

Northeastern University
Department of Physical Therapy, Movement and Rehabilitation Sciences

Sports Strength and Conditioning Concentration

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Description: A Sports Strength and Conditioning Concentration will prepare Physical Therapy students to confidently pursue the sports physical therapy specialist certification. It will also aid in your preparation if you elect to take the CSCS examination. It will enhance a graduate's ability to work with athletes of all ages and abilities, in various venues from gyms to the athletic field all while improving collaboration with multiple medical disciplines. To earn this concentration students need to apply for the program and after admission successfully complete the following courses: Sports Medicine: Managing the Injured Athlete, Advanced Topics: Principles of Strength Training and Conditioning, Physical Therapy Project 1/2 (with a sports specific emphasis), and a clinical placement of 10 weeks or greater with a sports and orthopedic population. This clinical placement may be with an athletic population including youth/scholastic sports, collegiate athletics or professional athletes. Students in the Sports, Strength and Conditioning Concentration must also complete their inpatient clinical education requirements.

Rationale: The competitive diverse employment market in Physical Therapy promotes specialization within this discipline. A market survey of Physical Therapy students has demonstrated a strong interest in further education in sports physical therapy. The sports strength and conditioning concentration is in line with the direction of the college and the university to offer additional educational experiences and concentrations to meet the needs of the students and the economy. This concentration is also in line with CAPTE (the Physical Therapy Accreditation Body) criteria and APTA's mission to develop opportunities for exposure to specialty areas in physical therapy). The addition of the sports strength and conditioning concentration will also allow a stepping-stone for future graduate specialization programs or clinical residencies.

Criteria: Successful completion of the following 4 courses with a C or better and maintaining an overall grade point average consistent with academic progression requirements as stated in the student handbook

- PT 6237 Advanced Topics: Principles of Strength Training and Conditioning
- PT 5165 Sports Medicine: Managing the Injured Athlete
- PT5229 Physical Therapy Project I and II – Sports specific
- 20 hours shadowing experience within Cabot Sports performance and write up
- PT6448 or PT 6442 Clinical Education * Sports specific
 - (Placement of 10 weeks or greater with a sports and orthopedic population)