



UNIVERSITY OF ST. AUGUSTINE

FOR HEALTH SCIENCES

Sports Physical Therapy Certification (STC)

The University joined with the North American Sports Medicine Institute in 1994 to offer a combined program in Sports Physical Therapy Certification. Seminars taught by well known leaders in the field of sports physical therapy conduct 4 of the 6 required courses. Two basic manual therapy seminars round out this Certification for the physical therapist with an interest in orthopaedics and sports physical therapy.

The following seminars are offered nationwide. Any of the following seminars may be taken for their educational & CEU value or towards a Certification. Seminars with contact information of USA, register with the University of St. Augustine. Seminars with contact information of NASMI, register with North American Sports Medicine Institute.

Sports Physical Therapy Certification (STC)					
Seminar	Who Attends	Days	CEU's	Tuition	Contact
S1-Introduction to Spinal Evaluation and Manipulation	PT	5.0	35 hours, 3.5 CEUs (No Prerequisite)	Tuition \$895	USA
E1-Extremity Evaluation & Manipulation	PT/OT	4.0	30 hours, 3.0 CEUs (No Prerequisite, also available to OT's)	Tuition \$745	USA
Foundations/Competencies in Sports P.T.	PT/PTA/ATC/OT/COTA	4.0	3.6	\$545	NASMI
Current Concepts in the Management of Upper & Lower Quarter Injuries	PT/PTA/ATC/OT/COTA	2.0	2.0	\$485	NASMI
Orthopaedic Management of Lower Quarter Injuries	PT/PTA/ATC/OT/COTA	2.0	2.0	\$485	NASMI
Selective Functional Movement Assessment (SFMA)	PT/PTA/ATC/OT/COTA	2.0	2.0	\$485	NASMI
Sports Physical Therapy Certification	PT	6.0	3.2	\$995	

USA - Register with the University of St. Augustine in U.S. call 1-800-241-1027 or (904) 826-0084.

NASMI - Register with the [North American Sports Medicine Institute](#) 503-642-4432.

Sports Physical Therapy Seminars

S1-Introduction to Spinal Evaluation and Manipulation

This is a 5-day seminar emphasizing interpretation of basic science knowledge toward the development of clinical skills needed for differential evaluation & effective treatment of spinal dysfunction. General principles of functional anatomy, tissue & joint biomechanics, pathology and treatments are applied to clinical examination and treatment. Includes instruction & techniques of evaluating structure, active movements and palpation for condition, position & mobility of the spine. Manipulation techniques are instructed at all levels of the spine except the subcranial area. Supportive treatments, such as exercises & distraction, are instructed and practiced to a limited degree. At the conclusion of the seminar, the student should feel confident to examine & treat most common spinal conditions.

E1-Extremity Evaluation and Manipulation

This seminar emphasizes the interpretation of basic science knowledge & the development of basic clinical skills which are needed to complete a differential evaluation of extremity dysfunction, then proceeds to treatment. General principles of functional anatomy, tissue & joint biomechanics, pathology and treatment are presented.

The clinical content of the seminar includes physical examination, with special emphasis on performance of joint mobility and assessment of end-feel. Non-thrust manipulations are instructed & supportive treatments are discussed.

Foundations/Competencies in Sports Physical Therapy

This seminar is designed to provide an overview of the advanced competencies required for the physical therapist to practice in the active orthopaedic setting. Emphasis will be placed on defining the role of the sports physical therapist in planning and administrating pre-participation physical examinations, recognizing injuries and illnesses which require emergency medical intervention, and assessing and managing common medical illnesses and conditions in the individuals leading a healthy active life-style. In addition, both emergency management and preventive taping skills will be presented and practiced. Through didactic presentations and hands-on sessions, the participant will have the opportunity to master new skills required by the practicing sports physical therapist.

Current Concepts in the Management of Upper & Lower Quarter Injuries

This two-day, in-depth, evidenced-based seminar will examine and present the best available evidence as well as state of the art information regarding the evaluation and treatment of selected upper and lower quarter pathologies. Advances in assessment and treatment techniques, emerging research evidence, and expanding methods to collect outcome data make it imperative that the clinician remains informed in order to provide successful, cost effective care. The goal of this symposium is to provide clinicians with the most current information and tools

available in order to develop, implement, document, and defend the need for evidenced based rehabilitation programs. Through lecture presentations, demonstrations, and focused laboratory sessions, the participant will have an opportunity to expand and update their knowledge and leave with tools to develop appropriate programs that will enhance success in day-to-day practice in a wide variety of settings.

Orthopaedic Management of Lower Quarter Injuries

This seminar is designed to provide both the clinical and scientific rationale for the current trends and new research in the examination, surgery and rehabilitation of common injuries / conditions found in the lower extremity. Participants will learn state of the art information to enhance their understanding and clinical effectiveness in the treatment of hip, knee and ankle disorders. A review of surgical procedures will be provided, as well as information in the area of functional testing and brace selection. Rehabilitation protocols that incorporate innovative techniques will also be presented, as well as, recent research studies and patient clinical outcome studies. Through didactic presentations and hands-on sessions, the course participants will have an opportunity to master new and effective treatment techniques.

Selective Functional Movement Assessment (SFMA)

This seminar is designed for the healthcare professional that routinely treats patients with musculoskeletal conditions across the lifespan. Maintaining or restoring precise movement of specific segments is the key to preventing or correcting musculoskeletal dysfunction. Normal movement is achieved through an adequate balance of mobility and stability to meet the demands of the task at hand. The human system migrates toward predictable patterns of movement in response to injury or in the presence of weakness, tightness, or structural abnormality. An isolated or regional approach to evaluation and treatment will not restore complete function. Functional restoration requires a map of dysfunctional patterns and a working knowledge of functional patterns in order to gain clinical perspective and design effective interventions. This approach is based on the premise that pain and dysfunction occur as a result of impaired patterns of movement. Specific musculoskeletal dysfunction is considered the consequence rather than the cause of faulty movement patterns. Emphasis is placed upon identifying the root cause of the dysfunction rather than source of the symptoms.

Sports Physical Therapy Certification

This five day review and Certification seminar provides a four day review and update of the seminars required for Certification in Sports Physical Therapy. The fifth day is given to written, oral, and practical examinations by at least four examiners who are also instructors in the program. These exams are a test of retention, comprehension, and applications of the teaching in each of the required seminars.