



THE SCIENCE BEHIND ALTERNATIVE MEDICINE: FACTS AND FALLACIES

Learning Objectives

1. **Define** alternative medicine.
2. **Understand** the different types of alternative medicine techniques
3. **Understand** the science and evidence of each technique and what it is doing
4. **Create** a translation guide for what these treatments mean and how to properly train your athlete who comes in after receiving one of these interventions
5. **Education** to your athletes on the different techniques so they can be better informed with how they affect their injuries and recovery

Schedule and Format

Wednesday, November 18, 2026; 12-1:00pm

Cancellation/Refund Policy

None. No payments necessary.



Oklahoma State University Center for Health Sciences Office of Continuing Education (BOC AP#: P12117) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers (ATs). This program is eligible for a maximum of (1.00) Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.

Nick Goldstein, MS,
LAT, ATC, CES

NO REQUIRED MATERIALS
OR EQUIPMENT

1-HOUR CATEGORY A CEU
AVAILABLE

TSET Grant
NO FEES

SESSIONS ARE VIRTUAL
VIA ZOOM

OSU CENTER FOR
HEALTH SCIENCES

1111 W 17th St
Tulsa, OK 74107
918-561-8255

Register:

<https://redcap.okstate.edu/surveys/?s=3KY39MLMMHKCCHMY>

Website:

<https://medicine.okstate.edu/echo/strength-and-conditioning.html>