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## ATHLETIC TRAINING (ATTR)

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### **ATTR 100 Athletic Taping and Bracing (1 credit)**

This laboratory course is designed for students who wish to apply to the Athletic Training Education Program (ATEP). Content will include basic athletic taping and bracing techniques commonly used to prevent athletic related injuries in the physically active population. Students will be expected to complete specific taping and bracing techniques at a competent level prior to being accepted into the athletic training education program. *Offered once each semester*

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### **ATTR 112 Sports First Aid (3 credits)**

This course is designed for those working with physically active individuals. This course will provide basic instruction and application to administer emergency first aid treatment for sports related injuries and conditions. Guidelines for prevention will be discussed. Upon successful completion of the course, students will be certified in Standard First Aid and Community Cardiopulmonary Resuscitation (CPR for infants, children and adults) in accordance with the requirements of the American Red Cross. This course is recommended to individuals pursuing careers in athletic training, coaching, exercise science, health fitness, and recreational programming.

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### **ATTR 240 Introduction into Athletic Training (3 credits)**

*Prerequisite: PHED 100*

Introduces the physical education major into the field of athletic training including the role of the coach and athletic trainer in providing sports injury management, taping and use of immobilization devices, basic injury evaluation and rehabilitation principles. Two-hour lecture and two hours laboratory.

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### **ATTR 241 Apprenticeship in Athletic Training (3 credits)**

*Prerequisite: Consent of the coordinator of the athletic training concentration*

Introduces the athletic training student into the clinical aspect of the athletic training profession. Clinical hours working with the intercollegiate teams will be supplemented by bi-monthly seminars on issues and skills associated with the professional development of the athletic trainer.

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### **ATTR 340 Sports Injury Management – Lower Extremity (3 credits)**

*Prerequisite: ATTR 240 and BIOL 252*

This course is an intensive study into the assessment techniques utilized in the evaluation of athletic injuries and illnesses occurring to the lower extremity. Students must be able to apply and demonstrate evaluative skills and knowl-

edge of joint and muscular musculoskeletal anatomy related to the pathology and management of specific injuries and conditions associated with the lower extremity. Two-hours of lecture and one two-hour laboratory weekly.

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### **ATTR 341 Sports Injury Management – Upper Extremity (3 credits)**

*Prerequisite: ATTR 240*

This course is an intensive study into the assessment techniques utilized in the evaluation of athletic injuries and illnesses occurring to the upper extremity and torso. Students must be able to apply and demonstrate evaluative skills and knowledge of joint and musculoskeletal anatomy related to the pathology and management of specific injuries and conditions associated with the upper extremity and torso. Two hours of lecture and one two hour laboratory weekly.

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### **ATTR 342 Clinical Application of Basic Athletic Training Skills (3 credits)**

*Prerequisite: ATTR 241*

Clinical application of the skills and techniques used in the athletic training profession. The clinical experience will be enhanced with regular seminars on issues and topics pertinent to the professional.

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### **ATTR 343 Clinical Application of Intermediate Athletic Training Skills (3 credits)**

*Prerequisite: ATTR 342*

Clinical application of the skills and techniques used in the athletic training profession. The clinical experience will be enhanced with regular seminars on issues and topics pertinent to the professional.

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### **ATTR 442 Therapeutic Exercise (3 credits)†**

*Prerequisite: Must be accepted in curriculum program or by consent of program director*

Comprehensive analysis of therapeutic exercise in a sports medicine environment. Topics discussed include the healing process and pathophysiology of a musculoskeletal injury, goals of rehabilitation, flexibility and strength training methods and protocol, aquatic therapy, pharmacological considerations, psychological considerations and specific rehabilitation techniques for the various body segments. Course includes a two-hour lecture and a two-hour laboratory session.

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### **ATTR 443 Pharmacology for the Physically Active (1.5 credits)†**

This course is designed to provide the students with an overview of pharmacology and how it relates to the physically active individual. Therapeutic medications, supplements, performance enhancing drugs and drug testing protocols will be discussed. *Offered alternate years*

† May be taken for graduate level credit.

**Note:** This section is arranged in course number order. See course prefix key for assistance in locating department sections.

**Note:** See Catalog Web Addenda at [www.bridgew.edu/catalog/addenda/](http://www.bridgew.edu/catalog/addenda/) as that information supersedes the published version of this catalog.

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**ATTR 446 Medical Conditions and Disabilities  
(1.5 credits†)**

This course will provide the knowledge, skills, and values that an entry-level athletic trainer must possess to recognize, treat, and refer, when appropriate, general medical conditions and disabilities seen in athletes and others involved in physical activity.

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**ATTR 450 Therapeutic Modalities (3 credits†)**

*Prerequisite: ATTR 240*

This course will introduce the athletic training student to therapeutic modalities used in sports medicine. A one-hour lecture and two-hour laboratory will provide practical application of clinical skills including indications, contraindication and record keeping associated with patient care.

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**ATTR 454 Clinical Application of Advanced Athletic Training Skills (3 credits†)**

*Prerequisite: ATTR 343*

Clinical application of the skills and techniques used in the athletic training profession. The clinical experience will be enhanced with regular seminars on issues and topics pertinent to the professional.

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**ATTR 455 Professional Preparation in Athletic Training (3 credits†)**

*Prerequisite: ATTR 454*

Clinical application of the skills and techniques used in the athletic training profession. The clinical experience will be enhanced with regular seminars on issues and topics pertinent to the professional.

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**ATTR 490 Administration of Athletic Training  
(3 credits)**

*Prerequisite: ATTR 240 or equivalent*

Study of various administrative topics confronting an athletic trainer in the management of a sports medicine facility including program management, human resource management, financial management, facility design and planning, informational management, insurance and legal considerations in sports medicine. *Offered alternate years*

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**ATTR 540 Management of Lower Extremity Conditions (3 credits)**

*Prerequisite: Acceptance into the Athletic Training Program*

The course will focus on a critical analysis of sport-related injuries and conditions that may affect the lower extremity in physically active individuals. The application of joint and musculoskeletal anatomy will be utilized to assess the various joints and body regions of the lower extremity to determine the appropriate management of these sport-related conditions. Two hours of lecture, two hours of laboratory.

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**ATTR 541 Management of Upper Extremity and Torso Conditions (3 credits)**

*Prerequisite: ATTR 540*

The course will focus on a critical analysis of sport-related injuries and conditions that may affect the upper extremity and torso in physically active individuals. The application of joint and musculoskeletal anatomy will be utilized to assess the various joints and body regions of the upper extremity and torso to determine the appropriate management of these sport-related conditions. Two hours of lecture, two hours of laboratory.

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**ATTR 542 Therapeutic Exercise (3 credits)**

*Prerequisite: Acceptance into the Athletic Training Program*

Comprehensive analysis of therapeutic exercise in a sports medicine environment. Topics discussed include the healing process and pathophysiology of a musculoskeletal injury, goals of rehabilitation, flexibility and strength training methods and protocol, aquatic therapy, pharmacological considerations during rehabilitation, psychological considerations, and specific rehabilitation techniques for the various body segments. Two hour lecture and two hour laboratory.

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**ATTR 543 Pharmacology for the Physically Active  
(1.5 credits)**

This course is designed to provide the student with an overview of pharmacology and how it relates to the physically active individual. Therapeutic medications, supplements, performance enhancing drugs and drug testing protocols will be discussed.

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**ATTR 546 Medical Conditions and Disabilities for the Physically Active (1.5 credits)**

This course will provide the knowledge, skills, and values that an entry-level athletic trainer must possess to recognize, treat and refer, when appropriate, general medical conditions and disabilities seen in athletes and others involved in physical activity.

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**ATTR 550 Therapeutic Modalities (3 credits)**

*Prerequisite: Acceptance into the Athletic Training Program*

This course will focus on the relationship of the electromagnetic and acoustic spectra, the principles of electricity, and non-mechanical modalities in the treatment of sports-related injuries and conditions. A two-hour lecture and two hour laboratory session will provide an opportunity for students to learn the indications, contraindications, application protocols, and record keeping associated with patient care.

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**ATTR 561 Level I Clinical Experience in Athletic Training (3 credits)**

*Prerequisite: Acceptance into the Athletic Training Program*

Clinical application of the basic skills and techniques used in the athletic training profession. Students will be assigned a

† May be taken for graduate level credit.

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clinical rotation working with athletic teams in an intercollegiate setting under the direction of a certified athletic trainer. Clinical hours may be accumulated to meet the criteria for NATA certification. The clinical experience will be enhanced with regular seminars on issues and topics pertinent to the entry-level professional.

developed through lectures, demonstrations, and discussions with professionals in the field including athletic trainers, physicians, physician assistants, and lawyers. *Offered alternate years.*

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**ATTR 562 Level II Clinical Experience in Athletic Training (3 credits)**

*Prerequisite: ATTR 561*

Clinical application of intermediate skills and techniques used in the athletic training profession. Students will be assigned a clinical rotation working with athletic teams in an intercollegiate setting under the direction of a certified athletic trainer. Clinical hours may be accumulated to meet the criteria for NATA certification. The clinical experience will be enhanced with regular seminars on issues and topics pertinent to the entry-level professional.

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**ATTR 563 Level III Clinical Experience in Athletic Training (3 credits)**

*Prerequisite: ATTR 562*

Clinical application of advanced skills and techniques used in the athletic training profession. Students will be assigned a clinical rotation working with athletic teams in an intercollegiate setting under the direction of a certified athletic trainer. Clinical hours may be accumulated to meet the criteria for NATA certification. The clinical experience will be enhanced with regular seminars on issues and topics pertinent to the entry-level professional.

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**ATTR 564 Level IV Clinical Experience in Athletic Training (3 credits)**

*Prerequisite: ATTR 563*

This course prepares the athletic training student for entering into the profession. The student will have the option of taking the NATA certification examinations, and will progress through an entire interview process and learn how to negotiate a contract. In conjunction with the Counseling Center and Counseling Program, students will practice intervention strategies for abuse situations in the physically active population introduced in the ATTR 563 class. Accessing the Internet, word processing, and injury simulations via the computer will compliment the student's final semester of the clinical experience.

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**ATTR 590 Administration in Athletic Training (3 credits)**

Study of various topics involved in the management of an athletic training facility including program management, human resource management, financial management, facility design and planning, informational management, public relations, insurance, and legal considerations in athletic training. Standards and practices of the athletic training professional will also be discussed. These experiences are

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