

## Brooks Institute of Higher Learning Sports Residency Curriculum

PROGRAM COMPONENTS YEAR 1	HOURS
<b>INSTRUCTIONAL HOURS (IH)</b>	
<b><u>Classroom</u></b>	
Orientation & Introduction to Residency	8
<b>Foundation Courses</b>	
Evidence Based Practice	4
Clinical Reasoning	4
Pain Science	3
Motor Control Collaboration	8
Connective Tissue	8
Scholarly Integration I, II, III	9
Therapeutic Alliance	2
Motion Analysis Center	3
Implementation Science	3
IHL Pillar Discussions	10
<b>Practice Management of the Advanced Practitioner</b>	
Advanced Vestibular	16
APTA CI Credentialing Course	16
Clinical Gait Analysis	8
Exercise Dosing	16
Thinking on Your Feet	16
Soft Tissue Mobilization	16
Urinary Incontinence	8
<b>Core Orthopedic Content</b>	
Advanced Orthopedic Practice Overview	36
Advanced OPT Management of the Upper Extremity	60
Advanced OPT Management of the Lower Extremity	60
Advanced OPT Management of the Spine & Pelvis	92
<b><u>Directed Learning Activities</u></b>	
Monthly Journal Club (required: 1 Presentation, 1 Article Summary)	20
Scholarly Hours <ul style="list-style-type: none"> <li>• Case Study Presentation (1)</li> <li>• Written Case Study (1)</li> <li>• Brooks Scholarly Symposium</li> <li>• Classroom Teaching (including prep time)</li> <li>• In-service Training Session to Clinical Staff (2)</li> <li>• Research Activities</li> </ul>	68
Marketing/Provider Relations Activities	8
Serve as Clinical Instructor for a DPT Student	*320
<b><u>Observation Hours</u></b>	
MSK Radiology	8

Orthopedic Surgeon Clinical Practice (not surgical observation)	8
Orthopedic Conservative Care Clinical Practice	8
Brooks Behavioral Medicine Program	8
TMD Specialist Clinical Practice	4
AAOMPT Fellow Clinical Practice	12
Peer Non-Orthopedic Resident Clinical Practice	4
Peer Orthopedic Resident Clinical Practice	16
<b>IH SUBTOTAL</b>	<b>570 HRS</b>
<b>CLINICAL MENTORING (CM)</b>	
1:1 clinical mentoring/instruction from physical therapist clinical faculty while program participant is treating patients (minimum 100 hours for residency)	150
<b>CM SUBTOTAL</b>	<b>150 HRS</b>
<b>CLINICAL HOURS (CH)</b>	
At least 1800 Hours, including outpatient facility and athletic event coverage	1800
<b>CH SUBTOTAL</b>	<b>1800 HRS</b>
<b>PROGRAM COMPONENTS YEAR 2</b>	
<b>HOURS</b>	
<b>INSTRUCTIONAL HOURS (IH)</b>	
<b><u>Classroom</u></b>	
Sports Practice Management	16
On- Field Injury Management	8
Taping & Bracing	8
Lower Extremity Sports Injuries	16
Upper Extremity Sports Injuries	16
Spine in Sports	16
Sports Biomechanics	8
Strength & Conditioning	8
Sports Nutrition	4
Sports Pharmacology	4
Sports Psychology	4
The Aging Athlete	4
The Endurance Athlete	8
The Female Athlete	12
The Pediatric Athlete	4
Adaptive Sports	4
<b><u>Directed Learning Activities</u></b>	
Sports Round Table (quarterly) and "The Huddle" journal club (monthly)	40
Research Activities <ul style="list-style-type: none"> <li>• Case Study Presentation (1)</li> <li>• Written Case Study (1)</li> <li>• Brooks Scholarly Symposium</li> <li>• Abstract Submission to CSM (1)</li> </ul>	80
Specialty Observation(s)	36

Community Service	20
Professional Service Activities	20
Serve as Clinical Instructor for a DPT Student	*320
<b>IH SUBTOTAL</b>	<b>336 HRS</b>
<b>CLINICAL MENTORING (CM)</b>	
1:1 clinical mentoring/instruction from physical therapist clinical faculty while program participant is treating patients (minimum 100 hours for residency)	150
<b>CM SUBTOTAL</b>	<b>150 HRS</b>
<b>CLINICAL HOURS (CH)</b>	
At least 1800 Hours, including outpatient facility and athletic event coverage	1800
<b>CH SUBTOTAL</b>	<b>1800 HRS</b>

<b>Total Program Hours</b>	
<b>Educational Hours:</b>	906 HRS
<b>Clinical Mentoring Hours:</b>	300 HRS
<b>Patient-Care Clinic Hours (including Athletic Event Coverage):</b>	3600 HRS

*\*Educational Hours do not include hours serving as a Clinical Instructor as they occur during patient-care hours*