

Athletic Training(ATEP) 2014-2015

Bachelor of Science Degree in Athletic Training

For advising, contact Dr. Amanda Caswell at aalleni@gmu.edu, visit us at rht.gmu.edu



❖ **Mason Core, 38 credits:** For current list of approved courses: <http://provost.gmu.edu/gened/approved-course-listing/>

- Oral Communication - 3 credits
- Written Communication (Lower Level) - 3 Credits
- Written Communication (Upper Level) - 3 Credits (**ENGH 302, Nat. Science Sec**)
- Information Technology - 3 Credits
- Quantitative Reasoning - 3 Credits (**STAT 250**)
- Arts - 3 Credits
- Global Understanding - 3 Credits
- Literature - 3 Credits
- Social and Behavioral Sciences - 3 Credits (**HEAL 230**)
- Natural Science - 8 Credits (**BIOL 124 & 125**)
- Western Civilization - 3 Credits

❖ **Electives, 6 Credits**

❖ **Professional Sequence, 79 Credits**

- Students must have a C or better and a 3.0 GPA in all 1st year courses to enroll in 200-400 level sequence courses.
- To remain in good academic standing, students must maintain a C or better in all courses & 2.8 GPA in sequence courses.

Academic Plan (to be supplemented with Mason Core and Electives) ♦ Courses must be taken concurrently

Semester	Course	Credits	Prerequisites, C or better required	Campus	Offered
1 st Year Fall	ATEP 150 Intro to Ath Training & Preven	3		PW	F, S
	BIOL 124 Human Anatomy and Physiology	4		FX/PW	F, Sum
	HEAL 110 Personal Health	3		FX/PW	F, S
1 st Year Spring	ATEP 180 Emergency Medical Care	4		PW	S
	BIOL 125 Human Anatomy and Physiology	4	<i>BIOL 124</i>	FX/PW	S, Sum
	HEAL 230 (Soc. Beh. Sci.)	3		FX	F, S, Sum
	ATEP 300 Functional Anatomy	3	<i>BIOL 124; Concurrent BIOL 125</i>	PW	F, S, Sum
2 nd Year Fall	♦ ATEP 250 Phys Assessment of Lower Body	3		PW	F
	♦ ATEP 255 Clin Tech 1	3	<i>Emergency Cardiac Care Certification</i>	PW	F
	♦ ATEP 256 Practicum 1 (150 Hours)	3		PW	F
	KINE 310 Physiology of Exercise	3	<i>BIOL 124, 125, ATEP 300</i>	PW	F, S, Sum
2 nd Year Spring	♦ ATEP 260 Phys Assessment of Upper Body	3		PW	S
	♦ ATEP 265 Clin Tech 2	3		PW	S
	♦ ATEP 266 Practicum 2 (150 Hours)	3	<i>Emergency Cardiac Care Certification</i>	PW	S
	ATEP 270 Gen Med and Pharmac Principles	3		PW	S
3 rd Year Fall	♦ ATEP 350 Therapeutic Modalities	3		PW	F
	♦ ATEP 355 Clin Tech 3	3		PW	F
	♦ ATEP 356 Practicum 3 (200 Hours)	3	<i>Emergency Cardiac Care Certification</i>	PW	F
	HEAL 330/KINE 320 Nutrition	3		PW	F, S, Sum
3 rd Year Spring	♦ ATEP 360 Therapeutic Rehabilitation	3		PW	S
	♦ ATEP 365 Clin Tech 4	3		PW	S
	♦ ATEP 366 Practicum 4 (200 Hours)	3	<i>Emergency Cardiac Care Certification</i>	PW	S
	KINE 360 Strngth Train: Concepts/Applic	3	<i>BIOL 124, 125, ATEP 300, KINE 310</i>	PW	F, S
4 th Year Fall	♦ ATEP 450 Admin and Management in AT	3		PW	F
	♦ ATEP 456 Practicum 5 (300 Hours)	6	<i>Emergency Cardiac Care Certification</i>	PW	F
	PRLS 450 Research Methods (ATEP Section)	3	<i>STAT 250 and 60 credits</i>	FX/PW	F, S, Sum
4 th Year Spring	ATEP 441 Senior Seminar - Synthesis	3		PW	F, S
	PRLS 460 Sport and Recreation Law	3	<i>60 credits</i>	NET	F, S, Sum

Academic Requirements: 123 total credits; 45 Upper Level Credit Hours; 30 Hours (12 upper level) for GMU Residency Requirement; Completion of Mason Core courses; GPA of at least 2.8

COURSE DESCRIPTIONS

ATEP 150 Introduction to Athletic Training and Preventative Care Techniques (3) This course presents an introduction to the profession of athletic training and to the basic principles of preventative care commonly used in the profession.

ATEP 180 Emergency Medical Care for Physically Active Populations (4) An investigation of the scientific and philosophical foundations of pre-hospital emergency care principles pertinent to a physically active population. Upon successful completion of this course the student will earn Emergency Cardiac Care (ECC) and First Aid certifications.

ATEP 250 Physical Assessment of the Lower Body (3) Principles of physical assessment of the lower body.

ATEP 255 Clinical Techniques 1: Physical Assessment of the Lower Body (3) An analysis of physical assessment clinical techniques of the lower body (including the lower extremity and abdomen).

ATEP 256 Practicum 1: Physical Assessment of the Lower Body (3) A clinical practicum field experience under the direct supervision of an Approved Clinical Instructor (ACI) with emphasis on physical assessment of the lower body.

ATEP 260 Physical Assessment of the Upper Body (3) An analysis of the principles of physical assessment of the upper body.

ATEP 265 Clinical Techniques 2: Physical Assessment of the Upper Body (3) An analysis of physical assessment clinical techniques of the upper body (including the upper extremity, head, and neck).

ATEP 266 Practicum 2: Physical Assessment of the Upper Body (3) A clinical practicum field experience under the direct supervision of an Approved Clinical Instructor (ACI) with emphasis on physical assessment of the upper body.

ATEP 270 General Medical Conditions and Pharmacology in Physically Active Populations (3) An examination of assessment and management techniques of general medical conditions and pharmacological principles in physically active populations.

ATEP 300 Functional Anatomy (3) Covers anatomical and mechanical study of human movement.

ATEP 350 Therapeutic Modalities (3) Study of the physical principles, physiological effects, indications, and contraindications of therapeutic modalities used in athletic training.

ATEP 355 Clinical Techniques 3: Therapeutic Modalities (3) An examination of the scientific theory and standard operating procedures necessary for the safe application of therapeutic modalities in a physically active patient population.

ATEP 356 Practicum 3: Therapeutic Modalities (3) A clinical practicum field experience under the direct supervision of an Approved Clinical Instructor (ACI) with emphasis on therapeutic modalities.

ATEP 360 Therapeutic Rehabilitation (3) A study of the indications, contraindications, physiological effects, special programs, and resistance methods that are used in the prevention and rehabilitation of athletic injuries.

ATEP 365 Clinical Techniques 4: Therapeutic Rehabilitation (3) An analysis of standard clinical techniques and therapeutic rehabilitation methods commonly used with a physically active population.

ATEP 366 Practicum 4: Therapeutic Rehabilitation (3) A clinical practicum field experience under the direct supervision of an Approved Clinical Instructor (ACI) with emphasis on therapeutic rehabilitation.

ATEP 441 Senior Seminar in Athletic Training (3) This is a capstone educational experience focusing on current topics in Athletic Training Profession and career development issues.

ATEP 450 Administration and Management in Athletic Training (3) This lecture /seminar course will focus on the professional organization, management and administrative issues in athletic training. Current issues in athletic training related to professional conduct and practice will also be discussed.

ATEP 456 Practicum 5: Professional Integration (6) A clinical practicum field experience under the direct supervision of an Approved Clinical Instructor (ACI) with emphasis on professional skill integration.

HEAL 110 Personal Health (3) Focuses on individual and family well being through the integration of such topics as fitness, nutrition, human sexuality, consumer health, drug education, and mental health.

HEAL 230 Introduction to Health Behavior (3) Introduces health behavior in context of health psychology. Various theoretical models applied to understanding health, illness and sick-role behaviors. Studies health and disease from a biopsychosocial perspective. Examines means of preventing and treating health problems.

HEAL 330 Nutrition (3) Assessment of dietary habits and patterns in relation to nutrition requirements. Emphasis on weight control, diet and fitness, and current nutritional controversies.

KINE 310 Physiology of Exercise (3) Human physiology response to environmental changes and exercise.

PHED 364 Strength Training: Concepts and Applications (3) Provides students with an opportunity to develop an in-depth understanding of the principles of strength training and conditioning, including anatomical and physiological considerations, lifting techniques, equipment selection, program development and evaluation, and weightlifting safety.

PRLS 450 Research Methods (3) Development of empirical research designs for both practical and theoretical problems in health, fitness, and recreation resources management. Literature review of hypothesized relationships and formulation of research proposals. This meets the General Education writing intensive course.

PRLS 460 Sport and Recreation Law (3) Emphasis on safety, liability and risk. Covers current law and liability issues for administrators of RHT facilities and programs.