

The 2nd year DPT students recently completed projects in which they performed a specific progressive goal oriented athletic exercise program for a real client. The projects were customized for the client and of course, integrated current research evidence.

Sport Specific Programs:

The students were required to design a program which was customized to their client's age, sex, and current fitness profile. The students addressed frequency, duration, and intensity as well as addressing safe progression. The students determined that many of the clients had specific needs related to previous injuries, returning to, or preparing for competition. According to Dr. Rabel, PT, DSc, OCS, CEAS the students had the "opportunity to enhance their understanding of sport and athletic activities and to apply their knowledge and skills to safe exercise progression in order to achieve a client's athletic performance goals."

Volleyball
Hiking
Half-Marathon
Triathlon
Softball

Men's & Women's Basketball
Weight-Training for Adult Male
Strength Training Program for Women
Pilates for Post-Partum Rehabilitation

