

## SPC Web Page

### Who is doing what at U of T?

As a newly appointed student rep involved in developing a "students corner" for the SPC web page I thought it might be interesting to highlight some of the activities going on within the Physical Therapy Department at the University of Toronto. As a physiotherapy student I am sure you know that life outside the classroom is limited but in order to keep healthy, active and sane, sports can play an integral role. Whether it is competing, coaching or just playing intramurals, sports are energizing, fun and a great way to fuel an interest in sports physiotherapy! To highlight some of the sports my classmates are involved in this winter would include, varsity swimming, cross country running and mountain biking, intramurals such as, soccer, basketball, volleyball and hockey.



But with the spring, comes road races, triathlons, and lets not forget dragonboat! So hopefully, your class stays active and involved in the sports offered at your university and within your community.



On the academic front we have just begun the Advanced Musculoskeletal unit within our program which will not only focus on various orthopedic conditions and their management but will include lectures on taping, on-site emergency management and working with international athletes - an excellent foundation to a career in Sports Physiotherapy! To complement our academic learning our class has been offered the opportunity to be involved with several U of T varsity teams to gain experience in field and emergency care management.

## SPC – what is going on?

If you are interested in taking some SPC courses or just want to know what is up and coming here is what is in the works;

- April 3 - OPA taping session
- April 14-18 – Canadian Academy of Sports Medicine Conference, Vancouver (www.casm-acms.org)
- April 16/17 & 18/19 – Stuart Taws Soft Tissue Release Course
- Spring 2004 - First Responder Course
- Feb 2005 - OMA Sports Med Conference, Ottawa

If you are unable to attend any of the courses but still want to be involved with the SPC why not volunteer to help at a sporting event or with an athletic team? It is fun, a great learning experience and you can work towards you achieving your SPC Certificate Candidate ([\*\*\*link to requirements for Certificate Candidate\*\*\*](#)) By becoming a student member of the SPC ([\*\*\*link to becoming a student member\*\*\*](#)) you will receive e-mails informing you of upcoming competitions and teams that you could become involved with. So check it out and come on out!

So that is it for the first Student Corner update but I look forward to keep you abreast of what is new and exciting in the Physical Therapy Department at U of T and I encourage you to stay involved within your university and within the SPC. So if you have any interesting events, courses or lectures coming up in your program or community let me know (spcstudentcorner@hotmail.com) so I can post them in the Students Corner and keep everyone up to date and involved!

Thanks and I look forward to hearing from you,

Sincerely,



Victoria Arnott & Elisa DiPlacito  
SPC Student Reps  
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