



**SUMMER
SPRINGBOARD**
Look Inward. Go Upward.

Kinesiology/Physical Therapy Infosheet

New student admissions for
Summer 2024 are open.



Program Highlights

- Understand the career options and differences between various health professions such as Physical Therapy, Occupational Therapy, Athletic Training, Personal Training, Kinesiology, and more.
- Understand various medical concepts regarding injury, disability and pain, and how they apply to rehabilitation of the human body.
- Learn how the body moves through various techniques and tools, such as range of motion measurements, endurance testing, and outcome measures.
- Develop basic assessment skills such as; range of motion (ROM), flexibility, strength, gait (i.e., learning how to walk) and balance assessment.
- Practice manual skills such as palpation, manual muscle testing, sports taping and soft tissue mobilization with and without tools.



Academic Program Overview

When someone has trouble moving or is injured, what can truly help is a non-invasive discipline that helps evaluate and improve mobility and relieve pain. Physical therapy might be just what they need. In this program, you will learn the basics of human anatomy, movement fundamentals, and exercise principles while doing lab work and clinical education. Students will also gain a basic understanding and learn the physical therapy requirements and the many job opportunities this field can provide through various specialties. Learn to make a positive change in the community by empowering others through physical and mental health.



Excursions

Students will get the opportunity to visit local physical therapy clinics and organizations utilizing the career discipline, as well as interact with professionals in the field. In the past, students visited an outpatient physical therapy clinic, a sports physical therapy clinic, and the Chula Vista Elite Athlete Training Center to get practical exposure.



2024 Dates

UCSD (\$5,498)

- Session 1: June 30 - July 12
- Session 2: July 14 - July 26

University of Michigan (\$5,498)

- Session 1: July 21 - August 02

Instructors

UCSD - Dr. Tracy Smith

Dr. Tracy Smith holds a Master's and Post-Doctoral degree in Physical Therapy from Baylor University. She is fellowship trained in orthopedics/manual therapy and is a certified Athletic Trainer. To learn more, click [here](#).

Michigan - Dr. Marie Crawford

Dr. Marie Crawford is a Doctor of Physical Therapy with a degree from D'Youville University. She holds board certification as an orthopedic specialist. She is also certified to apply the LSVT BIG protocol, which is particularly beneficial for individuals coping with neurological conditions such as Parkinson's Disease.

Tuition Information:

Residential Students:

- **Includes:** all meals, lodging, excursions, academic course, weekend excursions
- **Excludes:** optional airport pickup and drop off service (available for an additional fee)
- **Price:** See prices under 2024 dates

Commuter Students:

- **Includes:** lunch, academic course, excursions, programming from 9am to 6pm, Monday-Friday
- **Excludes:** lodging, breakfast, dinner, weekend excursions
 - Weekend excursions can be added on for \$125 per day
- **Price:** \$3,198

Supplements:

- Application fee: \$99 (mandatory, non-refundable)
- Tuition Protection Plan: Allows for cancellation for any reason up until the day of the program. Click [here](#) for more info.



Course Structure

There are nine 3-hour class sessions over the two-week course. During week one, students have class from 9am-12pm, Monday - Friday. During week two students have class from 9am-12pm Monday through Thursday. Wednesday afternoons are dedicated to additional academic time (excursions, speakers).



Typical Schedule



[More info on Airport Transfer](#)

[More info on Unaccompanied Minor Service](#)

[Apply Now!](#)

Summer Springboard programs are not run by our campus partners (with the exception of Cal Poly which is run in partnership with SSB). Universities and their affiliated departments and partners do not control and are not responsible or liable in any manner for any part of the Summer Springboard program.

2024_V7