DEPARTMENT OF SPORTS MEDICINE

216 Sturzebecker Health Sciences Center
610-436-3293
Department of Sports Medicine (http://www.wcupa.edu/sportsMed/)
Katherine Morrison (kmorrison@wcupa.edu), *Chairperson*
Neil Curtis (ncurtis@wcupa.edu), *Program Director - Athletic Training*

The Department of Sports Medicine offers the B.S. in Sports Medicine Studies, which provides educational experiences to students looking to learn and apply skills in the field of sports medicine. This program is designed as an accelerated 3+2 feeder program for the M.S. in Athletic Training program. Students are accepted as incoming first year students and complete the majority (99 credits) of the B.S. degree in three years and then matriculate directly into the M.S. in Athletic Training program beginning the summer after year three (21 of the M.S. degree credits will be used to complete the B.S. degree requirements). Upon completion of the program students will earn a B.S. in Sports Medicine Studies and an M.S. in Athletic Training. The knowledge, skills, and abilities within the B.S. program will allow students to take core courses within the sports medicine field. This includes a combination of didactic and laboratory experiences that enhance a student's knowledge of medicine and human performance skills while also completing the prerequisite coursework required in the M.S. in Athletic Training program.

For students who do not wish to transition into the M.S. in Athletic Training, they will complete the baccalaureate degree by taking related courses in order to achieve the 120-credit undergraduate degree requirement.

Interested students should contact Dr. Katie Morrison, Sports Medicine Chairperson, at 610-436-3293 or via e-mail at kmorrison@wcupa.edu.

Programs

Major

- B.S. in Sports Medicine Studies (https://catalog.wcupa.edu/undergraduate/health-sciences/sports-medicine/sports-medicine-studies-bs/)
  - Accelerated B.S. in Sports Medicine Studies to M.S. in Athletic Training (https://catalog.wcupa.edu/undergraduate/health-sciences/sports-medicine/sports-medicine-studies-bs/)

Graduate Opportunities

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

Policies

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

Accelerated Program Policy

Refer to the Accelerated Programs page (https://catalog.wcupa.edu/undergraduate/accelerated-programs/) for more information.

Faculty

Professors

Sandra Fowkes-Godek (sfowkes-godek@wcupa.edu) (1991)
B.S., Pennsylvania State University; M.S., University of Colorado; Ph.D., Temple University

Alison Gardiner-Shires (agardiner@wcupa.edu) (2008)
B.S., Salisbury University; M.S., California University of Pennsylvania; Ph.D., University of South Carolina

Carolyn Consuelo Jimenez (cjimenez@wcupa.edu) (1994)
B.A., Colorado College; M.S., University of Arizona; Ph.D., Temple University

Katherine Morrison (kmorrison@wcupa.edu) (2007)
Chairperson, Sports Medicine
B.S., West Chester University; M.S., James Madison University; Ph.D., University of Delaware

Associate Professors

Nicole Cattano (ncattano@wcupa.edu) (2007)
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

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

Assistant Professors

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

Rebecca Novak (rnovak@wcupa.edu) (2024)

Instructor

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

Courses

SMD

SMD 100. Foundations of Sports Medicine. 3 Credits.
This is an entry-level course that includes basic information all healthcare providers need to work in a variety of departments in the healthcare profession. The course is comprised of an orientation to the healthcare delivery system, including history, definition, an overview of a variety of allied health occupations that make up the healthcare team, the multidisciplinary skills needed for success in the healthcare environment, including ethics, patient education, critical thinking skills, communication skills, and professional development.
Distance education offering may be available.

SMD 199. Sports Medicine Transfer Credits. 1-10 Credits.
Transfer Credits
Repeatable for credit.

SMD 204. First Aid for Health Professionals. 3 Credits.
Prepares health professionals to meet emergencies requiring first aid. Includes First Responder training.

SMD 210. Psychosocial Perspectives of Sports/Recreational Injuries. 3 Credits.
This course provides students with information on the impact of sport and recreational injuries in society. Students will engage in discussion and lessons to help them appreciate and understand the psychological impact and sociological factors affecting the health and wellness of physically active individuals. Students will think critically and analytically about current events in sports medicine that overlap with psychology and sociology. This course will also require students to engage in the writing process and improve their academic writing skills. Topics will include psychology and sociology of sport injury, gender and sport, the influence of media, mental health, eating disorders, substance use/abuse, and psychological skills.
Gen Ed Attribute: Interdisciplinary Requirement, Writing Emphasis (select both)
Distance education offering may be available.

SMD 212. 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.
SMD 212 Prerequisite: Successful completion of BIO 269 and SMD 312, with minimum grades of D-. Must be Athletic Training major.

SMD 261. Surface Anatomy. 3 Credits.
Orientation to major anatomical landmarks and underlying structures.
SMD 261 Prerequisite: Successful completion of BIO 259, with a minimum grade of D-.

SMD 271. First Aid and Athletic Training. 2 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 272. Athletic Training Techniques. 3 Credits.
A course designed to develop athletic training skills for beginning athletic training students.
SMD 272 Prerequisite: Successful completion of SMD 100 or SMD 204, with minimum grades of D-.

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.
SMD 310 Prerequisite: Successful completion of SMD 312, with a minimum grade of D-. Student must be an Athletic Training major.

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.
SMD 311 Prerequisite: Successful completion of SMD 312, with a minimum grade of D-. Must be Athletic Training major.

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.
SMD 312 Prerequisite: Successful completion of BIO 259 and BIO 269, with minimum grades of D-. Must be Athletic Training major.
Distance education offering may be available.

SMD 313. Pathology/Evaluation of Athletic Injury/Illness III. 3 Credits.
A continuation of SMD 312 with emphasis on the head, neck, and trunk.
SMD 313 Prerequisite: Successful completion of SMD 312, with a minimum grade of D-.

SMD 315. 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.
SMD 315 Corequisites: SMD 311, SMD 312, and SML 311.

SMD 316. 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.
SMD 316 Corequisites: SMD 310, SMD 313, and SML 310.

SMD 361. Kinesiology. 3 Credits.
Basic Fundamentals of movement, articulation, and muscular actions; analysis of the related principles of mechanics.
SMD 361 Prerequisite: Successful completion of BIO 259 or EXS 241, with minimum grades of D-.

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 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.
SMD 417 Prerequisite: Successful completion of SMD 316, with a minimum grade of D-. Must be Athletic Training major.

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.
SMD 418 Prerequisite: Successful completion of SMD 417, with a minimum grade of D-. Must be Athletic Training major.

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, 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.
SMD 420 Prerequisite: Successful completion of BIO 259, BIO 269, and SMD 261, with minimum grades of D-.
Distance education offering may be available.

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.
SMD 430 Prerequisite: Successful completion of SMD 420, with a minimum grade of D-. Must be a Sports Medicine Studies major.
Distance education offering may be available.

SMD 450. Capstone in Sports Medicine. 3 Credits.
This course is one of the final courses for students in the program. It is designed to develop students' oral communication skills. The purpose of this course is to demonstrate achievement of the program level learning outcomes and engage in self-reflection and self-evaluation. 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 portfolio will also serve as a tangible artifact that houses acquired knowledge.
SMD 450 Prerequisite: Must be a Sports Medicine Studies major.
Gen Ed Attribute: Speaking Emphasis

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.
SMD 454 Prerequisite: Successful completion of EXS 380 and SMD 361, with minimum grades of D-.

SMD 490. Applied Clinical Anatomy. 3 Credits.
This course will build upon the department's musculoskeletal anatomy course (SMD 261) and advance the understanding of other body systems (gastrointestinal, cardiovascular, etc). The course will enable students to gain a better appreciation of the structural and functional relationships in the human body and to enable a better understanding of the body in health and disease.
SMD 490 Prerequisite: Successful completion of SMD 261 with a minimum grade of C.
Distance education offering may be available.

SML

SML 310. Therapeutic Modalities Lab. 1 Credit.
Lab experiences in the application of physical agents presented in SMD 310.
SML 310 Corequisite: SMD 310.

SML 311. Therapeutic Exercise Lab. 2 Credits.
Lab experiences in the application of exercises presented in SMD 311.
SML 311 Corequisite: SMD 311.