

Central California Sports Sciences Institute Journal Club

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Education

We identify a series of current publications relevant to the fields of biomechanics, kinesiology, sports medicine and physical therapy which are analyzed in a group setting, introducing students to evidence-based practice and encouraging professionals to remain up to date with research in their fields.

Interdisciplinary Collaboration

The CCSI Journal Club is attended by students, faculty and community clinicians. The Journal Club brings together students from Doctor of Physical Therapy program (DPT), Athletic Training Program (ATP), and Kinesiology graduate program.

Regular participation in the Journal Club meetings helps students and clinicians become better consumers of current evidence. Participation with students from other programs, disciplines and wide variety of clinicians also gives the student to opportunity to share and discuss research ideas and learn new clinical techniques.

The Journal Club meets every month to discuss a selection of the latest journal articles relevant to sports science and rehabilitation.

Opportunities for Research

The attendance at the Journal Club is voluntary and preliminary trends suggest that students participating regularly have a better grasp of the research and evidence based projects and seem to do better in the DPT curriculum. Research can be done to see if the DPT and ATP students who attend are more successful in classroom and clinical situations.



Community Involvement

The Journal Club also serves the mission of community outreach by inviting to clinicians from San Joaquin Rehabilitation Hospital, Valley Orthotics, Community Medical Center as well independent private practice owners and Fresno State faculty from Departments of Physical Therapy and Kinesiology. The Journal Club gives them an opportunity to teach and interact with the students in a less formal environment.

Future Directions

As the Journal Club continues to grow with more students and faculty participation, we would like to continue investing time to make some improvements such as inviting more clinicians, developing modules for article discussions, starting a mentorship program with students and collecting more information on class performance of students regularly attending.