

**Brooks Institute of Higher Learning Sports Residency Curriculum**

PROGRAM COMPONENTS		TOTAL HOURS IN PROGRAM
<b>INSTRUCTIONAL HOURS</b>		
BPSR 800 Sports Practice Management		8 CH
BPSR 805 On- Field Injury Management		16 CH
BPSR 810 Taping & Bracing		8 CH
BPSR 815 Lower Extremity Sports Injuries		16 CH
BPSR 820 Upper Extremity Sports Injuries		16 CH
BPSR 825 Spine in Sports		16 CH
BPSR 835 Sports Biomechanics		8 CH
BPSR 840 Strength & Conditioning		8 CH
BPSR 845 Sports Nutrition		4 CH
BPSR 850 Sports Pharmacology		4 CH
BPSR 855 Sports Psychology		4 CH
BPSR 860 The Aging Athlete		4 CH
BPSR 865 The Endurance Athlete		8 CH
BPSR 870 The Female Athlete		12 CH
BPSR 875 The Pediatric Athlete		4 CH
BPSR 880 Adaptive Sports		4 CH
<i>*Home or Independent Study Course(s)</i>		
		<b>140 HRS</b>
<b>OTHERS (Directed Learning Activities)</b>		
Sports Round Table (quarterly) and "The Huddle" journal club (Bi-monthly)		40HRS
Research Activities <ul style="list-style-type: none"> <li>• Case Study Presentations (2)</li> <li>• Online Platform Sports Content</li> </ul>	<ul style="list-style-type: none"> <li>• Brooks Scholarly Symposium (1)</li> <li>• Abstract Submission to CSM (1)</li> </ul>	80 HRS
Specialty Observation(s)		36 HRS
Community Service		20 HRS
Professional Service Activities		20 HRS
Supervision of Professional PT Student		120 HRS
<b>INSTRUCTIONAL HOURS SUBTOTAL</b>		<b>456 HRS</b>
<b>CLINICAL MENTORING</b> <i>(Minimum of 150 hours for residency; 100 hours for fellowship; 130 hours for orthopaedic manual physical therapy fellowships). For non-clinical programs, please provide a total of mentoring hours provided to the participant over the course of the program.)</i>		
1:1 clinical mentoring/instruction from physical therapist clinical faculty while program participant is treating patients (minimum 100 hours for residency; 50 for fellowship; 110 hours for orthopaedic manual physical therapy fellowship)		150
<b>MENTORING HOURS SUBTOTAL</b>		<b>150 HRS</b>
<b>CLINICAL HOURS</b>		
• Clinical Practice		1800
• Mentoring provided by a non-PT mentor		25
• Athletic Venue Coverage (sports residency/fellowship programs only)		200
<b>CLINICAL HOURS SUBTOTAL</b>		<b>1275 HRS</b>
<b>GRAND TOTAL HOURS IN PROGRAM</b>		<b>2631 HRS</b>