

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	
Clinical Reasoning	4
Pain Science	6
Motor Control	3
Connective Tissue	8
Scholarly Integration I, II, III	9
Implementation Science	3
Case Reports	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
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>	
Sports Journal Club (Resident Attends Monthly)	12
Ortho Journal Club (Resident Leads 1 month, Attends Monthly)	20
Scholarly Hours • 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

Jacksonville Jaguars Spring Training	40
Marketing/Provider Relations Activities	8
Serve as Clinical Instructor for a DPT Student	*320
<u>Observation Hours</u>	
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	8
Peer or Faculty Sports Clinical Practice	16
Peer Orthopedic Resident Clinical Practice	8
IH SUBTOTAL	582 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 1500 hours in Outpatient Orthopedic Clinical Setting (32 hrs per week)	1500
>200 hours sideline event coverage and athletic training room coverage in High School Setting	200
CH SUBTOTAL	1700 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 Residency Journal Club (Resident Leads Monthly)	40
Jacksonville Jaguars Spring Training	40
Research Activities • Case Study Presentation (1) • Written Case Study (1) • Brooks Scholarly Symposium • Abstract Submission to CSM (1)	80
Specialty Observation(s)	36
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 in Outpatient Orthopedic Clinical Setting (32 hrs per week)	1500
>200 hours sideline event coverage and athletic training room coverage in High School and Division I Collegiate Setting	200
CH SUBTOTAL	1700 HRS
Total Program Hours	
Instructional Hours:	918 HRS

Clinical Mentoring Hours:	300 HRS
Patient-Care Clinic Hours (including Athletic Event Coverage):	3400 HRS

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

***Instructional Hours do not include Optional Courses that are taken at Resident's Discretion*