



**Bachelor of Science (B.S.) Degree in Athletic Training (AT)  
School of Recreation, Health, and Tourism (RHT)  
Academic Advising Form 2005-2006  
rht.gmu.edu**

**Name:** \_\_\_\_\_ **G#:** \_\_\_\_\_ **Advisor:** \_\_\_\_\_  
**Address:** \_\_\_\_\_  
**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_ **Catalog Year:** \_\_\_\_\_

\*Contact 703-993-2060 to obtain your advisor's name, phone number, & email address \*Make an appointment for advisement

**I. GENERAL EDUCATION (GEN ED) REQUIREMENTS (41)**

For current list of approved courses in GEN ED: <http://www.gmu.edu/departments/provost/gened/>

Requirement	Credits	Institution	Course #	Grade	Sem. /Yr
Written Communication (Lower Level)	3				
Written Communication (Upper Level)	3				
Western Civilization	3				
Information Technology	3				
Social and Behavioral Sciences (PSYC 100)	3				
Literature	3				
Oral Communication	3				
Fine Arts	3				
U. S. History	3				
Quantitative Reasoning (STAT 250)	3				
Global Understanding (e.g., TOUR 210)	3				
Natural Science (BIOL 124 and 125)	8				

**II. PROFESSIONAL CONCENTRATION (74)**

Requirement	Credits	Institution	Course #	Grade	Sem. /Yr
ATEP 228	3				
ATEP 229	3				
ATEP 310	3				
ATEP 315	3				
ATEP 320	3				
ATEP 325	3				
ATEP 350	3				
ATEP 354	3				
ATEP 357	3				
ATEP 413	3				
ATEP 441 (GEN ED Synthesis)	3				
HEAL 110	3				
HEAL 205	4				
HEAL 330	3				
PHED 200	3				
PHED 300	3				
PHED 365	3				
PHED 410	3				
PHED 450	4				
PRLS 405	3				
PRLS 410	3				
PRLS 450	3				
PRLS 460	3				
EFHP 524	3				

**III. ELECTIVES (5)**

Course Name	Credits	Institution	Course #	Grade	Sem. /Yr

**TOTAL CREDITS (120 REQUIRED)**

*45 hours of upper level credit*

## COURSE DESCRIPTIONS

### **ATEP 228 Introduction to Athletic Training (3)**

An introduction to the profession of athletic training. Areas to be studied include the role of the athletic trainer in sports medicine, mechanisms of athletic injuries, tissue response to injury, blood-borne pathogens, introductory techniques of the assessment and evaluation of athletic injuries and emergency procedures, general illnesses common with athletes, and dermatological conditions.

### **ATEP 229 Clinical Experiences in Introductory Athletic Training (3) Prerequisite: ATEP 228**

An introduction to clinical skills commonly used in athletic training. Topics will include athletic training room organization and procedures; protective sports equipment; construction of protective devices; and application of protective taping, braces, wrapping, and protective pads. Assignments will include the application of skills with athletic teams.

### **ATEP 310 Athletic Injury Recognition of the Lower Extremity and Thorax (3) Prerequisites: ATEP 228, 229, 315; BIOL 124, 125; HEAL 110, 205; current CPR certification; 2.50 major g.p.a.**

An analysis of injury mechanisms of specific injuries to the lower extremity and thorax.

### **ATEP 315 Clinical Evaluation Skills for the Lower Extremity and Thorax (3) Co-requisites: ATEP 310; BIOL 124, 125; HEAL 110, 205; current CPR certification; 2.50 major g.p.a.**

An analysis of injury evaluation and muscle isolation techniques of specific injuries to the lower extremity and thorax. Assignments will include the application of skills with athletic teams.

### **ATEP 320 Athletic Injury Recognition of the Upper Extremity, Head and Neck (3) Prerequisites: ATEP 228, 229, 325; BIOL 124, 125; HEAL 110, 205; current CPR certification; 2.50 major g.p.a.**

An analysis of injury mechanisms of specific injuries to the upper extremity, head and spine.

### **ATEP 325 Clinical Evaluation Skills for the Upper Extremity, Head and Neck (3) Co-requisites: ATEP 228, 229, 320; BIOL 124, 125; HEAL 110, 205; current CPR certification; 2.50 major g.p.a.**

An analysis of injury evaluation and muscle isolation techniques of specific injuries to the upper extremity, head and spine. Assignments will include the application of skills with athletic teams.

### **ATEP 350 Therapeutic Modalities (3) Pre- or Co-requisites: ATEP 310, 315, 320, 325, 354, 357; BIOL 124, 125; HEAL 110, 205**

A study of the physical principals, physiological effects, indications, and contraindications of therapeutic modalities used in athletic training. A study of indications, contraindications, physiological effects, special programs and resistance methods used in the prevention and rehabilitation of athletic injuries.

### **ATEP 354 Rehabilitation of Athletic Injuries (3) Prerequisites: ATEP 228, 229, 310, 315, 320, 325, 350, 357; BIOL 124, 125; HEAL 110, 205; current CPR certification; 2.50 major g.p.a.**

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 357 Treatment and Rehabilitation Clinical Techniques (3) Pre- or Co-requisites: ATEP 228, 229, 310, 315, 320, 325, 350, 354; BIOL 124, 125; HEAL 110, 205; current CPR certification; 2.50 major g.p.a.**

Practical experience in the standard operating procedures of therapeutic modalities commonly used in athletic training and special programs and rehabilitation methods used in the prevention and rehabilitation of athletic injuries. Assignments will include the application of skills with athletic teams.

### **ATEP 413 Management Skills in Athletic Training (3) Prerequisites: ATEP 228, 229, 310, 315, 320, 325, 350, 354, 357; BIOL 124, 125; HEAL 110, 205; PHED 200; PRLS 405, 410; current CPR certification; 2.50 major g.p.a.**

Practical experience in the administration of an athletic training program on the collegiate, clinical, professional, and secondary school level.

### **ATEP 441 Practicum in Athletic Training (3) Prerequisites: ATEP 228, 229, 310, 315, 320, 325, 350, 354, 357; BIOL 124, 125; HEAL 110, 205; PHED 200; PRLS 405, 410; current CPR certification; 2.50 major g.p.a.**

Applies techniques and procedures in the care and prevention of athletic injuries in a selected environment under certified athletic trainer supervision.

Involves at least 300 hours of participation.

### **EFHP 524 Physiology for the Athletic Trainer Including the Pharmacology of Sports Injuries (3) Prerequisites: BIOL 124 and 125, 90 credits, and permission of instructor (POI)**

Promotes familiarity with and proficiency in the physiology, pharmacology, and rehabilitation of sports injuries.

### **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 205 Principles of Accident Causation and Prevention (4)**

Investigation of safety related problems, emphasis on fire, home, occupational, recreational, and vehicle safety; violence and property crime prevention.

Identification, care, and treatment of various medical emergencies.

### **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.

### **PHED 200 Professional Dimensions of Health, Recreation, and Physical Education (3) Open to non-majors**

Traces historical foundations of health, recreation, physical education, and sport.

### **PHED 300 Kinesiology (3) Prerequisites: BIOL 124 and 125**

Anatomical and mechanical study of human movement.

### **PHED 365 Measurement and Evaluation of Physical Fitness (3) Prerequisites: BIOL 124 and 125**

Selection, administration, evaluation, and construction of measurement and evaluation instruments and techniques in physical education; statistical analysis of data and survey of selected instruments.

### **PHED 410 Social/Psychological Aspects of Health and Fitness (3)**

Covers research, trends and techniques of health and fitness from a behavioral perspective.

### **PHED 450 Physiology of Exercise (3) Prerequisites: BIOL 124 and 125; PHED 300**

Human physiology response to environmental changes and exercise.

### **PRLS 405 Planning, Design and Maintenance of Leisure Facilities (3) Prerequisites: PRLS 310 or POI, and 60 credits**

Quantity, location, and design standards for facilities. Safety, functionality, durability, and maintenance demand criteria in planning and design.

Programmatic and operational objectives to be met, including user comfort and convenience, crowd management, and traffic flow. Space relationships. Includes field study of local facilities.

### **PRLS 410 Administration of HFRR Organizations I (3) Prerequisite: 60 credits**

Operation and management of health, fitness, and recreation services organizations. Management and leadership theories and techniques. Problem solving and decision making. Design of organizational structures. Budgeting.

### **PRLS 450 Research Methods (3) Prerequisites: HEAL 323, STAT 250 and 60 credits**

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.

### **PRLS 460 Sport and Recreation Law (3) Prerequisite: 60 credits**

Emphasis on safety, liability and risk. Current law and liability issues for administrators of HFRR facilities and programs.