

Sports Medicine – Rehab Therapy and Exercise Sciences Technology (SMART-EST)

Sports Medicine – Rehab Therapy and Exercise Sciences Technology (SMART-EST) – The SMART-EST program is designed for students that are looking towards the fields of: physical therapy, occupational therapy, physical rehabilitation, exercise physiology, and sports medicine. Students will develop valuable skills in diagnosis, differential diagnosis, assessment and prevention, along with prognosis and the rehabilitation of bodily injuries and related health conditions. Students will learn the therapy and application principles of a patient care plan including: assessment, evaluation, interventions of exercise, manual therapy, modalities and neuro re-education. Students will also develop goal setting and discharge plans for patients. Students will participate in nutrition understanding, as they learn how to develop proper diet plans for healthy individuals and they will learn how to tailor diet plans for special populations. Students participating in the SMART-EST program would have the following potential career pathways directly out of the program upon successful completion: Personal Trainer/Coach, and Physical Therapy Aid. In addition, the program provides a core base that a student may build a post-secondary degree or advanced certification upon. Careers available with additional post-secondary studies include: Personal and Athletic Trainer, Physical Therapist or Assistant, Occupational Therapist or Certified Occupational Therapist Assistant, Strength and Conditioning Coach, Medical and Exercise Physiology researcher, Sports Psychologist, Dietitian, and Exercise Physiologist.