

# ATHLETIC TRAINING (ATR)

## ATR 206 Intro to Athletic Trn (3 Credits)

### Lecture: 3

General Prevention Principles. Describe the concept (e.g. case definitions, incidence versus prevalence, exposure assessment, rate) and uses of injury and illness surveillance relevant to athletic training. Identify and describe measure used to monitor injury prevention strategies identify modifiable/non-modifiable risk factors and mechanism for injury and illness. Explain how the effectiveness of a prevention strategy can be assessed using clinical outcomes, surveillance, or evaluation data.

**College/School:** College Of Education

**Department:** Dept of Health & Kinesiology

## ATR 210 Athletic Taping & Bracing (1 Credits)

### Lecture: 1

Summarize the basic principle associated with the design, construction, fit, maintenance, and reconditioning of protective equipment, including the rules and regulations established by the associations that govern its use. Fit standard protective equipment following manufacturers' guidelines. Apply preventive taping and wrapping procedures, splints, braces, and other special protective devices. Fabricate and apply taping, wrapping, supportive, and protective devices to facilitate return to function.

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## ATR 212 Medical Terminology in At (1 Credits)

### Lecture: 1

Describe the normal structure and interrelated function of the body system. Describe the normal anatomical, systemic, and physiological changes associated with the lifespan, identify the common congenital and acquired risk factors and causes of musculoskeletal injuries and common illnesses that may influence physical activity in pediatric, adolescent, adult, and aging populations. Describe the principles and concepts of body movement, including normal osseokinematics and arthrokinematics. Describe the influence of pathomechanics on function.

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## ATR 222 Emerg Medical Tech (3 Credits)

### Lecture: 3

Explain the legal, moral and ethical parameters that define the athletic trainer's scope of acute emergency care. Differentiate the roles and responsibilities of the athletic trainer from other providers. Demonstrate the ability to perform scene, primary, and secondary surveys. Obtain a medical history appropriate for the patient's ability to respond. Identify cases when rescue breathing CPR, and/or AED use is indicated and according to current accepted practice protocols, and implement those when appropriate.

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## ATR 223 Clinical Preceptorship I (2 Credits)

### Lecture: 2

Administer testing procedure to obtain baseline data regarding a client's/patient's level of general health. Use this data to design, implement, evaluate, and modify a program specific to the performance and health goals of the patient. This will include instructing the patient in the proper performance of the activities, recognizing the warning signs and symptoms of potential injuries and illnesses that may occur, and explaining the role of exercise in maintaining overall health and the prevention of diseases.

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## ATR 300 Athletic Practicum & Seminar (3 Credits)

### Lecture: 3

TI-21. Explain the federal, state, and local laws, regulations and procedure for the proper and documentation associated with an athletic training facility. Current events in athletic training and the broader field of sports medicine.

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## ATR 303 Biomechanics of Ex & SP Scienc (3 Credits)

### Lecture: 3

Describe the principles and concepts of body movement, including normal osseokinematic and arthrokinematics. Describe the influence of pathomechanics on function. Analyze gait and select appropriate instruction and correction strategies to facilitate safe progression to functional gait pattern. Explain the relationship between posture, biomechanics, and ergonomics and the need to address these components in a therapeutic intervention.

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## ATR 318 Ortho Assessment Upper I (3 Credits)

### Lecture: 3

Review of body system and regions. Use standard techniques/procedure for the clinical examination of common injuries, conditions, illnesses, and diseases including, but not limited to; history taking, inspection/observation, palpation, functional assessment, special tests, neurological assessments, respiratory assessments, circulatory assessments, abdominal assessment, and other clinical assessments. Assess and interpret findings from a physical examination that is based on the patient's clinical presentation.

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## ATR 319 Ortho Assessment Lower II (3 Credits)

### Lecture: 3

Review of body systems and regions. Use standard techniques/procedures for the clinical examination of common injuries, conditions, illnesses, and disease including, but not limited to; history taking, inspection/observation, palpation, functional assessment, special tests, neurological assessments, respiratory assessments, circulatory assessments, abdominal assessments, and other clinical assessments. Assess and interpret findings from a physical examination that is based on the patient's clinical presentation.

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**ATR 323 Clinical Preceptorship III (2 Credits)**

**Lecture: 2**

Perform a comprehensive clinical examination of a patient with an upper extremity, lower extremity, head, neck, thorax, and/or spine injury or condition. This exam should incorporate evidence-based clinical reasoning. Create and implement a therapeutic intervention that targets treatment goals.

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**ATR 340 Organ & Admin in AT (3 Credits)**

**Lecture: 3**

Describe the role of the athletic trainer and the delivery of athletic training services within the context of the broader healthcare system. Describe the impact of organizational structure on the daily operations of the healthcare facility. Describe the role of strategic planning as a means to assess and promote organizational improvement, facility operation and risk management. Describe the components of developing and implementing a basic business plan and budget.

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**ATR 408 Therapeutic Modalities in AT (4 Credits)**

**Lecture: 4**

Describe and differentiate strategies/techniques to: limit edema, restore joint mobility and muscle extensibility, restore neuromuscular function. Identify exercise/activities to improve strength, endurance, speed, power, balance, coordination, agility, gait, posture, and body mechanics. Explain theory and principles of therapeutic modalities, including: superficial thermal agents, electrical stimulation, ultrasound, diathermy, traction, CPM, and biofeedback.

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**ATR 413 Rehabilitation Technique in AT (4 Credits)**

**Lecture: 4**

Describe and differentiate strategies/techniques to: limit edema, restore joint mobility and muscle extensibility, restore neuromuscular function. Identify exercises/activities to improve strength, endurance, speed, power, balance, coordination, agility, gait, posture, and body mechanics. Explain theory and principle of therapeutic modalities, including: superficial thermal agents, electrical stimulation, ultrasound, diathermy, traction, CPM, and biofeedback.

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**ATR 423 Clinical Preceptorship V (3 Credits)**

**Lecture: 3**

Select and integrate appropriate psychosocial techniques into a patient's treatment or rehabilitation program to enhance rehabilitation adherence, return, and overall outcomes. This includes, but not limited to: verbal motivation, goal setting, imagery, pain management, self-talk, and/or relaxation. Demonstrate the ability to recognize and refer at-risk individuals with psychosocial disorder and/or mental health emergencies. As a member of the management team, develop an appropriate management plan.

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**ATR 499 Clinical Externship in Athletic Training (6 Credits)**

**Lecture: 6**

Approved externship supervised by a clinical preceptor.. 6 credit hours.

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