

Virtual Training with Zoom

This is a live virtual course. Participants will attend via Zoom invitation and will be expected to participate in hands on training and Q&A sessions. Please be prepared to participate in jump demo and PLEASE come with questions! We want to make this as interactive as possible.

A zoom link will be sent 2 days prior to the course.

Course Contact

Stephanie Tutalo Smith, MS, CSMS-Level II
Sportsmetrics Program Manager
Cincinnati SportsMedicine Research & Education Foundation
4700 E. Galbraith Rd. Ste. 205
Cincinnati, OH 45236
513-853-8885
stutalo@csmoc.com
Fax: 5513-853-8892



REGISTRATION

Name: _____
Credential Certifications: _____
Your Clinical Site Name: _____
Address: _____
City: _____
State/Zip: _____
Phone#: _____
E-mail Address: _____
Date of Level I Certification: _____

PAYMENT:

\$350

PAYMENT METHOD:

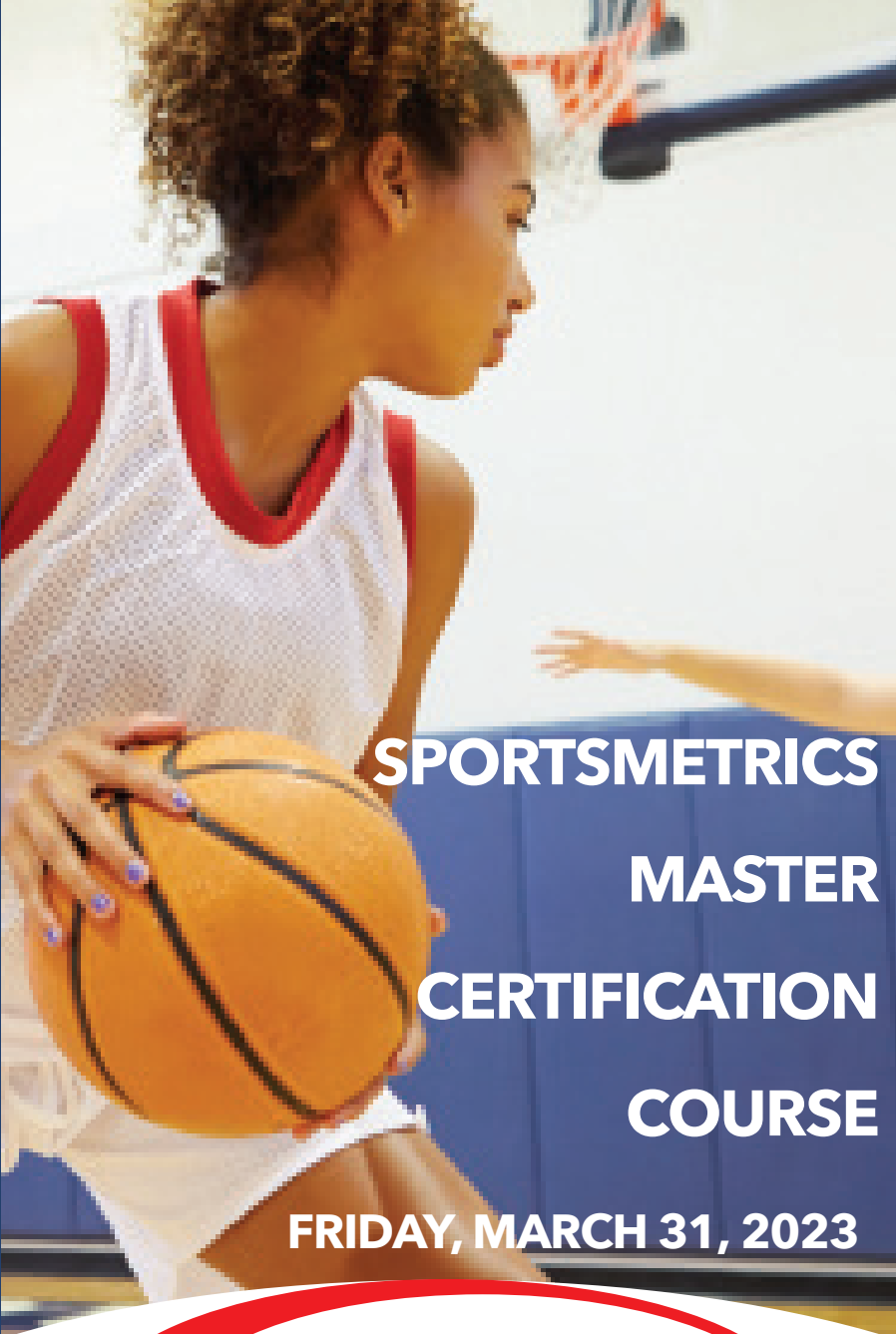
____ Check ____ Visa ____ MC ____ Disc ____ Amex
*Checks payable to Cincinnati SportsMedicine Research & Education Foundation
Credit Card # _____
Exp. Date: _____
Name on Card: _____
Signature: _____

Mail Completed Registration Form with Payment in Full to:

Sportsmetrics Certification Course
Cincinnati SportsMedicine Research & Education Foundation
4700 E. Galbraith Rd. Ste. 205
Cincinnati, OH 45236
Or fax to: 513-853-8892

COURSE CANCELLATION POLICY

We reserve the right to cancel a scheduled Sportsmetrics Certification Course due to lack of enrollment, if there are not a minimum of 10 registered course participants at least 2 weeks before the course is scheduled to take place. In the event of course cancellation, registrants will be given the opportunity to transfer their registration to a future Sportsmetrics course or will receive a full refund.



SPORTSMETRICS MASTER CERTIFICATION COURSE

FRIDAY, MARCH 31, 2023



MASTER CERTIFICATION COURSE

This master level course is intended for healthcare professionals who have already been certified in the Sportsmetrics program. The course builds on the original Sportsmetrics™ program, a scientifically proven, evidence-based program, by providing an understanding of the latest research on injury prevention, a look at new interventions for ACL rehabilitation and a hands-on training experience with the advanced Sportsmetrics program. Topics which will set this course apart from the Level I course include:

- Psychological Factors in Return to Sport
- Fatigue's Effect on Injury
- Neurocognitive Factors
- Blood Flow Restriction Training
- Advanced Sportsmetrics Training Program

The techniques and protocols from this course will allow you to incorporate the latest scientifically proven methods on injury prevention as part of the rehabilitation program in your clinic as well as offer the training to athletes in your community.

MASTER CERTIFICATION COURSE

- 8 - 8:15 Intro & Welcome
- 8:15 - 9:45 Research in ACL Injury Prevention
- 9:45 - 10:00 Break
- 10:00 - 10:45 Innovative Therapeutic Interventions for Knee Rehabilitation
- 10:45 - 11:00 Break
- 11:00 - 11:45 Review of Neuromuscular Testing & New App
- 11:45 - 12:30 Lunch
- 12:30 - 1 Blood Flow Restriction Demo
- 1 - 3:00 Advanced Program Overview/Demo
- 3:00 - 4 Practicum
- 4:00 - 5 Testing

This certification will provide healthcare professionals with:

- Research updates on injury prevention from Dr. Frank Noyes
- Practical demonstrations and participation in advanced Sportsmetrics technique and training including plyometrics, agility and sports injury testing
- Recommendations for ACL return to play criteria
- Extensive course manual that includes research articles and protocols, technique photos, Sports Injury Testing requirements, training recommendations and protocols

**Full list of course objectives available online & with course materials: <http://sportsmetrics.org/certification/>

TARGET AUDIENCE:

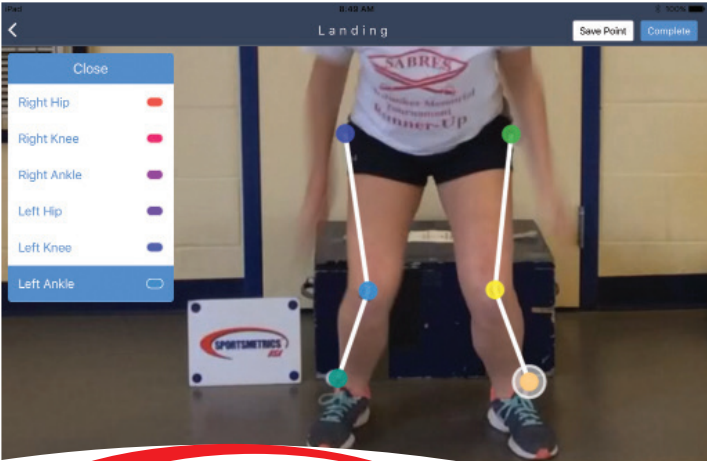
Physical therapists, physical therapy assistants, athletic trainers, physician assistants, orthopaedic surgeons, degree or accredited certification in a health or exercise field

COURSE PRE-REQUISITES

- Certification in the original Sportsmetrics program
- Review of Sportsmetrics™ Advanced training program powerpoint with videos prior to course attendance is recommended.
- Review of research articles provided upon registering

MATERIALS & ACTIVITIES PROVIDED

- Course manual/electronic copy of research articles, technique photos/videos, protocols. Be prepared to workout. Wear comfortable clothes and sneakers
- Breakfast & Lunch
- OPTA: 7.5 CEUs (pending)
BOC: 6.75 CEUs



ATTENDEE BENEFITS & RESPONSIBILITIES

Sign a License Agreement with Cincinnati SportsMedicine Research and Education Foundation BEFORE ATTENDING THE COURSE, AGREEMENT CAN NOT BE AMENDED.

- Receive certificate of completion upon completion of a practical exam and a score of 70% or higher on a written exam
- Receive Master Level Certified Instructor status
- Participation in national collaborative efforts to further research and development of female athlete knee injury prevention programs.

THE SPORTSMETRICS™ FACULTY

Frank R Noyes, MD
Stephanie Tutalo Smith, MS, CSMS
Carolyn Meder, MS, ATC, CSMS

LICENSE AGREEMENT

THIS LICENSE AGREEMENT (the "Agreement") is made this ____ day of _____, 200__, by and between **CINCINNATI SPORTSMEDICINE RESEARCH AND EDUCATION FOUNDATION, an Ohio not-for-profit corporation**, whose address is 10663 Montgomery Rd., Cincinnati, Ohio 45242 (the "Company") and _____, a whose address is _____, (the "Licensee"), who agree as follows:

1. **Recitals.** The Company has developed a proprietary injury prevention and performance enhancement program known as "Sportsmetrics™," including, plyometrics, flexibility and strength training, which is designed to increase athletic performance and reduce the amount and severity of knee injuries (the "Program"). The Licensee currently operates one or more rehabilitation and/or fitness facilities and desires to offer the Program in such facilities.

2. **License.** The Company hereby grants Licensee a non-exclusive license to offer and administer the Program at one or more pre-approved facilities (individually, a "Facility" and collectively, the "Facilities") with the designation of a "Certified Site". To remain a Certified Site, the Licensee agrees to have in its employ at least one employee who has been certified to teach Sportsmetrics™ by the Company. This list of instructors may be amended from time to time when a Certified Instructor leaves the employ of the Licensee or if a new employee of the Licensee is Certified by the Company. The Certified Site designation does not transfer with the Certified Instructor and requires the Certified Instructor to reapply through another License Agreement in order to continue to provide the Sportsmetrics™ program.

3. **Term.** This Agreement may be terminated by either party, for any reason, by providing the other party 30 days' prior written notice of its intent to terminate.

4. **Licensee's Covenants.**

(a) Subject to the terms of this Agreement, Licensee acknowledges its appointment as an authorized licensee on a non-exclusive basis for the Program. Licensee acknowledges that this Agreement does not make Licensee an employee, agent, partner, affiliate or legal representative of the Company, and Licensee agrees not to represent itself as such for any purpose whatsoever.

(b) Licensee shall, at its sole cost, obtain and keep in force general liability and casualty insurance covering activities at each of its Facilities with coverage limits that are reasonably adequate for the purchase of offering and administering the Program.

(c) Licensee will indemnify and hold harmless Company, its officers, employees, agents, directors, representatives, shareholders, and affiliates for the amount of any loss, liability, claim, damage (including incidental and consequential damages) or expense (including costs of investigation and defense and reasonable attorneys' fees) incurred by such persons arising from Licensee's offering and administering the Program.

(d) Licensee acknowledges and agrees that the Program and all related “Confidential Information”, (i) is subject to the proprietary rights of the Company, and is a trade secret and confidential information of the Company, and (ii) is an unpublished work for which the Company holds all rights, including patent, copyright and trade dress rights. “Confidential Information” includes any information which may or may not rise to the level of a trade secret, but is identified as such by the Company to Licensee. Licensee acknowledges that it has no rights to the Program or any Confidential Information and will not disclose to any person or use the Confidential Information to develop or operate a competing program at any time during or after the term of this Agreement.

(e) Licensee acknowledges the Program may change from time to time as research occurs and will implement changes on a timely basis.

(f) Licensee shall advertise or promote the Program to its community as it deems necessary and in all cases, it shall state that the Program is owned and administered by the Company.

(g) Licensee may be asked to participate in data collection for research conducted by the Company. If Licensee agrees to participate, it will provide all requested research information and performance data to Company, subject to all applicable laws and regulations, including the Health Insurance Portability and Accountability Act of 1996, including regulations promulgated thereunder (collectively, “HIPAA”). Company will use such information and data only for research and analysis purposes; all personal information will remain confidential and will be protected as dictated by HIPAA.

(h) Service mark. The Company hereby authorizes Licensee to advertise and disclose to the public that it is an authorized Licensee of the Sportsmetrics Program; provided however, Licensee shall not, directly or indirectly, use Sportsmetrics or any related service marks (the “Marks”) in its business name or in the adoption of any business, corporate or partnership name. Licensee hereby agrees that it will not, directly or indirectly, at any time during the term of this Agreement or thereafter, do or cause to be done any act or thing disputing, attacking or anywhere impairing or attempting to impair the Company’s right, title or interest in and to the Marks. Licensee agrees to reasonably cooperate in the prosecuting of any action to prevent the infringement, invitation, illegal use or misuse of the Marks.

5. Arbitration. In the event of a dispute between the parties, they shall negotiate in good faith for 30 days in an effort to resolve the dispute. Except for any dispute or claim for injunctive or other equitable relief, any dispute between the parties under this Agreement which remains unresolved shall be settled by submitting the same to arbitration, under the rules of the American Arbitration Association. The arbitration hearing will be held in Hamilton County, Ohio and the dispute will be resolved by binding arbitration before a single arbitrator, and judgment upon the award rendered by the arbitrator may be entered into any court having jurisdiction thereof. The arbitrator shall hear and determine the matter and shall issue a decision in writing. All judicial proceedings to enforce any provisions hereof shall be brought in Hamilton County, Ohio. The cost and expense of arbitration, including the fees of the arbitrator, shall be

borne by the party found to be liable in such arbitration as determined by the arbitrator. Nothing herein shall prevent the parties from settling any dispute, at any time, by mutual agreement.

6. Assignment. Licensee shall not be permitted to assign its rights or obligations under this Agreement without the prior written consent of the Company (which it shall have no obligation to give). Company may assign its rights and/or obligations under this Agreement to an assignee or a successor in interest.

7. Notices. Notice by either the Company or Licensee shall be given only by Certified Mail, Return Receipt Requested or by an overnight delivery service, with proof of delivery.

8. Entire Agreement. This Agreement supersedes and replaces all prior agreements and understandings between the parties relating to the subject matter hereof. This Agreement constitutes the entire understanding between the parties, and no modification or waiver hereof, shall be of any force or effect unless in writing and signed by the parties.

9. Governing Law. This Agreement shall be governed by and construed under the laws of the State of Ohio.

IN WITNESS WHEREOF, the parties have signed this Agreement as of the date set forth above.

**CINCINNATI SPORTSMEDICINE
RESEARCH AND EDUCATION
FOUNDATION (Company)
10663 Montgomery Rd.
Cincinnati, OH 45242**

Licensee Name

Address

City, State, Zip

Signature

Signature

Print Name

Print Name

Title

Title

Phone #

Phone #

E-mail Address

E-mail Address

Cincinnati SportsMedicine Research and Education Foundation
Sportsmetrics™ Certification Course Participant
INFORMED CONSENT

CONTACT: Stephanie Tutalo Smith, Program Manager, stutalo@csmoc.com ; 513-853-8885

INTRODUCTION

Before agreeing to participate in the Sportsmetrics™ Certification Course training and Sports Injury Test practicum and practical exam, it is important that you read and understand the following explanation. Your participation in the Course is voluntary; however, to successfully complete the Course, you will be required to participate in the Sportsmetrics™ training and Sports Injury Test practicum and the Certification Course practical exam.

Sportsmetrics™ Training Practicum

The Sportsmetrics™ Training Practicum will consist of participants observing and performing the components of the program as listed below.

- ***The Dynamic Warm-Up*** includes various exercises to physically prepare the body for training.
- ***Jump/ Plyometric Exercises*** focus on correct jumping technique and are divided into three two-week phases. The two-week phases each have a different training focus and the exercises change with each two-week phase. Each jump/exercise will be reviewed in detail in the order in which it is introduced in training.
- ***Strength Training*** emphasizes body alignment and form, while performing a structured strength-training program. Various body weight exercises will be reviewed and practiced.
- ***Speed & Agility Training*** emphasizes proper body positioning and techniques to facilitate increased speed and agility with athletic activities. Various speed and agility exercises will be reviewed and practiced.
- ***Flexibility Training*** requires stretching through a complete range of motion to decrease injury and post-training soreness.
- ***Blood Flow Restriction Training*** Participants may have the option to undergo blood flow restriction training (BFRT). If you choose to participate in BFRT, you agree that you have no underlying risk factors that could increase the likelihood of a blood clot from occlusion of the leg.

Sports Injury Test Practicum

During the Sports Injury Test Practicum, all of the required assessments for Certified Clinical Sites will be demonstrated by the Course faculty. The participants will undergo the assessments which include: hamstrings flexibility, single-leg cross-over hop for distance, single-leg timed hop, video analysis of jumping/landing technique and vertical jump height assessment.

Sportsmetrics™ Certification Practical Exam

The Sportsmetrics™ Certification Practical Exam will consist of participants instructing and coaching other participants in a mock training session. The certification participant will be asked to demonstrate and teach one jump from each of the three phases.

RISKS, EXPERIENCE, BENEFITS AND PRECAUTIONS

Participation in Certification Practicums or Practical Evaluation may involve the following risks and/or discomforts:

Injury to the lower extremity

The training program is rigorous and includes double and single-leg jumping exercises; therefore the training practicum, practical exam and Sports Injury Test practicum will involve these maneuvers. Potential injuries include, but are not limited to, muscle strains and ligament sprains. These injuries are the same as those that can happen during any sports activities that involve jumping. The Certification Course is done under the supervision of certified personnel. If you experience any unusual pain, you should notify the certified personnel immediately.

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Sportsmetrics™ Certification Course Participant
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Generalized muscle pain

You may have generalized muscle soreness or stiffness as a result of the practicum or practical exam.

UNFORESEEN RISKS

There may be risks from participating in the practicum and practical exam that are unknown.

BENEFITS

The benefits of the Training Practicum and Sports Injury Testing Practicum include learning the visual and physical cues required to instruct Sportsmetrics™ and to administer the Sports Injury Test. The benefits of the Practical Exam include feedback on coaching/instructional technique, skills and interaction and experience with the physical performance of the exercises.

INJURY PROCEDURE

You may be injured as a result of your participation in the Sportsmetrics™ Certification Course practicums and exam. Cincinnati SportsMedicine Research and Education Foundation staff will evaluate and immediately treat any unusual conditions that could occur during the practicums or exam.

LIABILITY RELEASE:

By signing this document, you 1) expressly represent that you are in good health and are capable of full participation in rigorous physical activity; 2) agree to assume all risk of personal injury while attending and participating in this program; and 3) are acting for yourself, your heirs, personal representatives, and assigns, you release Cincinnati SportsMedicine Research and Education Foundation and Cincinnati SportsMedicine and Orthopaedic Center and any of its staff from any loss or liability whatsoever for any accident or injury, fatal or otherwise, which may result directly or indirectly from your involvement with this program.

FINANCIAL POLICY:

It is the policy of the Cincinnati SportsMedicine Research and Education Foundation that payment arrangements for participation be made prior to time of signing this document.

PHOTOGRAPH RELEASE:

Your photographs may be published or utilized by Cincinnati SportsMedicine Research and Education Foundation and Cincinnati SportsMedicine and Orthopaedic Center for educational, promotional or informational purposes. Your photographs may also be used by other news media with the knowledge and permission of Cincinnati SportsMedicine Research and Education Foundation and Cincinnati SportsMedicine and Orthopaedic Center. **Your identification will not be released with the photographs.**

CONSENT

I have read and understand the preceding information. I have had an opportunity to ask questions and all of my questions have been answered to my satisfaction. This form is being agreed to voluntarily by me, indicating my agreement to participate in the Sportsmetrics™ Certification Course Training and Sports Injury Test practicum and practical exam. I do not give up any of my legal rights by agreeing to this consent form.

Signature of Participant

Date

Printed Name of Participant