

Youth Scholars Institute

2010 Program

TITLE: Physical Therapy & Sports Medicine: Injury Prevention and Community Health

INSTRUCTOR: Michael Lehr, DPT, Assistant Professor of Physical Therapy

DESCRIPTION: The student will be introduced to the overall physical therapy profession and the sports medicine field through participation in this program. The program will include an education and physical participation teaching module, which will involve the following key components: Functional Flexibility & Strengthening Exercises, Balance & Neuromuscular applications, Core Stability Exercises, and Power/Speed/Agility Drills. In addition, the student will have an opportunity to identify a physical therapist's contribution to fall prevention, decreasing childhood obesity, and enhancing stress management within an individual. The course will create a learning environment that encourages the student to explore the role of the physical therapist in community health and wellness.