

2016

Master of Health Science in Sports Medicine Curriculum

Nova Southeastern University

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Master of Health Science Curriculum 2016

Sports Medicine Concentration

Sports medicine is a broad body of knowledge in health care which addresses the needs of individuals in all age groups who exercise, an essential component of health. Sports medicine deals with the medical supervision of recreational and competitive athletes and all others who exercise for prevention and treatment of disease and injury.

The Master of Health Science (M.H.Sc.) Concentration in Sports Medicine is designed to provide individuals the theoretical, clinical and administrative training necessary to provide career mobility and professional enhancement. The Sports Medicine didactic curriculum provides education in a variety of clinical and non-clinical areas. The program will also assist the student in preparation for the Certified Strength and Conditioning Specialist (CSCS) Exam. The classes will focus on the various component of the sports industry, ranging from specific classes discussing the physical demands and bio-mechanics of each sport, the fundamentals of training principles and coaching techniques to the nutritional and psychological implications.

The internship and practicum components of the program will be tailored to the individual interest and goal of the graduate student. Under faculty guidance, students will demonstrate increased understanding in their chosen area of study. Students enrolled in this segment of the program already must have graduated from their entry-level professional training. The clinical component will be conducted in medical clinics, rehabilitation centers, or within organized sports such as high school, college or the professional level.

Requirements

The M.H.Sc. - Concentration in Sports Medicine in the College of Health Care Sciences requires a minimum of 37 credit hours of course work. This 37 credit, masters degree program is designed for the practicing amateur or professional coach, assistant coach, athletic director, athletic trainer or other allied health professional who deals with athletes.

Course Transfers

No more than six semester hours of equivalent course work for the degree may be transferred from another regionally accredited institution. All transfer courses must have a grade of B or better, be at the graduate level and be approved by the MHS Sports Medicine concentration coordinator, MHS program director and the Dean of the College of Health Care Sciences. Ask about course credit for CSCS certifications already obtained. Additionally, students may take no more than 2 courses (6 credit hours) per semester without approval of the track coordinator and program director.

After preparation course for CSCS, we recommend that students sit for the national CSCS examination. This credential is invaluable for any person(s) working with amateur and professional athletes. .

Classes are organized and based on distance learning design and format.

The Dean reserves the right to require, in special cases, more than the minimum of 36 semester hours.

Core Courses

15 semester hours required (All courses required).

course name	semester hours
MHS 5003: Current Trends and Cultural Issues in Health Care This course serves to familiarize the student with current and cultural issues in health care that may impact the patient, the health care system, as well as the ability to deliver high quality health care. Discussion and analysis of current trends and cultural topics facing those who work in health care will be explored.	3
MHS 5205: Writing for Medical Publication Study and review of quality medical writing techniques, issues, and procedures with emphasis on cultivating personal style and content. Focus will be on writing for peer and evidence based publications.	3
MHS 5501: Epidemiology and Biostatistics The ability to understand the conceptual and practical aspects of biostatistics and epidemiology in health care is critical to understanding research and analyzing population data about disease. This survey course will improve the ability of the student to understand and apply these concepts.	3
MHS 5510: Research Methods This course is designed to enable participants to develop skills in reading and critically evaluating published research using the scientific model. The advantages and disadvantages of quantitative and qualitative research methods will be compared and contrasted. Research articles will be collaboratively analyzed to develop an appreciation of potential methodological problems and their implications for evidence based professional practice.	3
MHS 5521: Ethical Issues in Healthcare The student will examine the ethical issues that confront health care providers and patients. The medical, scientific, moral and socioeconomic bases of these issues and the decision making process that providers and patients engage in are analyzed. Topics will include informed consent, the role of institutional review boards, euthanasia, and the allocation of scarce resources.	3

Practical Coursework

10 semester hours

course name	semester hours
MHS 5309: U.S. Health Policy This course will explore how US health policy is made and the interests and roles of various stakeholders and state, local and federal governments. Students will analyze health policies and discern what impact proposed and executed health policies will have on health care entities, groups, individuals and healthcare practice. Students will gain the skills	5

necessary to conduct a policy analysis that examines a health care or public health issue or concern.

MHS 5207: Practicum

The practicum is a cumulating experience for M.H.Sc. Students. Under supervision of an M.H.Sc. faculty advisor, students will develop community- based, health promotion and disease prevention interventions with underserved and/ or non-traditional populations.

Sports Medicine Courses

12 semester hours

course name	semester hours
MHS 5211: Contemporary Issues in Nutrition The course covers a variety of general concepts and contemporary discussions in the area of nutrition as it applies to personal health. Many of the concepts learned in this course can be applied to the patient counseling and advisement health care providers are asked to perform.	3
MHS 5801: Applied Anatomy and Kinesiology This course provides the opportunity for students to explore a special topic of interest under the direction of a faculty member. Arrangements are made directly with the appropriate faculty member and the program director. Topic exploration is governed by the needs of the program and the educational goals of the student. Possible topics involve clinical and non clinical aspects of the practice of medicine in the United States.	3
MHS 5802: Sports Injury and Rehabilitation Principles This course will utilize the knowledge of bio-mechanics to understand the nature of traumatic and overuse injuries in athletes.? Rehabilitation concepts as well as specific programs for athletes will be covered.	3
MHS 5810: CSCS Preparation This course is a review of the material and preparation for necessary this national certification examination. CPR Prerequisite	3