ATHLETIC TRAINING COURSE DESCRIPTIONS

COLLEGE OF HEALTH SCIENCES

*Note: All clinical courses in the Athletic Training major require formal admission into the professional phase of the Athletic Training Program and will therefore be open only to Athletic Training Program students.

ATHLETIC TRAINING

ATR 100 Athletic Taping and Bracing (3 hours)
This course consists of lecture and lab-based instruction to introduce students to the various products and equipment used in the development and construction of pads and braces for injury prevention during sport and physical activity, and teaches students how to properly apply basic taping, wrapping, bracing, and padding techniques that are common practice in athletic training and sports medicine.

ATR 200 Foundations of Athletic Training (3 hours)
This course introduces the student to clinical athletic training education and the foundational behaviors of professional practice in athletic training. Current topics in athletic training that will be taught in this course include, but are not limited to, prevention and health promotion, clinical examination and diagnosis, therapeutic interventions, health care administration, psychological aspects of sports injury and rehabilitation, and evidence-based practice.

ATR 245 Clinical I (2 hours)
Prerequisites – ATR 100, ATR 200, HEA 330, HSC 216, HSC 230. In this course, students will refine basic athletic training skills, including developing clinical skills; athletic training clinic operations (e.g., policies and procedures, record keeping, basic health care nomenclature); emergency and acute care of injuries and illnesses; and athletic taping, wrapping, bracing and padding competencies previously taught in didactic coursework. Students will be introduced to the Clinical Integration Proficiencies portfolio.

ATR 250 Therapeutic Modalities (3 hours)
Prerequisites – HEA 330. This course introduces the student to the various thermal, mechanical, and electrical modalities that are used in athletic training and physical therapy to promote healing and rehabilitation of injury. The course consists of lecture and lab-based instruction on the use of therapeutic modalities in clinical practice (e.g., cryotherapy, thermotherapy, hydrotherapy, electrical stimulation, ultrasound, diathermy, traction, therapeutic massage, and compression therapy).

ATR 260 Principles of Rehabilitation (3 hours)
Prerequisites – HEA 330. This course introduces the student to the foundational knowledge and clinical skills of therapeutic interventions used in the rehabilitation process for treating the physically active population. The course consists of lecture and lab-based instruction to facilitate students’ understanding of the purpose and goals of various therapeutic exercises, equipment, and other rehabilitation techniques used in an effective rehabilitation program for restoring and developing range of motion, strength, balance, agility, cardiopulmonary fitness, muscular endurance, and activity-specific skills following injuries or illnesses affecting the musculoskeletal, cardiovascular, and neurological systems.
ATR 330 General Medicine and Pharmacology in Athletic Training (4 hours)

Prerequisites - BIO 309, BIO 310, or HEA/PED 320, HEA 330, BIO 316 or HSC 216. In this course, the student will gain cognitive and psychomotor skills needed for recognition, referral, and appropriate treatment of general medical conditions and disabilities of individuals involved in sport and physical activity. The student will also learn the appropriate pharmacological interventions used to treat injuries and illnesses.

ATR 340 Clinical II (2 hours)

Prerequisites – ATR 250, ATR 360. In this course, students will refine basic athletic training skills, including foundational behaviors of professional practice; risk management; general assessment and evaluation; specific injury assessment and intervention for head, face and spine; and therapeutic modalities competencies previously taught in didactic coursework.

ATR 345 Clinical III (2 hours)

Prerequisites – ATR 260, ATR 330, ATR 361, HEA 201, HSC 212. In this course, students will refine intermediate and advanced athletic training skills, including the body’s response to injury and illness; specific injury assessment, diagnosis and interventions for lower extremity; general medical conditions, disorders, and diseases; and basic nutrition, pharmacology, and wellness competencies previously taught in didactic coursework.

ATR 360 Introduction to Assessment and Intervention (3 hours)

Prerequisite – ATR 200 and Admission to the AT Program. This course consists of lecture and lab-based instruction designed to introduce the student to general assessment and evaluation of orthopedic injuries, which includes identification, physical evaluation, postural and gait analysis, treatment, and referral guidelines. Additionally the student will learn the specific injury assessment and diagnosis for injuries pertaining to the head and face, cervical, thoracic and lumbar spine and pelvis. This course will also broaden the student’s knowledge and clinical skills learned in ATR 250 & 260, by establishing core therapeutic interventions and rehabilitation for injuries.

ATR 361 Assessment and Intervention I (4 hours)

Prerequisites – ATR 250, ATR 260, ATR 360 Pre/Corequisite – BIO 309. This course is a continuation of ATR 360 which consists of lecture and lab-based instruction designed to enhance the student’s understanding of the assessment and evaluation process for the lower extremity. The student will learn the specific injury assessment and diagnosis for injuries pertaining to the hip, thigh, knee, lower leg, foot, and ankle. This course will continue to broaden the student’s knowledge and clinical skills learned in ATR 250 & 260, through the application of therapeutic intervention and rehabilitation for injuries sustained to the lower body.
ATR 362 Assessment and Intervention II (4 hours)

Prerequisite – ATR 361. This course is a continuation of ATR 361, which consists of lecture and lab-based instruction designed to enhance the student’s understanding of the assessment and evaluation process for the upper extremity. The student will learn the specific injury assessment and diagnosis for injuries pertaining to the abdomen, chest, shoulder, elbow, wrist, and hand. This course will continue to broaden the student’s knowledge and clinical skills learned in ATR 250, 260 and ATR 361, through the application of therapeutic intervention and rehabilitation for injuries sustained to the upper body.

ATR 410 Organization and Administration in Athletic Training (3 hours)

Prerequisite – Successful completion of all didactic ATR coursework. This course explores administrative theories and strategies necessary to serve in different positions in the various athletic training settings. Topics include, but are not limited to, leadership and management styles, policies and procedures, resource management, legal and ethical standards in professional practice, purpose of regulatory agencies and their role at state, national and federal levels, and risk management.

ATR 440 Clinical IV (3 hours)

Prerequisites – ATR 362, HSC 381. In this course, students will refine intermediate and advanced athletic training skills, including specific injury assessment and interventions for upper extremities; therapeutic exercise and rehabilitation; and evidence-based practice competencies previously taught in didactic coursework. Students will begin working on a research project specific to the field of athletic training.

ATR 445 Clinical V (3 hours)

Prerequisites – ATR 410. In this course, students will refine advanced athletic training skills, including integrated injury management; healthcare administration; psychosocial interactions; and professional development competencies previously taught in didactic coursework. Students will complete their ongoing research project and Clinical Integration Proficiencies portfolio in this course.