

SUMMER SPRINGBOARD
Look Inward. Go Upward.

Kinesiology + Physical Therapy Infosheet

New student admissions for Summer 2027 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.

2027 Dates

UCSD ($5,998)

- Session 2: June 27 - July 9
- Session 3: July 11 - July 23
- Session 4: July 25 - August 6

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:

Apply by November 30 to lock in the lowest prices of the year. Tuition increases on December 1.

Residential Students:

- **Includes:** all meals, lodging, excursions, academic course, weekend excursions
- **Excludes**: optional airport pickup and drop off service (available for an additional fee)
- **Tuition**: See prices under 2027 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
- **Tuition**: $3,298 for UCSD and $2,998 for Michigan

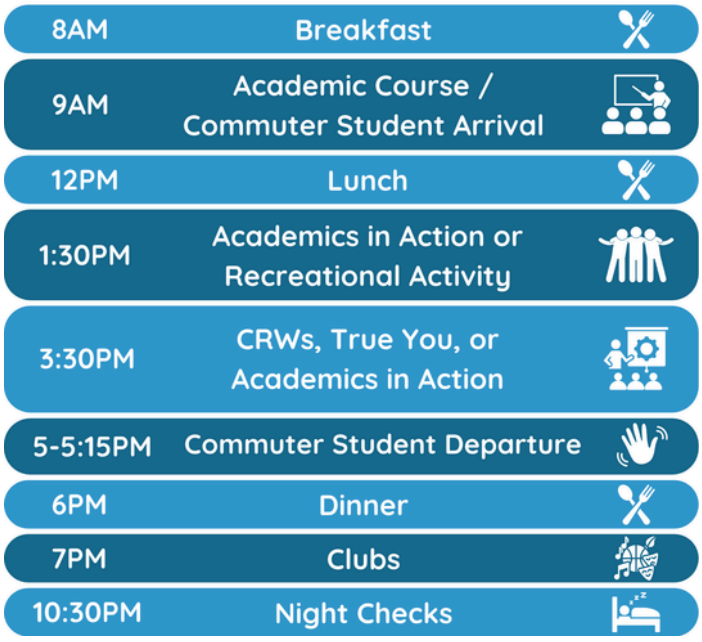
Supplements:

- **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.

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. Afternoons in both weeks are dedicated to students' preferred College Readiness Workshops (CRW), True You, and Academics in Action, with Academics in Action including academic excursions, guest speakers, and course-related activities, such as an instructor-led project or student-led, independent study.

Typical Schedule



Schedule above is a sampler; real schedules may vary based on program and academic track.

More info on Airport Transfer

More info on Unaccompanied Minor Service

Apply Now!

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