

ATHLETIC TRAINING (ATTR)

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

ATTR 112 Sports First Aid (3 credits)

This class is designed for individuals working with physically active people to provide instruction in, and application of, emergency first aid treatment for sports-related injuries and conditions. Guidelines for injury prevention will be discussed. Upon successful completion of this course students will be certified in CPR/AED for the Professional Rescuer, Standard First Aid and Bloodborne Pathogens in accordance with the requirements of the American Red Cross. Two hours of lecture and two hours of laboratory weekly.

ATTR 199 First Year Seminar (3 credits)

Prerequisite: Open to all freshmen with a writing placement score of 3 or above or a SAT score of 500 or above. Students with 24 or more transfer credits will have this requirement waived
First Year Seminars (FYS) are writing-intensive topic courses that introduce students to academic thought, discourse and practices. FYS courses prepare and orient students toward productive and fulfilling college careers by actively engaging them in a specific academic area of interest. Students will improve their writing, reading, research and basic information and technology skills while learning to work both collaboratively and independently. These courses will fulfill the First Year Seminar requirement and may fulfill other requirements for the core curriculum. Each course may fulfill different requirements and topics may change each semester. Only one FYS course may be taken for credit. (CFYS)

ATTR 240 Introduction to Athletic Training (3 credits)

Prerequisite: PHED 100
This course 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 hours of lecture and two hours of laboratory weekly.

ATTR 241 Level I Clinical Experience in Athletic Training (3 credits)

Prerequisite: Consent of the coordinator of the athletic training concentration
This clinical class will introduce the athletic training student into the clinical aspect of the athletic training profession. Observational hours will focus on the traditional athletic training work environment and will be augmented with weekly seminars on issues necessary to become a successful athletic trainer.

ATTR 298 Second Year Seminar (Speaking Intensive) (3 credits)

Prerequisite: ____199; Open to all sophomores and juniors who have completed ENGL 101, and the speaking skills requirement. Students with 54 or more transfer credits will have this requirement waived. Cannot be taken if ____299 is taken for credit.
Second Year Seminars (SYS) are speaking-intensive topic courses that build on the academic skills and habits introduced in the First Year Seminar. SYS courses engage students in a specific academic area of interest and provide them with the opportunity to reinforce, share and interpret knowledge. Students will improve their speaking, reading, research and basic information and technology skills while building the connections between scholarship and action that are required for lifelong learning. These courses will fulfill the Second Year Seminar requirement and may fulfill other requirements for the core curriculum. Each course may fulfill different requirements and topics may change each semester. Only one SYS course may be taken for credit. (CSYS)

ATTR 299 Second Year Seminar (Writing Intensive) (3 credits)

Prerequisite: ____199; Open to all sophomores and juniors who have completed ENGL 101 and ENGL 102. Students with 54 or more transfer credits will have this requirement waived. Cannot be taken if ____298 is taken for credit.
Second Year Seminars (SYS) are writing-intensive topic courses that build on the academic skills and habits introduced in the First Year Seminar. SYS courses engage students in a specific academic area of interest and provide them with the opportunity to reinforce, share and interpret knowledge. Students will improve their writing, reading, research and basic information and technology skills while building the connections between scholarship and action that are required for lifelong learning. These courses will fulfill the Second Year Seminar requirement and may fulfill other requirements for the core curriculum. Each course may fulfill different requirements and topics may change each semester. Only one SYS course may be taken for credit. (CSYS)

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 knowledge 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 two hours of laboratory weekly.

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 man-

agement of specific injuries and conditions associated with the upper extremity and torso. Two hours of lecture and two hours of laboratory weekly.

ATTR 342 Level II Clinical Experience in Athletic Training (3 credits)

Prerequisite: ATTR 241

This clinical class will introduce the athletic training student to basic and intermediate skills and techniques in the athletic training profession. Through appropriate clinical rotations, students will learn clinical competencies under the direction of a certified athletic trainer. The experience will be augmented with regular seminars on issues and topics pertinent to the entry-level professional.

ATTR 343 Level III Clinical Experience in Athletic Training (3 credits)

Prerequisite: ATTR 241

This clinical class will introduce the athletic training student into the clinical aspect of the athletic training profession. Observational hours will focus on the traditional athletic training work environment and will be augmented with weekly seminars of issues necessary to become a successful athletic trainer.

ATTR 410 Nutritional Concepts for Health Care Practitioners (3 credits)

This course will provide an overview of nutrition principles and strategies for the health care practitioner. Students will learn and apply the techniques required to complete a nutrition assessment and they will explore various nutrition issues that confront the health care practitioner. (CWRM)

ATTR 442 Therapeutic Exercise (3 creditst)

Prerequisite: Must be accepted into the Athletic Training Program or by consent of the program director

This course is a 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. Two hours of lecture and two hours of laboratory weekly.

ATTR 443 Pharmacology for the Physically Active (1.5 creditst)

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*

ATTR 446 Medical Conditions and Disabilities of the Physically Active (1.5 creditst)

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.

ATTR 450 Therapeutic Modalities (3 creditst)

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.

ATTR 454 Level IV Clinical Experience in Athletic Training (3 creditst)

Prerequisite: ATTR 241

This clinical class will focus on the learning over time process of demonstrating competence in the cognitive, psychomotor and affective domains in athletic training. Under the direction of a certified athletic trainer, students will begin to demonstrate mastery of specified competencies. The experience will be augmented with regular seminars on issues and topics pertinent to the entry-level professional.

ATTR 455 Level V Clinical Experience in Athletic Training (3 creditst)

Prerequisite: ATTR 241

This clinical class will culminate the learning over time process of demonstrating competence in the cognitive, psychomotor and affective domains in athletic training. The clinical experience will be enhanced with seminars pertinent to the entry-level professional.

ATTR 490 Administration of Athletic Training (3 credits)

Prerequisite: ATTR 240 or equivalent

This course is a 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*

ATTR 499 Directed Study in Athletic Training (3 credits)

Prerequisite: Consent of department; formal application required

Directed study is open to all juniors and seniors who have demonstrated critical and analytical abilities in their studies and who wish to pursue a project independently. This course may be taken for a maximum of six credits.

ATTR 501 Athletic Training Project (3 credits)

Prerequisite: Matriculation in the MS in Athletic Training and consent of instructor

Students will plan and implement an athletic training research or clinical based project. The project will culminate with an oral defense to the project committee. Topics must be relevant to the student's program of study, or have the potential to make a positive contribution to the athletic training discipline, or to facilitate the development or improvement of a program.

tMay be taken for graduate-level credit

ATTR 502 Research (credit to be arranged)

Prerequisite: Consent of the department; formal application required

Original research is undertaken by the graduate student in their field. For details, consult the paragraph entitled "Directed or Independent Study" in the "School of Graduate Studies" section of this catalog. This course may be repeated.

ATTR 503 Directed Study (credit to be arranged)

Consent of the department chairperson; formal application required

Directed study is designed for the graduate student who desires to study selected topics in a specific field. For details, consult the paragraph entitled "Directed or Independent Study" in the "School of Graduate Studies" section of this catalog. This course may be repeated.

ATTR 510 Nutritional Concepts for Health Care Practitioners (3 credits)

This course will provide an overview of nutritional principles and strategies for the health care practitioner. Students will learn and apply the techniques required to complete a nutritional assessment, and they will explore various nutritional issues that confront their clients across the lifespan.

ATTR/PHED 511 Research Methods in Physical Education (3 credits)

This course will develop competencies needed to both produce and consume research in physical education and allied areas. In the development of a research proposal, students will gain an understanding of such research techniques as problem formulation, literature review, sampling, hypothesis construction, research design, instrumentation and data analysis. *Fall only*

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 and two hours of laboratory weekly.

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 and two hours of laboratory weekly.

ATTR 542 Therapeutic Exercise (3 credits)

Prerequisite: Acceptance into the Athletic Training Program

This course is a 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 hours of lecture and two hours of laboratory weekly.

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.

ATTR 546 Medical Conditions and Disabilities of 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.

ATTR 548/PHED 546 Applied Biomechanics and Movement Analysis (3 credits)

This course provides students with a knowledge and understanding of the mechanical concepts underlying performance of motor skills. Focus is on analytic techniques, which allow students to analyze skills and effectively consume complex skill analyses conducted by others. *Fall semester, alternate years*

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.

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

Prerequisite: Consent of Athletic Training Program Director

This clinical class will introduce the athletic training student to the clinical aspect of the athletic training profession. Observational hours will focus on the traditional athletic training work environment and will be augmented with an intensive seminar on basic practices necessary to become a successful athletic trainer.

tMay be taken for graduate-level credit

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

Prerequisite: ATTR 561

This clinical class will introduce the athletic training student to basic and intermediate skills and techniques used in the athletic training profession. Through appropriate clinical rotations, students will learn competencies under the direction of a certified athletic trainer. The experience will be augmented with regular seminars on issues and topics pertinent to the entry-level professional.

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

Prerequisite: ATTR 562

This clinical class will introduce the athletic training student to intermediate and advanced skills and techniques used in the athletic training profession. Through appropriate clinical rotations, students will learn clinical competencies under the direction of a certified athletic trainer. The experience will be augmented with regular seminars on issues and topics pertinent to the entry-level professional.

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

Prerequisite: ATTR 563

This clinical class will focus on the learning over time process of demonstrating competence in the cognitive, psychomotor and affective domains in athletic training. Under the direction of a certified athletic trainer, students will begin to demonstrate mastery of specific competencies. The experience will be augmented with regular seminars on issues and topics pertinent to the entry-level professional.

ATTR 565 Level V Clinical Experience in Athletic Training (3 credits)

Prerequisite: ATTR 564

This clinical class will culminate the learning over time process of demonstrating competence in the cognitive, psychomotor and affective domains in athletic training. The clinical experience will be enhanced with seminars pertinent to the entry-level professional.

ATTR 590 Administration in Athletic Training (3 credits)

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