

SPORTS MEDICINE MINOR

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By pursuing our Minor in Sports Medicine program, you'll develop a comprehensive perspective on the clinical application of prevention and treatment for medical and musculoskeletal conditions within the realm of sports medicine. Courses will allow you to develop the early thought processes and disciplinary content for careers in sports physical therapy, athletic training, orthopedic medicine, sports orthopedics, biomechanics or exercise physiology. This minor serves as an excellent on-ramp to numerous healthcare career pathways, particularly those involving physically active populations.

Learning Outcomes

1. Synthesize and apply knowledge of the science of common sports medicine conditions
2. Demonstrate advanced knowledge of pathophysiology of medical conditions in sports medicine
3. Demonstrate advanced knowledge of return-to-play guidelines for medical conditions in sports medicine
4. Demonstrate advanced knowledge of musculoskeletal conditions, including prevention and treatment
5. Demonstrate advanced knowledge of return-to-play guidelines for musculoskeletal conditions in sports medicine

The Sports Medicine minor consists of 6 credits of required courses and 12 credits of electives.

Code	Title	Credits
Required Courses (6 credits)		6
HSC 218	Introduction to Sports Medicine	3
HSC 214	Care and Prevention of Athletic Injuries	3
Elective Courses (choose 12 credits)		12
FLW 133	Food As Medicine	1
HSC 212	Mental Health and Psychological First Aid	1
HSC 280	Adaptive Recreation and Sports	2
HSC 290	Introduction to Kinesiology	3
HSC 303	Nutrition for Sports & Fitness	3
HSC 307	Emergencies in Sport & Physical Activity	3
HSC 326	Therapeutic Exercise	3
HSC 334	Clinical Skills Patient Communication	1
HSC 351	Pharmacological Interventions for Common Medical Conditions	3
HSC 388	EMT I Training	2
HSC 388L	EMT I Training Lab	1
HSC 389	EMT Training II	2
HSC 389L	EMT Training II Lab	1
HSC 405	Biomechanics	3