



SCHOOL OF HEALTH AND REHABILITATION SCIENCES DEPARTMENT OF SPORTS MEDICINE AND NUTRITION

MASTER OF SCIENCE IN SPORTS MEDICINE

The Profession

Sports medicine is a multidisciplinary field that focuses on health care issues for athletes and physically active individuals. Athletic training is one profession that prepares clinicians for the exclusive purpose of providing health care services to this diverse and growing population. Other professionals who may be specifically trained in sports medicine include physical therapists, bioengineers, and exercise physiologists.

The Program

The Master of Science in Sports Medicine is a two-year intensive program focused on enhancing the knowledge base in the prevention, assessment, treatment, and rehabilitation of athletic injuries and illness. The program accomplishes this by providing a core curriculum that is central to the pathokinesiology of joint injury and the principles by which restoration of joint function is accomplished. Students are provided with a research experience within the Neuromuscular Research Laboratory. A clinical experience is available for some students through graduate student assistantships in exchange for providing certified athletic training services. The research experience in the Neuromuscular Research Laboratory focuses on issues central to clinical research in orthopedics and sports medicine. Research includes the use of electromyography, motion analysis, isokinetic dynamometry, physiological, proprioceptive, and balance assessment modalities for the purpose of defining and restoring function as well as optimizing performance in the injured athlete and physically active individual. Weekly seminars sponsored by the Departments of Orthopaedic Surgery and Sports Medicine provide students with access to the most current research and clinical developments related to patient care. Master's degree candidates must successfully defend a thesis research project or scholarly paper (non-thesis track) in the second year for completion of the program.

Graduates of the program seek appointments in both clinical and educational Sports Medicine settings at colleges and universities, high schools, and private sports medicine clinics.

Graduate assistantships are available to master's candidates who are certified athletic trainers and include appointments at the University of Pittsburgh and the UPMC Center for Sports Medicine. The yearly assistantships include tuition remission and stipend.

Masters Thesis

Thesis and non-thesis tracks are available.

Why Choose Pittsburgh?

The School of Health and Rehabilitation Sciences is an integral part of the world-class University of Pittsburgh Medical Center. In addition to the University's six schools of the health sciences, the medical center comprises a variety of hospitals and clinical facilities that afford students a wealth of opportunities for professional experiences. Also, the University of Pittsburgh is one of only a few universities that offer BS, MS and PhD programs in Sports Medicine. The program offers unique clinical and laboratory experiences in world-class facilities and offers unique interdisciplinary educational opportunities for graduate students.

Admission Requirements:

Students are admitted into the program after successful completion of a baccalaureate degree with a minimum cumulative GPA of 3.0 (based on a 4.0 scale) and:

- Test of English as a Foreign Language (as appropriate)
- Three letters of reference addressing the applicant's academic, professional, clinical (as appropriate), personal attributes, and potential for meaningful graduate study.
- An on-campus interview with program faculty is mandatory if requested by the Admissions Committee.
- Self-evaluation essay addressing your purpose for applying to the program, your ability to successfully complete the program, and your goals (short and long term).

Application Information/Deadline: Students typically begin their studies in the fall term. **Application deadline is March 15.** Applicants applying for Assistantship are encouraged to apply by **January 15.** Online applications are available at <http://www.shrs.pitt.edu/Apply>

Class size: 10-15



MASTER OF SCIENCE SPORTS MEDICINE CURRICULUM

			<u>Credits</u>
Sports Medicine Core (Required)			
HRS	2867	Pathokinesiology of Orthopedic Injury	3
HRS	2868	Seminar in Sports Medicine	3
HRS	3896	Research Seminar in Sports Medicine	3
HRS	2869	Anatomical Basis of Sports Medicine	3
HRS	3898	Laboratory Techniques in Sports Medicine I	3
HRS	3897	Laboratory Techniques in Sports Medicine II	3
TOTAL			18
Electives (Highly Recommended – Others Available)			
Pharm	5114	Anatomy and Physiology I	3
Pharm	5115	Anatomy and Physiology II	3
HPA	2371	Advanced Exercise Physiology	3
HRS	3626	Disordered Eating in Athletes	3
HRS	2628	Nutrition and Performance	3
HRS	2629	Special Topics in Nutrition	2
HRS	2706	Rehabilitation Biomechanics	3
BIOST	2041	Introduction to Statistical Methods 1 (Recommended for Thesis Track)	3
HRS	2901	Introduction to Research Methods (Recommended for Thesis Track)	3
THESIS TRACK			12
NON THESIS TRACK			15
THESIS TRACK			
HRS	2999	Independent Study (NMRL Laboratory)	3
HRS	2925	Graduate Research (Master's Thesis)	3
TOTAL			6
NON THESIS TRACK			
HRS	2926	Scholarly Paper	3
TOTAL			3
CREDITS NEEDED FOR GRADUATION			36

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The University of Pittsburgh is an equal opportunity institution committed to diversity.
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