

# ATHLETIC TRAINING (ATTR)

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## **ATTR 201. INTRODUCTION TO ATHLETIC TRAINING. 2 Credits.**

This course introduces the profession of athletic training and provides a basic knowledge of the practices that encompass this field. It includes the areas of: athletic training as an allied health care profession, current educational requirements for national practice, preparing for and caring for sports emergencies and environmental concerns. Hands-on activities address common wrapping, taping, and bracing techniques as well as basic wound care.

## **ATTR 288. CLINICAL ATHLETIC TRAINING I. 1 Credit.**

**Pre-requisites:** must be a declared Athletic Training major.

The course is designed to provide clinical experience in a professional athletic training setting. The student works as an assistant under the direction of a certified athletic trainer/clinical instructor. A portfolio completed by the student and checked off by the clinical instructor is used to document completion of competencies. This course should be taken three times during an academic career.

## **ATTR 296. EXPERIMENTAL COURSE. 1-5 Credits.**

## **ATTR 339. ATHLETIC TRAINING. 4 Credits.**

**Pre-requisites:** ATTR 201.

The purpose of the Basic Athletic Training Course is to provide participants with the fundamental aspects of Athletic Training including prevention, recognition, management and treatment of various musculoskeletal injuries. The lab portion of the class will address basic wrapping and taping techniques, as well as hands-on injury evaluation.

## **ATTR 340. THERAPEUTIC MODALITIES IN SPORTS MEDICINE. 4 Credits.**

**Pre-requisites:** ATTR 339 or permission of course instructor.

The course covers techniques in therapeutic exercise, thermal therapy, hydrotherapy, cryotherapy and electrical modalities. It also introduces students to psychological and physiological responses to injury.

## **ATTR 341. REHABILITATION IN ATHLETIC TRAINING. 4 Credits.**

**Pre-requisites:** ATTR 340 or permission of course instructor.

Design and supervision of rehabilitation programs for orthopedic athletic injuries. This will include common programs for major joint and musculoskeletal injuries; also will consist of learning techniques in therapeutic exercise, massage, joint mobilization, and proprioceptive neuromuscular facilitation.

## **ATTR 350. MEDICATIONS IN THE HEALTH CARE PROFESSIONS. 2 Credits.**

This course covers usage of therapeutic medications for allied health care professionals. It explores the common medications used in the rehabilitative health professions. It also addresses the mechanisms of drug action in relation to the treatment of diseases, dosage requirements, drug interactions, side effects, legal considerations and general information and guidelines related to medication usage.

## **ATTR 360. GENERAL MEDICAL CONDITIONS. 3 Credits.**

**Pre-requisites:** ATTR 341 or permission of the instructor.

This course will provide students an opportunity to learn about general medical conditions of the body system. Subjects covered will include mechanism of acquisition, signs, symptoms, referral, treatment and return to participation criteria. Students will develop a framework for decision making when evaluating individuals including athletes that present with these conditions.

## **ATTR 370. CONTEMPORARY HEALTH ISSUES IN ATHLETIC TRAINING. 3 Credits.**

**Pre-requisites:** ATTR 201 or permission of instructor.

This course provides an understanding of the personal and societal health issues they will encounter as a part of the profession of athletic training.

## **ATTR 388. CLINICAL ATHLETIC TRAINING II. 1 Credit.**

**Pre-requisites:** ATTR 288 or equivalent.

A course designed to provide a minimum of 1000 hours of clinical experience in a professional athletic training setting over a minimum of at least two years. The students work in an assistant capacity under the direction of a certified athletic trainer/clinical instructor. A portfolio, completed by the students and checked off by the clinical instructor is used to document completion of competencies.

## **ATTR 428. ORTHOPEDIC EVALUATION I. 4 Credits.**

**Pre-requisites:** ATTR 341 or permission of course instructor.

This course will provide students an opportunity to learn and practice injury evaluation procedures used in athletic training. The course will address history taking, inspection, palpation and orthopedic evaluation, as basic principles used in injury evaluation. Laboratory time will be devoted to palpation, structural assessment, neurologic assessment, range of motion and strength assessment of the pelvis, hip, thigh, lower leg, ankle and foot.

## **ATTR 429. ORTHOPEDIC EVALUATION II. 4 Credits.**

**Pre-requisites:** ATTR 428 or permission of course instructor.

This course will provide students an opportunity to learn and practice injury evaluation procedures used in athletic training. The course will address history taking, inspection, palpation and orthopedic evaluation, as basic principles used in injury evaluation. Laboratory time will be devoted to palpation, structural assessment, neurologic assessment and strength assessment in injuries involving the spine, shoulder, elbow, wrist, and hand.

## **ATTR 439. CURRENT TOPICS IN SPORTS MEDICINE. 1 Credit.**

This course incorporates current topics that are not generally taught in the athletic training curriculum. It emphasizes student participation through a group presentation. The course is to be taken at least three times for the major.

## **ATTR 450. ADVANCED PROCEDURES AND TECHNIQUES IN ATHLETIC TRAINING. 3 Credits.**

**Pre-requisites:** ATTR 428 and ATTR 429.

This course introduces students to those skills and techniques used in the practice of athletic training that are beyond those typically considered basic in the profession, in that the procedures discussed and the practical skills attained are more time intensive and require pre-requisite foundational skills.

## **ATTR 488. CLINICAL ATHLETIC TRAINING III. 2 Credits.**

**Pre-requisites:** ATTR 388 or permission of instructor.

This course should be taken three times during an academic career. A course designed to provide a minimum of 1000 hours of clinical experience in a professional athletic training setting over a minimum of at least two years. The students work in an assistant capacity under the direction of a certified athletic trainer/clinical instructor. A portfolio, completed by the students and checked off by the clinical instructor is used to document completion of competencies.

**ATTR 496. EXPERIMENTAL COURSE. 1-5 Credits.**

**ATTR 499. DIRECTED STUDY. 1-15 Credits.**

**ATTR 501. FOUNDATIONS IN ATHLETIC TRAINING I. 4 Credits.**

**Notes:** this is the first course in the Athletic Training MS and is only taught summer quarter.

This course focuses on preparing students to provide acute and emergency care of athletic injuries. Specific athletic training skills taught in the course include basic life support, oxygen administration, spine boarding, wound care, splinting, bracing, and taping that are necessary to begin working jointly with an athletic training preceptor in the field environment.

**ATTR 502. PATHOLOGIES IN ATHLETIC TRAINING. 5 Credits.**

**Pre-requisites:** ATTR 501.

This course provides athletic training students with the fundamental knowledge of pathological conditions that commonly occur in athletes. The course also assists in developing basic clinical skills necessary in the evaluation process of pathological conditions. Hands-on laboratory activities are incorporated.

**ATTR 503. ORTHOPEDIC EVALUATION I. 5 Credits.**

**Pre-requisites:** ATTR 501.

This course provides an interactive opportunity to learn and practice injury evaluation procedures used in the athletic training profession. There is an opportunity to participate in the teaching of specific parts of the evaluation to fellow classmates. This course addresses the aspects of the medical history and physical exam. Laboratory time required.

**ATTR 504. ORTHOPEDIC EVALUATION II. 5 Credits.**

**Pre-requisites:** ATTR 501.

This course provides an interactive opportunity to learn and practice injury evaluation procedures used in the athletic training profession. This course addresses the aspects of the medical history and physical exam. Laboratory time is devoted to palpation, structural assessment, neurological assessment, range of motion, and strength assessment of a variety of areas in the upper extremity, head, neck, thorax, and abdomen.

**ATTR 505. FOUNDATIONS IN ATHLETIC TRAINING II. 2 Credits.**

**Pre-requisites:** ATTR 501.

This course builds upon the Foundations in Athletic Training I course to enhance knowledge and skills in the area of emergency care. In addition, this course covers more about the athletic training profession and its role in the health care system, including the need to continually improve care through research.

**ATTR 511. THERAPEUTIC MODALITIES. 5 Credits.**

**Pre-requisites:** ATTR 501.

This course will provide students with an interactive opportunity to learn, discuss and practice the use of therapeutic interventions in the treatment of musculoskeletal injuries. Laboratory time will be devoted to recognition of signs and symptoms warranting intervention as well as their appropriate set up, application and removal. Additionally, students will have the opportunity to learn and practice more common manual therapies used in Athletic Training.

**ATTR 512. REHABILITATION I. 3 Credits.**

**Pre-requisites:** ATTR 501.

This course gives in-depth exposure to the theory and practical application of rehabilitation techniques used in a sports medicine environment. The primary focus of this course is rehabilitation goals, psychological considerations, specific orthopedic rehabilitation programs, exercise prescription and other important issues related to orthopedic rehabilitation of the lower extremity.

**ATTR 513. REHABILITATION II. 2 Credits.**

**Pre-requisites:** ATTR 501.

This course gives in-depth exposure to the theory of rehabilitation used in a sports medicine environment with an added emphasis on the practical application of rehabilitation techniques. The primary focus of this course is rehabilitation goals, psychological considerations, specific orthopedic rehabilitation programs, exercise prescription and other important issues related to orthopedic rehabilitation of the upper extremity.

**ATTR 514. ADVANCED TECHNIQUES IN ATHLETIC TRAINING. 3 Credits.**

**Pre-requisites:** ATTR 512.

This course will provide students with exposure and experience in orthopedic evaluation and rehabilitative techniques in areas not yet covered in the athletic training education program (ATEP) curriculum or at a greater depth in some areas where students have received basic information and training.

**ATTR 521. EVIDENCE-BASED PRACTICE. 2 Credits.**

**Pre-requisites:** ATTR 501.

This course will provide the students with an increased understanding of Evidence Based Practice and its application in the profession as well as assist students with developing research skills to critically review current research. It will also provide students an opportunity to utilize newly acquired research skills to develop and present a professional research project.

**ATTR 523. EVIDENCE-BASED PRACTICE III. 2 Credits.**

**Pre-requisites:** ATTR 521.

This course will provide the students with an opportunity to critically read and understand published clinical research in the field of athletic training. This course will also provide students training and education in writing a research proposal that will be submitted to the institutional review board (IRB).

**ATTR 531. ATHLETIC TRAINING PRACTICE SEMINAR I. 2 Credits.**

**Pre-requisites:** ATTR 501.

This course provides athletic training students with in depth training, refinement, and practice of basic athletic training skills in order to become "proficient" in these areas. Students will also receive education and training in more advanced athletic training skills. The course will include wrapping, taping, bracing and splinting techniques; management of dermal injuries; the care of spinal trauma, and other emergency equipment.

**ATTR 532. ATHLETIC TRAINING PRACTICE SEMINAR II. 2 Credits.**

**Pre-requisites:** ATTR 501.

This course provides athletic training students with in depth training, refinement, and practice of basic athletic training skills in order to become "proficient" in these areas. Students will also receive education and training in more advanced athletic training skills. The course will include wrapping, taping, bracing and splinting techniques; management of dermal injuries; the care of spinal trauma, and other emergency equipment.

**ATTR 533. ATHLETIC TRAINING PRACTICE SEMINAR III. 2 Credits.**

**Pre-requisites:** ATTR 501.

This course provides athletic training students with in depth training, refinement, and practice of basic athletic training skills in order to become "proficient" in these areas. Students will also receive education and training in more advanced athletic training skills. The course will include wrapping, taping, bracing and splinting techniques; management of dermal injuries; the care of spinal trauma, and other emergency equipment.

**ATTR 551. SPECIAL TOPICS IN ATHLETIC TRAINING I. 3 Credits.****Pre-requisites:** ATTR 501.

This course provides athletic training students with preparation into professional practice, including by not limited to the major areas of the national board of certification (BOC) examination, continuing education, and providing service. Students will have the opportunity increase their own understanding and professional skills through teaching various athletic training skills and techniques to newer students.

**ATTR 552. SPECIAL TOPICS IN ATHLETIC TRAINING II. 3 Credits.****Pre-requisites:** ATTR 501.

This course provides athletic training students with preparation into professional practice, including by not limited to the major areas of the national board of certification (BOC) examination, continuing education, and providing service. Students will have the opportunity increase their own understanding and professional skills through teaching various athletic training skills and techniques to newer students.

**ATTR 554. ATHLETIC TRAINING IN SPECIAL POPULATIONS. 2 Credits.****Pre-requisites:** ATTR 501.

This course introduces the history, philosophy, and organizations related to adaptive sports and the associated roles athletic training can fill. Roles include injury prevention and care of injuries, use of protective equipment, creating safe facilities, and proper supervision of practice and contests. Includes an introduction to legal implications and socioeconomic and public health issues related to these populations.

**ATTR 561. MEDICAL CONDITIONS IN ATHLETIC TRAINING. 4 Credits.****Pre-requisites:** ATTR 501.

This course will provide students an opportunity to learn about general medical conditions by body system, their mechanism of acquisition, signs, symptoms, referral, treatment, and return to participation criteria. Students will also develop a framework for decision making when evaluating individuals, including athletes that present with these conditions. Students will also be given the opportunity to interact with allied health care professionals through this class.

**ATTR 562. PHARMACOLOGY IN ATHLETIC TRAINING. 2 Credits.****Pre-requisites:** ATTR 501.

This course will provide the students a working knowledge of therapeutic medications commonly used in the rehabilitative health professions. The material will primarily pertain to mechanisms of drug action in relation to the treatment of a disease, dosage requirements, drug interactions, side effects, legal considerations and general information and guidelines related to medication usage.

**ATTR 563. HEALTH CARE ADMINISTRATION. 4 Credits.****Pre-requisites:** ATTR 501.

This course stresses the administrative and management responsibilities required when working in the athletic training/sports medicine field. This includes operation and design of an athletic training/sports medicine facility, insurance, legal issues, personnel selection, budgeting, and organizational skills. There will be individual and group projects that will culminate in a final project that will be assessed by a professional within the field as well as your peers.

**ATTR 564. PSYCHOSOCIAL STRATEGIES IN ATHLETIC TRAINING. 4 Credits.****Pre-requisites:** ATTR 501.

The purpose of this Psychosocial Strategies in Athletic Training course is to provide an understanding for the personal and societal health issues encountered as a part of the profession of athletic training.

**ATTR 587. IMMERSIVE PRACTICUM I. 4 Credits.****Pre-requisites:** ATTR 501.

This course provides an immersive component for athletic training clinical experiences with a preceptor. Emphasis is placed upon developing professional and clinical skills including documentation, communication, cultural competence, and evidence-based practice. This course includes a component of classroom-based discussion on pathological conditions and reflective clinical reasoning.

**ATTR 588. CLINICAL PRACTICUM. 1-2 Credits.****Notes:** must be repeated.**Pre-requisites:** ATTR 501.

Students work under the supervision of a certified athletic trainer to gain experience and exposure to all aspects of athletic training.

**ATTR 589. IMMERSIVE PRACTICUM II. 5 Credits.****Pre-requisites:** ATTR 501.

This course provides full-time immersive clinical experiences in athletic training practice with a preceptor. Continued emphasis is placed upon the refining of professional and clinical skills including documentation, communication, cultural competence, and evidence-based practice. This course includes a component of classroom-based discussion on reflective clinical practice.

**ATTR 590. ATHLETIC TRAINING CAPSTONE. 4 Credits.****Pre-requisites:** ATTR 501.

This course guides students through the research process and contributing to the body of knowledge in Athletic Training and Allied Health through the preparation of a professional project. Students work with faculty mentors to research an approved research topic, write a professional manuscript, and present the information via platform and poster presentations.

**ATTR 596. EXPERIMENTAL COURSE. 1-5 Credits.****ATTR 601. PROFESSIONAL PROJECT. 1-6 Credits.****Pre-requisites:** ATTR 501 and permission of the instructor, department chair and college dean.

This course is designed to guide the student through the process of contributing to the body of knowledge in Athletic Training and Allied Health through the preparation of a clinical case report. In this course, students will work with faculty mentors to prepare the case report, write a research manuscript, and present research findings via platform and poster presentations. The assignment is to be completed as partial completion of the requirements for the degree of Master of Athletic Training.