

Brooks Institute of Higher Learning Sports Residency Curriculum

| PROGRAM COMPONENTS YEAR 1 | HOURS |
|---|-------|
| INSTRUCTIONAL HOURS (IH) | |
| <u>Classroom</u> | |
| Orientation & Introduction to Residency | 8 |
| Foundation Courses | |
| 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 |
| Practice Management of the Advanced Practitioner | |
| 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 |
| Core Orthopedic Content | |
| 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 |
| <u>Directed Learning Activities</u> | |
| Monthly Journal Club (required: 1 Presentation, 1 Article Summary) | 20 |
| Scholarly Hours <ul style="list-style-type: none"> • Case Study Presentation (1) • Written Case Study (1) • Brooks Scholarly Symposium • Classroom Teaching (including prep time) • In-service Training Session to Clinical Staff (2) • Research Activities | 68 |
| Marketing/Provider Relations Activities | 8 |
| Serve as Clinical Instructor for a DPT Student | *320 |
| <u>Observation Hours</u> | |
| MSK Radiology | 8 |

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| 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 |
| IH SUBTOTAL | 570 HRS |
| CLINICAL MENTORING (CM) | |
| 1:1 clinical mentoring/instruction from physical therapist clinical faculty while program participant is treating patients (minimum 100 hours for residency) | 150 |
| CM SUBTOTAL | 150 HRS |
| CLINICAL HOURS (CH) | |
| At least 1800 Hours, including outpatient facility and athletic event coverage | 1800 |
| CH SUBTOTAL | 1800 HRS |
| PROGRAM COMPONENTS YEAR 2 | |
| HOURS | |
| INSTRUCTIONAL HOURS (IH) | |
| <u>Classroom</u> | |
| 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 |
| <u>Directed Learning Activities</u> | |
| Sports Round Table (quarterly) and "The Huddle" journal club (monthly) | 40 |
| Research Activities <ul style="list-style-type: none"> • Case Study Presentation (1) • Written Case Study (1) • Brooks Scholarly Symposium • Abstract Submission to CSM (1) | 80 |
| Specialty Observation(s) | 36 |

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

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

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