

What Can I Do With a Major in...

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
- Public Health

EMPLOYMENT OPPORTUNITIES

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

**Some occupations will require additional training, certification, and/or education.*

SPORTS MEDICINE

University of Pittsburgh at Bradford Sports Medicine Major Curriculum

Degree: Bachelor of Science

Division: Biological & Health Sciences

Program Contact: Mr. Mark Kelley, 163 Sports & Fitness Center, mfk7@pitt.edu, 814.362.0984

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

HPRED 0101 Introduction to Sports Medicine

HPRED 0108 Nutrition

HPRED 0206 Evaluation and Rehab. of Athletic Injuries I

HPRED 0207 Evaluation and Rehab, of Athletic Injuries II

HPRED 0209 Personal Health and Wellness

HPRED 1305 Biomechanics

HPRED 1306 Exercise Physiology I

HPRED 1315 Exercise Physiology II

HPRED 1320 Prin. of Strength Training and Conditioning

HPRED 1405 Research Methods

HPRED 1410 Exercise Prescription and Implementation

HPRED 1415 Clinical Exercise Physiology I

HPRED 1416 Clinical Exercise Physiology II

HPRED 1451 Capstone: Sports Medicine

BIOL 0212 Human Anatomy and Physiology I

BIOL 0213 Human Anatomy and Physiology II

PSY 0101 Introduction to Psychology

PSY 0201 or MATH 0133 Statistics

PSY 0202 Child Development *OR*

PSY 206 Abnormal Psychology

PEDC 0108 Physical Conditioning/Weight Training

Students must receive a C- or better in all Major core courses.

Total credits required for the major 68

PROFESSIONAL ORGANIZATIONS

American College of Sports Medicine

International Federation of Sports Medicine

Association for Applied Sports Psychology

American Physical Therapy Association

www.acsm.org

www.fims.org

www.appliedsportpsych.org

www.apta.org

FIND OUT MORE ABOUT CAREERS IN SPORTS MEDICINE AT:

Sportsmedicine.com

Explorehealthcareers.org

Occupational Outlook Handbook

www.sportsmedicine.com/careers

www.explorehealthcareers.org

www.bls.gov/oco/ocos251.htm