

Athletic Training (ATEP) 2015-2016

Bachelor of Science Degree in Athletic Training

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



❖ **Mason Core 38 credits:** For current list of approved courses: masoncore.gmu.edu

- Oral Communication - 3 credits
- Written Communication (Lower Level) - 3 Credits
- Written Communication (Upper Level) - 3 Credits (**ENGH 302, Nat. Science Sec**)
- Information Technology - 3 Credit
- 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

❖ **Pre-Professional Phase 20 Credits**

- Students must have a C or better and a 3.0 GPA in all 11 of these courses to be admitted into the Professional Phase

❖ **Professional Phase 62 Credits, Level I 38 Credits, Level II 24 Credits**

- To remain in good academic standing, students must maintain a 2.8 GPA in Professional Sequence courses.
- Current Emergency Cardiac Care Certification is required for all practicum courses

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

Phase	Semester	Course	Credits	Prerequisites C or better required	Campus
Pre-Professional Phase	1 st Year Fall	ATEP 150 Intro to Athletic Training & Prev. Care Techniques	3		PW
		ATEP 201 Scientific & Medical Terminology	3		Net
	1 st Year Spring	HEAL 230 Health Behavior (Gen Ed)	3		Net/FX
		BIOL 124 Human Anatomy and Physiology	4		PW/FX
	2 nd Year Fall	ATEP 300 Functional Anatomy	3	BIOL 124	PW
		BIOL 125 Human Anatomy and Physiology	4	BIOL 124	PW/FX
		STAT 250 Statistics (Gen Ed)	3	High School Algebra	FX
	2 nd Year Spring	ATEP 120 First Aid and CPR	2		PW
		ATEP 325 Foundations of Athletic Training	3	ATEP 150, 201, 300, HEAL 230	PW
		KINE 320 Sports Nutrition	3		Net
		KINE 310 Physiology of Exercise	3	ATEP 300	Net
PRLS 450 Research Methods (ATEP Section)		3	STAT 250	PW	
Professional Phase Level 1	2 nd Year Summer	ATEP 310 Advanced Functional Anatomy	3	Pre-Prof Courses	PW
		ATEP 320 Foundations of Therapeutic Interventions	3	Pre-Prof Courses	PW
	3 rd Year Fall	ATEP 330 Emergency Medical Procedures for Athletic Trainers	3	Pre-Prof Courses	PW
		♦ATEP 340 Lower Body Physical Assessment	3	Pre-Prof Courses	PW
		♦ATEP 345 Athletic Training Clinical Techniques 1	3	Pre-Prof Courses	PW
		♦ATEP 351 Lower Body Therapeutic Interventions	3	Pre-Prof Courses	PW
		♦ATEP 354 Athletic Training Clinical Techniques 2	3	Pre-Prof Courses	PW
	3 rd Year Spring	♦ATEP 361 Upper Body Therapeutic Interventions	3	Pre-Prof Courses	PW
		♦ATEP 365 Athletic Training Clinical Techniques 4	3	Pre-Prof Courses	PW
		♦ATEP 367 Practicum 1 (University/High School 150 hours)	2	Pre-Prof Courses	PW
		♦ATEP 370 Upper Body Physical Assessment	3	Pre-Prof Courses	PW
		♦ATEP 375 AT Clinical Techniques 3	3	Pre-Prof Courses	PW
		ATEP 400 Pathopharmacology	3	Pre-Prof Courses	PW
Professional Phase Level 2	3 rd Year Sum. I	ATEP 450 Admin and Management in Athletic Training	3	Phase 1 Courses	PW
		ATEP 457 AT Practicum 2 (Clinic 75 hours)	1	Phase 1 Courses	PW
	3 rd Year Sum. II	ATEP 466 AT Practicum 3 (Preseason 150 hours)	2	Phase 1 Courses	PW
	4 th Year Fall	ATEP 460 Pediatric Sports Medicine	3	Phase 1 Courses	PW
		♦ATEP 470 Post Rehabilitative Therapeutic Interventions	2	Phase 1 Courses	PW
		♦ATEP 476 AT Practicum 4 (University/High School 300 Hrs)	4	Phase 1 Courses	PW
	4 th Year Spring	♦ATEP 480 Athletic Training Research	3	Phase 1 Courses	PW
		♦ATEP 486 AT Practicum 5 (400 hours) (Capstone Mason Core)	6	Phase 1 Courses	PW

Academic Requirements: 120 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 120 First Aid and CPR: (2)** Covers emergency management procedures for various injuries and sudden illnesses, including 1- and 2-person CPR, and use of an Automated External Defibrillator (AED) for cardiac emergencies and basic first aid techniques; certification in first aid and CPR.
- 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 201 Scientific & Medical Terminology: (3)** Foundations of scientific and medical vocabulary including prefixes, suffixes and stems used to form compound words.
- ATEP 300 Functional Anatomy: (3)** Covers anatomical and mechanical study of human movement.
- ATEP 310 Advanced Functional Anatomy: (3)** Investigates the musculoskeletal anatomy including innervation, vascular anatomy, and function of the neck, trunk and limbs. Synthesizes anatomy, physiology, and human movement as it relates to injury; case studies are used to enhance the understanding of human anatomy and interpret movement impairments.
- ATEP 320 Foundations of Athletic Training: (3)** Explores foundational knowledge and skills necessary for the safe, effective, and evidence-based application of therapeutic interventions. Investigates physiologic response to injury and healing, physiologic cause of pain, physiologic response of tissue to therapeutic intervention including modalities and exercise.
- ATEP 330 Emergency Medical Procedures for Athletic Trainers: (3)** Investigates the scientific and philosophical foundations of pre-hospital emergency care principles pertinent to athletic trainers. Students develop knowledge, critical thinking and problem solving skills necessary to correctly apply emergency care principles and associated skills in a variety of clinical and professional settings.
- ATEP 340 Lower Body Physical Assessment: (3)** Analysis of the principles of lower body physical assessment. Investigates mechanisms of injury, the evaluation process, and testing leading to diagnosis.
- ATEP 345 Athletic Training Clinical Techniques 1: (3)** Apply principles of lower body, thoracic and lumbar spine physical assessment. Develop evaluation skills including special testing leading to diagnosis.
- ATEP 351 Lower Body Therapeutic Interventions: (3)** Integrated approach to therapeutic interventions including modalities and rehabilitation in the treatment of lower body injuries and conditions. Includes development, implementation, and evaluation of treatment plans for lower body injuries.
- ATEP 354 Clinical Techniques 2: (3)** Apply therapeutic interventions for the lower body in a laboratory setting. Develop rehabilitation treatment plans and skills necessary to carry out patient care.
- ATEP 361 Upper Body Therapeutic Interventions: (3)** Integrated approach to therapeutic interventions including modalities and rehabilitation in the treatment of upper body, head and neck injuries and conditions. Includes development, implementation, and evaluation of treatment plans for upper body, head and neck injuries.
- ATEP 365 Athletic Training Clinical Techniques 4: (3)** Apply therapeutic interventions for the upper body, head and neck in a laboratory setting. Develop rehabilitation treatment plans and skills necessary to carry out patient care.
- ATEP 367 Practicum 1: (2)** Emphasize physical assessment and therapeutic interventions of the lower body in a clinical immersion practicum field experience under the direct supervision of a preceptor.
- ATEP 370 Upper Body Physical Assessment: (3)** Analysis of the principles of upper body physical assessment. Investigates mechanisms of injury, the evaluation process, and testing leading to diagnosis.
- ATEP 375 Clinical Techniques 3: (3)** Apply principles of upper body, head and neck physical assessment. Develop evaluation skills including special testing leading to diagnosis.
- ATEP 400 Pathopharmacology: (3)** Examines the assessment and management techniques of general medical conditions and pharmacological principles and interventions.
- ATEP 450 Administration and Management in Athletic Training: (3)** This lecture / seminar course will focus on the professional management and administrative issues in athletic training. Organization and administration topics will include the preparation in planning, designing, developing, organizing, implementing, directing, and evaluating an athletic training health care program and facility. Current issues in athletic training related to professional conduct and practice will also be discussed.
- ATEP 457 Practicum 2: (1)** Emphasize physical assessment and therapeutic interventions of the upper body with non-sport populations and assessment of general medical conditions in a clinical practicum field experience under the direct supervision of a preceptor.
- ATEP 460 Pediatric Sports Medicine: (3)** Examines evidence-based practices for injury prevention, sport safety, emergency preparedness, and risk management within youth and scholastic sport.
- ATEP 466 Practicum 3: (2)** Emphasize injury prevention, administration, physical assessment and therapeutic intervention during athletics pre-season in a clinical practicum field experience under the direct supervision of a preceptor.
- ATEP 470 Post Rehabilitative Therapeutic Interventions: (2)** Explore current topics of musculoskeletal injury prevention and intervention. Investigates injury epidemiology, pain and nutritional theories.
- ATEP 476 Practicum 4: (4)** Emphasize physical assessment and therapeutic interventions of the upper body in a clinical practicum field experience under the direct supervision of a preceptor.
- ATEP 480 Athletic Training Research: (3)** Examines methods for critically evaluating clinical research techniques and interventions to improve patient outcomes specific to the practice of athletic training.
- ATEP 486 Practicum 5: (6)** Emphasize professional skill integration with a clinical practicum field experience under the direct supervision of a preceptor.
- KINE 310 Physiology of Exercise: (3)** Human physiology response to environmental changes and exercise.
- KINE 320 Sports Nutrition: (3)** Assesses dietary habits and patterns in relation to nutrient requirements across the age spectrum and for a variety of populations. Emphasizes weight control, diet in relation to physical activity, and current nutritional controversies.
- 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.