Sports Medicine is the field of medicine dealing with injuries sustained in athletic endeavors and/or illnesses impacting sport performance. Sports medicine focuses not only on the diagnosis and treatment of diseases and injuries related to sports, but also on prevention and management. The goal of sports medicine is to assist the athlete in achieving both optimal health and peak performance.

Sports Medicine majors at Pitt-Bradford take courses in Exercise Physiology, Strength Training & Conditioning, Anatomy & Physiology, Nutrition, Biomechanics, and Personal Health and Wellness. Students will receive hands-on training through internships with companies that focus on physical therapy, rehabilitation and wellness.

**REQUIRED SKILLS**
- Team Work
- Communication
- Reasoning
- Decision Making
- Stress Management
- Problem Solving
- Leadership
- Sensitivity

**POSSIBLE EMPLOYERS**
- Healthcare Provider
- Physical Therapy Office
- Sports Team
- Research Firm
- Rehabilitation Clinic
- Fitness Center
- College/University
- Law Firm
- Public Health

**EMPLOYMENT OPPORTUNITIES**

| Aquatics Director | Physical Therapist | Sports Massage Therapist |
| Cardiac Rehabilitation | Pulmonary Rehab. Therapist | Exercise Physiologist |
| Chiropractor | Exercise Physiologist | Group Exercise Instructor |
| Clinical Exercise Physiologist | Sports Historian | Conditioning/Strength Coach |
| Youth Development Director | Sports Lawyer | |
| Fitness Director | Sports Official | |
| Health Promotion Director | Sport Psychologist | |
| Corporate Fitness Trainer | Sport Sociologist | |
| Occupational Therapist | Personal Trainer | |
| Physician | Sports Nutritionist | |

*Some occupations will require additional training, certification, and/or education.*
The Sports Medicine major consists of a 120-credit curriculum leading to a Bachelor of Science degree. Consistent with the overall mission of the University of Pittsburgh at Bradford, the Sports Medicine major includes a liberal arts general education, much of which is taken during the first two years of study.

**Course Requirements in the Major**

- BIOL 0212/*0222 Human Anatomy and Physiology I GE (4)
- BIOL 0213/*0223 Human Anatomy and Physiology II GE (4)
- HPRED 0101 Introduction to Sports Medicine (3)
- HPRED 0108 Nutrition (3)
- HPRED 0206 Evaluation & Rehabilitation of Athletic Injuries I (4)
- HPRED 0207 Evaluation & Rehabilitation of Athletic Injuries II (4)
- HPRED 0209 Personal Health and Wellness (3)
- HPRED 1302 Therapeutic Modalities (4)
- HPRED 1305 Biomechanics (3)
- HPRED 1306 Exercise Physiology I (4)
- HPRED 1309 Therapeutic Exercise (4)
- HPRED 1320 Principles of Strength Training & Conditioning (3)
- HPRED 1405 Research Methods (3)
- HPRED 1410 Exercise Prescription (3)
- HPRED 1416 Clinical Exercise Physiology (3)
- HPRED 1430 Worksite Health Promotion (3)
- HPRED 1451 Capstone: Sports Medicine (3)
- PEDC 0108 Physical Conditional/Weight Training GE (1)
- PSY 0101 Introduction to Psychology GE (3)

*Lab requirement beginning fall semester 2013

Students must earn the grade of a C− or higher in all courses required in the major

---

**PROFESSIONAL ORGANIZATIONS**

- American College of Sports Medicine [www.acsm.org](http://www.acsm.org)
- International Federation of Sports Medicine [www.fims.org](http://www.fims.org)
- Association for Applied Sports Psychology [www.appliedsportpsych.org](http://www.appliedsportpsych.org)
- American Physical Therapy Association [www.apta.org](http://www.apta.org)

**FIND OUT MORE ABOUT CAREERS IN SPORTS MEDICINE AT:**

- Sportsmedicine.com [www.sportsmedicine.com/careers](http://www.sportsmedicine.com/careers)
- Explorehealthcareers.org [www.explorehealthcareers.org](http://www.explorehealthcareers.org)