

SPORTS MEDICINE THERAPIST DIPLOMA - 30 CREDIT HOURS

COURSES AND DESCRIPTIONS

- **Sports Medicine I** - You will learn about this developing field of medicine, which is sweeping the world. Learn to recognize and how to treat Concussion, Muscle Cramps, ACL Sprains, Ankle Sprain, and Shin Splints. The main focus here will be on Physical Exercise and its benefits. Learn how to strengthen Muscles and the Cardiovascular System, Honing Athletic Skills, Weight and Maintenance. Increasing one's stamina and strength is not only significant for the body, for self-esteem, sexual performance, and longevity. **4 CREDIT HOURS**
- **Sports Medicine II** - The focus in this study will be on proper nutrition and diet. Learn what foods are necessary to build muscles. You will learn about micronutrients and antioxidants and phyto-substances which all influence the body. A basic overall study will cover carbohydrates, polysaccharides, fiber, fat, essential fatty acids, proteins, minerals, phyto-chemicals, minerals, trace minerals, vitamins, water, herbs, vegetables, flavonoids, isoflavones, isothiocyanates, monoterpenes, organo-sulfur compounds, saponins, and capsaicinoids. **14 CREDIT HOURS**
- **Sports Medicine III** - The benefit of an Athletic Trainer is discussed. You will learn how education concerning certain matters is very significant, and will help a therapist to understand what to do under certain conditions. You will learn about Risk Management and Injury Preventions, Pathology of Injuries and Illnesses, Assessment, Acute care and where to find it, Conditioning and Rehabilitative Exercises, Pharmacology, Psychosocial Intervention and when to Refer, building strength and physical fitness. **4 CREDIT HOURS**
- **Natural Health Remedies for Stressful Conditions**
This course focuses on the benefits and healing properties of natural medicine Discussed are oriental medicine, acupuncture, acupressure, meditation, homeopathy, botanical medicine, chiropractic care, massage therapy, psychotherapy, family therapy, and biofeedback. You will learn the value of "Stress and Relaxation" therapy, and how it influences the mind, body, and spirit. Learn about natural therapies and they may help others and yourself. Study the effects of anxiety on the mind and body, aromatherapy, and the psychological causes of depression and what can be done to eliminate these problems. In addition, special herbal formulas are given, diets, nutritional formulas, massage reflexology, and how one may learn to "control his/her thoughts" for a better outlook on life. **3 CREDIT HOURS**
- **Vitamins/Supplementation** – A study that is sure to enlighten you further about what is adequate for the body and in what increment vitamins and minerals should be taken. Various vitamins and minerals as well as other non-classified substances are uniquely categorized and formatted so they may be learned by the student so that he/she understands complications, healing time periods, available forms, cautions, possible side effects, drug interactions, food and nutrient interactions, usual dosage and over-dosage. **3 CREDIT HOURS**
- **Longevity** – This course gives details and facts on the latest research for living longer. Through this study one will learn how to enjoy a more vital, disease-free life, a sharp memory, and a longer lifespan. **3 CREDIT HOURS**

- **Dietary Wellness** – This course provides a detailed study of a nutritious diet, and how to select foods that maximize healing. Discussed also are subjects such as: phytonutrients, antioxidants, immunity foods that boost metabolism, healing foods, diet for children, mothers, adults, vegetarians, and others. Further studies are in juicing, fasting, organic foods, detoxification, dietary dangers, unsafe water, food-borne diseases, food additives, genetically engineered foods, irradiated foods, and undesirable substances such as caffeine, cholesterol, and sugar. **3 CREDIT HOURS**
- **Drug-Herb-Vitamin Interactions** – It is alarming to realize that most Naturopathic Colleges offer no such course as this. Consider this: “If a family physician knew nothing about interactions, would you go back to see him/or her?” So, why shouldn’t the Naturopath know as much? This study is an absolute must for the practitioner, inasmuch as it covers more than 4,500 known major interactions between pharmaceutical drugs and food specific nutrients, and herbs—for example, inhibition of vitamin K may be caused by antibiotics or iron deficiency, and may be triggered by long-term use of aspirin. This is the “kind-of-stuff” that the professional needs to know. Side effects are also discussed; consider what would happen if a Naturopath gave a client extra doses of vitamin E, garlic, and ginkgo, when a client is taking heavy doses of *warfarin* (trade name, *Coumadin—legally known as “Rat Poison”*). Probably the client would be dead within 24 hours. Discussed in this study are: Combination Drugs with 250 vitamins, minerals, herbs, and other nutritional supplements. Also, Interactions for herbs and supplements are discussed, as well as understanding drugs by classifications. In addition you will learn: depletion and interference, adverse interactions of drugs and supplements, bioavailability (that is, the indications of how herbs and supplements decrease absorption). **3 CREDIT HOURS**
- **Detoxification** – Many Americans are toxic. Most follow the world’s worse diet. A body with a health immune system, efficient organs of elimination and detoxification, and sound circulatory and nervous system can handle a great deal of toxicity. In this study you will learn the benefit and the importance of how to cleanse the body of toxins. Toxic suppressors can include heavy metals (lead, aluminum, cadmium, copper, mercury, arsenic, nickel), chemicals (carcinogens, fluoride, chlorine, food additives), and radiation (electromagnetic, microwave, nuclear, solar X rays, computer monitors). They can all include ingested hormones, steroids, drugs, alcohol, toxic water, caffeine, processed foods, inhaled or absorbed pesticides perfume, smog, nicotine from cigarettes, noise, and stress. The toxic suppressors must be eliminated before medications and other natural approaches will have permanent effect. **3 CREDIT HOURS**

TOTAL CREDIT HOURS 30