



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

KINESIOLOGY + PHYSICAL THERAPY INFOSHEET

**New student admissions for
Summer 2026 are open.**

2-Week Course

This is a two-week program where you'll focus on one course for the entire duration.

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.

2026 Dates

UCSD (\$5,998)

- Session 1: June 28 - July 10
- Session 2: July 12 - July 24
- Session 3: July 26 - August 7

University of Michigan (\$5,698)

- Session 1: July 19 - July 31



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 have the opportunity to visit local physical therapy clinics and organizations that bring the discipline to life, while engaging directly with professionals in the field. In previous years, students have toured outpatient and sports physical therapy clinics, the Chula Vista Elite Athlete Training Center at UC San Diego, and the Kinesiology Department at the University of Michigan, gaining valuable, hands-on exposure to real-world practice.

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.

Michigan - Dr. Sarah Case-Morris, PT, DSc

Dr. Sarah Case-Morris is a Doctor of Physical Therapy and Clinical Assistant Professor at the University of Michigan-Flint, where she has been inspiring future healthcare professionals since 2019. With over 20 years of hands-on experience in outpatient orthopedics and home care, she brings real-world expertise straight into the classroom. Dr. Case-Morris has taught a wide range of physical therapy courses—from Kinesiology and Musculoskeletal Practice to Pain Science—helping students connect science to real-life movement and wellness.

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 2026 dates

Commuter Students:

- **Includes:** lunch, academic course, excursions, programming from 9am to 5pm, Monday-Friday
- **Excludes:** lodging, breakfast, dinner, weekend excursions
 - Weekend excursions can be added on for \$125 per day
- **Price:** \$3,298 for UCSD and \$2,998 for Michigan

Supplements:

- **Application fee:** Starting at \$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.

Summer Springboard programs are not run by our campus partners (with the exception of Cal Poly, University of Washington Foster School of Business, and NYSID which are 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.



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

8AM	Breakfast	
9AM	Academic Course / Commuter Student Arrival	
12PM	Lunch	
1:30PM	Academic Excursions or Recreational Activity	
3:30PM	College Readiness Workshop or True You	
5PM- 6:30PM	Commuter Student Departure	
6PM	Dinner	
7PM	Clubs	
10:30PM	Night Checks	

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1-Week Course

This course is one week long, and you can extend your experience to as many as six weeks by adding additional one-week courses.



Academic Program Overview

When someone is injured or has trouble moving, physical therapy can offer a non-invasive way to relieve pain, restore mobility and improve quality of life. In this program, you'll explore the basics of human anatomy, movement fundamentals and exercise principles through hands-on lab work and clinical education.

You'll also gain a foundational understanding of physical therapy as a career, including education requirements and the wide range of specialties available. Learn how to make a positive impact in your community by helping others build strength, confidence and overall well-being through physical and mental health.



Excursions

Students will have the opportunity to visit local physical therapy clinics and organizations that bring the discipline to life while engaging directly with professionals in the field. In past years, students have toured Yale New Haven Hospital's outpatient rehabilitation facilities, which offer services including orthopedic and sports rehab, hand therapy and neurological rehabilitation.

They have also explored Yale's Athletic Medicine facilities, including the state-of-the-art Tsai Lacrosse Field House with its athletic medicine and sports performance areas, and observed Yale Sports Medicine specialists working with athletes at all levels. These experiences provide valuable, hands-on exposure to real-world practice in clinical, sports medicine and athletic training settings.

Program Highlights

- Explore career paths in health professions including physical therapy, occupational therapy, athletic training, kinesiology and personal training
- Learn medical concepts related to injury, disability, pain and rehabilitation of the human body
- Study how the body moves using range of motion measurements, endurance testing and outcome measures
- Develop basic assessment skills including flexibility, strength, gait, balance and range of motion
- Practice manual techniques such as palpation, muscle testing, sports taping and soft tissue mobilization

2026 Dates

Yale

- Session 1: June 21 - June 27
- Session 2: July 12 - July 18

Past Instructors included:

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.

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 and weekend excursions
- **Excludes:** optional airport pickup and drop off service (available for an additional fee)
- **Price:** \$4,298 first week, \$3,298 for each additional week

Commuter Students:

- **Includes:** lunch, academic course, excursions, programming from 9am to 5pm, Monday-Friday
- **Excludes:** lodging, breakfast, dinner and weekend excursions
 - Weekend excursions can be added on for \$125 per day
- **Price:** \$2,498 first week, \$1,998 for each additional week

Supplements:

- **Application fee:** Starting at \$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.

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Course Structure

There are five 4-hour class sessions over the one-week course. Students have class from 9am-1pm, Monday-Friday. Afternoons are dedicated to students' course-specific academic excursion, guest speaker or activity.



Typical Schedule

8AM	Breakfast	
9AM	Academic Course / Commuter Student Arrival	
11AM	15-Minute Break	
11:15AM	Academic Course	
1:15PM	Lunch/Free-Time	
3PM	Academic Excursion/Lab	
5PM	Commuter Students Depart	
6PM	Dinner	
7PM	Evening Activity	
8:30PM	Free-Time	
9:30PM	Back in Dorms	

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