

## COURSE DESCRIPTIONS & PRE-REQUISITES/MINIMUM GRADE REQUIREMENTS

100. INTRODUCTION TO ATHLETIC TRAINING - 3 hrs. This course is designed to introduce students to the profession of Athletic Training. Throughout this course, students will learn the history of the profession, information on epidemiology of athletic injuries, pre-participation physical exams, strength training/conditioning, pharmacology, environmental conditions, protective devices, emergency care and nutrition. After completing this course the students should have the basic knowledge of the profession of athletic training. Requires 30 hours of observation in the Athletic Training Room. Successful completion of this course is required for admission into the athletic training program, minimum grade "B."

115. KINESIOLOGY FOR ATHLETIC TRAINING – 3 hrs. This course is designed to educate the students about the musculoskeletal anatomy most relevant to the profession of athletic training. It focuses on a systematic approach utilizing the body in sections and mainly focusing on the extremities. Not only is muscle identification the main focus of discussion, but more importantly the specific origin, insertion, and nerve innervation of muscles in the extremities. Pre-req: AT 100, successful completion of this course is required for admission into the athletic training program, minimum grade "B."

200. ATHLETIC TRAINING CLINICAL PRACTICUM I - 1 hr.

This clinical rotation allows for the sophomore level student to gain experience in the profession of Athletic Training outside of the classroom and in the clinical setting. Under the supervision of a preceptor, the student will be challenged to transfer knowledge learned didactically and apply it in the clinical setting. Students will be expected to begin to understand and demonstrate the knowledge and skills identified in the Standards as designated by the CAATE (Commission on Accreditation of Athletic Training Education) and its eight content areas: Evidence-Based Practice; Prevention and Health Promotion; Clinical Examination and Diagnosis; Acute Care of Injury and Illness; Therapeutic Interventions; Psychosocial Strategies and Referral; Healthcare Administration; and Professional Development and Responsibility. A minimum of 75 clinical hours is required to earn credit for the class. Pre-req: AT 100, AT 115: minimum grade "C."

205. ATHLETIC TRAINING CLINICAL PRACTICUM II - 1 hr.

This clinical rotation allows for the sophomore level student to gain experience in the profession of Athletic Training outside of the classroom and in the clinical setting. Under the supervision of a preceptor, the student will be challenged to transfer knowledge learned didactically and apply it in the clinical setting as well as build on current information learned in the first clinical practicum. Students will be expected to begin to understand and demonstrate the knowledge and skills identified in the Standards as designated by the CAATE (Commission on Accreditation of Athletic Training Education) and its eight content areas: Evidence-Based Practice; Prevention and Health Promotion; Clinical Examination and

Diagnosis; Acute Care of Injury and Illness; Therapeutic Interventions; Psychosocial Strategies and Referral; Healthcare Administration; and Professional Development and Responsibility. A minimum of 75 clinical hours is required to earn credit for the class. Pre-req: AT 200: minimum grade "C."

220. ATHLETIC TRAINING TAPING AND BRACING - 3 hrs.

An overview of bandaging, taping and bracing that would be expected from an entry-level athletic trainer. The course covering the basic components of the aforementioned categories and relate them to different body parts and pathologies that would need taping and bracing. Students will learn concepts didactically and need to demonstrate those techniques on each other in a lab setting. Pre-req: AT 100, AT 115: minimum grade "C."

225. THERAPEUTIC MODALITIES - 3 hrs. This class is designed to provide an introduction to the use of therapeutic modalities and their application for athletic injuries. Students will learn about the injury response cycle and healing process and how to incorporate modalities to these processes. Not only how modalities work, but the physiology behind their therapeutic effects will be discussed. Students will become proficient as far as application, electrode placement, patient set-up and machine parameters in most forms of modalities used today. Pre-req: AT 220: minimum grade "C."

300. ATHLETIC TRAINING CLINICAL PRACTICUM III - 2 hrs.

Building on the first year of clinical experiences, students will continue to be challenged to transfer knowledge gained in the classroom and apply it in the clinical settings. Under the supervision of a preceptor, the students will be expected to demonstrate the knowledge and skills identified in the Standards as designated by the CAATE (Commission on Accreditation of Athletic Training Education) and its eight content areas: Evidence-Based Practice; Prevention and Health Promotion; Clinical Examination and Diagnosis; Acute Care of Injury and Illness; Therapeutic Interventions; Psychosocial Strategies and Referral; Healthcare Administration; and Professional Development and Responsibility. A minimum of 150 clinical hours is required to earn credit for the class. Pre-req: AT 205: minimum grade "C."

**305. ATHLETIC TRAINING CLINICAL PRACTICUM IV - 2 hrs.**

Building on the first year of clinical experiences, students will continue to be challenged to transfer knowledge gained in the classroom and apply it in the clinical settings. Under the supervision of a preceptor, the students will be expected to demonstrate the knowledge and skills identified in the Standards as designated by the CAATE (Commission on Accreditation of Athletic Training Education) and its eight content areas: Evidence-Based Practice; Prevention and Health Promotion; Clinical Examination and Diagnosis; Acute Care of Injury and Illness; Therapeutic Interventions; Psychosocial Strategies and Referral; Healthcare Administration; and Professional Development and Responsibility. A minimum of 150 clinical hours is required to earn credit for the class. Pre-req: AT 300: minimum grade "C."

**330. REHABILITATION OF LOWER EXTREMITY ATHLETIC INJURIES – 3 hrs.** This course is designed to educate the student in the rehabilitative aspects of patient care. Therapeutic exercise, strength training, range of motion exercises, aquatic therapy and other rehab techniques specific to the lower extremity and trunk are focused on in this class. Pre-req: AT 225: minimum grade "C."

**335. REHABILITATION OF UPPER EXTREMITY ATHLETIC INJURIES – 3 hrs.** This course is designed to educate the student in the rehabilitative aspects of patient care. Therapeutic exercise, strength training, range of motion exercises, aquatic therapy and other rehab techniques specific to the upper extremity and cervical spine are focused on in this class. Pre-req: AT 330: minimum grade "C."

**340. ORTHOPEDIC ASSESSMENT OF THE LOWER BODY – 3 hrs.** This course concentrates on the evaluation techniques and special tests needed for the proper diagnosis of orthopedic injuries. The class deals with the lower extremity and trunk. Students will become efficient in the necessary skills and hands on techniques athletic trainers utilize to evaluate orthopedic injuries. The students will also learn to determine when referrals and further care is indicated. A strong knowledge of anatomy is needed for this class. Pre-req: AT 225: minimum grade "C."

**345. ORTHOPEDIC ASSESSMENT OF THE UPPER BODY**

3 hrs. This course concentrates on the evaluation techniques and special tests needed for the proper diagnosis of orthopedic injuries. The class deals with the upper extremity and cervical region. Students will become efficient in the necessary skills and hands on techniques athletic trainers utilize to evaluate orthopedic injuries. The students will also learn to determine when referrals and further care is indicated. A strong knowledge of anatomy is needed for this class. Pre-req: AT 340: minimum grade "C."

355. GENERAL MEDICAL CONDITIONS IN ATHLETIC TRAINING - 3 hrs. The course is designed to provide the Athletic Training Student with the knowledge and the skills of recognition, management and referral of otherwise less common pathologies that may be seen in the field of athletic training. It discusses disorders and pathologies of the body using a systematic approach by utilizing the body systems as a guide. The student will be educated in a wide range of conditions that could occur with any physically active person at any time Pre-req: AT 330, 340: minimum grade "C."

400. ATHLETIC TRAINING CLINICAL PRACTICUM V - 2 hrs.

Senior level students will now have four semesters of clinical practicum cohort entering their final year of the program. The students will continue to be challenged to transfer knowledge gained in the classroom and apply it in the clinical settings. Under the supervision of a preceptor, the students will be expected to demonstrate the knowledge and skills identified in the Standards as designated by the CAATE (Commission on Accreditation of Athletic Training Education) and its eight content areas: Evidence-Based Practice; Prevention and Health Promotion; Clinical Examination and Diagnosis; Acute Care of Injury and Illness; Therapeutic Interventions; Psychosocial Strategies and Referral; Healthcare Administration; and Professional Development and Responsibility. At the senior level it is to be expected the student will be polishing the skills of a successful clinician such as evaluation skills, critical thinking and problem solving, exercise and rehabilitation prescriptions and appropriate decision making when diagnosing injuries and choosing modalities for treatment plans. A minimum of 150 clinical hours is required to earn credit for the class. Pre-req: AT 305: minimum grade "C."

405. ATHLETIC TRAINING CLINICAL PRACTICUM VI - 2 hrs.

Senior level students will now have four semesters of clinical practicum cohort entering their final year of the program. The students will continue to be challenged to transfer knowledge gained in the classroom and apply it in the clinical settings. Under the supervision of a preceptor, the students will be expected to demonstrate the knowledge and skills identified in the Standards as designated by the CAATE (Commission on Accreditation of Athletic Training Education) and its eight content areas: Evidence-Based Practice; Prevention and Health Promotion; Clinical Examination and Diagnosis; Acute Care of Injury and Illness; Therapeutic Interventions; Psychosocial Strategies and Referral; Healthcare Administration; and Professional Development and Responsibility. At the senior level it is to be expected the student will be polishing the skills of a successful clinician such as evaluation skills, critical thinking and problem solving, exercise and rehabilitation prescriptions and appropriate decision making when diagnosing injuries and choosing modalities for treatment plans. A minimum of 150 clinical hours is required to earn credit for the class. Pre-req: AT 400: minimum grade "C."

410. SEMINAR IN ATHLETIC TRAINING – 2 hrs. This class will deal with discussions on contemporary issues in Athletic Training including current research and implications and technological advances. Evidence-Based Medicine and research, research design is emphasized in this class. Pre-req: AT 335, 345, 355: minimum grade “C.”

420. ATHLETIC TRAINING- A PROBLEM BASED APPROACH I – 3 hrs. This senior level course is intended to challenge the students to become critical thinkers and problem solvers. Using a case-based scenario, students are in small groups and forced to identify, research and discuss relevant topics related to a specific case or topic. The students take learning into their own hands, as the instructor is merely a facilitator in discussion. A very challenging learning style and much different from the traditional styles of learning this course aims to review all topics that students have learned over the previous semesters and forces them to problem solve and apply knowledge. Pre-requisites: AT 335, 345, 355: minimum grade “C.”

425. ATHLETIC TRAINING-A PROBLEM BASED APPROACH II – 3 hrs. This senior level course is intended to challenge the students to become critical thinkers and problem solvers. Using a case-based scenario, students are in small groups and forced to identify, research and discuss relevant topics related to a specific case or topic. The students take learning into their own hands, as the instructor is merely a facilitator in discussion. A very challenging learning style and much different from the traditional styles of learning this course aims to review all topics that students have learned over the previous semesters and forces them to problem solve and apply knowledge. The second level class deals with more involved patients. Pre-req: AT 410, 420: minimum grade “C.”

435. ADMINISTRATIVE ASPECTS OF ATHLETIC TRAINING – 2 hrs.  
This class focuses on an introduction to organizational and administrative aspects in athletic training. Topics include athletic training room facility design, medical record keeping procedures, personnel and program management, budget planning, drug testing, and legal aspects and other various topics dealing with professional issues. Pre-req: AT 410, 420: minimum grade “C.”

445. ATHLETIC TRAINING CAPSTONE – 3 hrs. Designed for second semester students in Athletic Training. Will emphasize preparing for the national board exam. This will be a comprehensive review of all topics in AT as deemed relevant according to the CAATE standards set forth. Students will practice test taking skills, self-evaluation study techniques and learn how to apply and register to take the BOC exam. Pre-req: AT 410, 420: minimum grade “C.”