits.
Basic Fundamentals of movement, articulation, and muscular actions; analysis of the related principles of mechanics.
Pre / Co requisites: SMD 361 requires prerequisite of BIO 259 or KIN 241.
Typically offered in Fall.
Cross listed courses EXS 361, SMD 361.

SMD 400. Special Topics in Athletic Training. 3 Credits.
An in-depth study of selected topics as it relates to athletic trainers and their treatment and management of musculoskeletal injuries. Course will examine current topics through the reading and critical analysis of literature related to athletic training using professional journals and practical experiences.
Repeatable for Credit.

SMD 414. History, Organization & Administration of Sports Medicine. 3 Credits.
A presentation of the historical and current perspectives of athletic training, including techniques for organizing and administering athletic training programs.
Pre / Co requisites: SMD 414 requires prerequisite of SMD 315. Athletic Training majors only.
Gen Ed Attribute: Writing Emphasis.
Typically offered in Fall.

SMD 417. Sports Injury Management III. 3 Credits.
Clinical experience of 200 or more hours with specific behavioral objectives in case study presentations of injuries, illnesses, and/or conditions, plus group discussions of clinical situations.
Pre / Co requisites: SMD 417 requires a prerequisite of SMD 316. Athletic Training majors only.
Typically offered in Fall.

SMD 418. Sports Injury Management IV. 3 Credits.
Clinical experience of 200 or more hours and participation in critical reviews of sports medicine research combined with seminars which afford interaction with various medical and paramedical practitioners.
Pre / Co requisites: SMD 418 requires prerequisites of SMD 417. Athletic Training majors only.
Typically offered in Fall.

SMD 420. Sports Medicine 1. 3 Credits.
This course introduces common orthopedic injuries to the lower extremity. Students will learn anatomy, biomechanics, injury signs and symptoms which will allow for the recognition and identification of orthopedic and neurological injuries. The course will also introduce the theoretical and evidence based approach to the rehabilitation of lower extremity injuries. Special emphasis is placed on understanding the physiological impact of injury on tissues, recognition of the signs, symptoms, indications, and contraindications for the evaluation and rehabilitation of musculoskeletal and neurological injuries in the physically active. This course is not intended to meet educational competencies required for athletic training. Majors only.
Pre / Co requisites: SMD 420 requires prerequisites of SMD 261, BIO 259, and BIO 269.
Distance education offering may be available.
Typically offered in Fall & Spring.

SMD 430. Sports Medicine 2. 3 Credits.
This course introduces common orthopedic injuries to the upper extremity, head, neck, spine, thorax and pelvis. Students will learn anatomy, biomechanics, injury signs and symptoms which will allow for the recognition and identification of orthopedic and neurological injuries. The course will also introduce the theoretical and evidence based approach to the rehabilitation of upper extremity, head, neck, spine, thorax and pelvis. Special emphasis is placed on understanding the physiological impact of injury on tissues, recognition of the signs, symptoms, indications, contraindications for the evaluation and rehabilitation of musculoskeletal and neurological injuries in the physically active. This course is not intended to meet educational competencies required for athletic training. Majors only.
Pre / Co requisites: SMD 430 requires prerequisite of SMD 420.
Distance education offering may be available.
Typically offered in Fall & Spring.

SMD 450. Capstone in Sports Medicine. 3 Credits.
This course is one of the final courses for students in the program. Learners will review, assess and then apply many of the concepts taught during the undergraduate program through the creation of a portfolio and senior capstone project. The purpose of the capstone project is to demonstrate achievement of the program level learning outcomes and engage in self-reflection and self-evaluation. The portfolio will also serve as a tangible artifact that houses acquired knowledge. An investigation of the job market in the field of Sports and Health will take place through career focused discussions and students will create a professional resume and cover letter.
Pre / Co requisites: Majors Only.
Typically offered in Spring.

SMD 454. Theories/Practices of Conditioning & Tng. 3 Credits.
Application of principles of physiology, psychology, and kinesiology for the design and use of conditioning programs for various sports.
Pre / Co requisites: SMD 454 requires prerequisites of EXS 380 and SMD 361.
Typically offered in Fall.

SML

SML 310. Therapeutic Modalities Lab. 1 Credit.
Lab experiences in the application of physical agents presented in SMD 310.
Pre / Co requisites: SML 310 requires co-requisite of SMD 310.
Typically offered in Spring & Summer.

SML 311. Therapeutic Exercise Lab. 2 Credits.
Lab experiences in the application of exercises presented in SMD 311.
Pre / Co requisites: SML 311 requires co-requisite of SMD 311.
Typically offered in Fall & Summer.