

ATHLETIC TRAINING

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PROGRAM AVAILABLE

BACHELOR OF SCIENCE IN ATHLETIC TRAINING ATHLETIC TRAINING MAJOR PROGRAM

The Department of Biology offers a four-year program leading to a Bachelor of Science in athletic training. The athletic training major integrates both liberal arts and professional studies to provide a comprehensive and challenging education program. Students will receive instruction in athletic training-specific course work through classroom, laboratory and clinical education. The program also requires that students obtain 1,000 hours of clinical experience.

The athletic training major consists of two parts: a pre-clinical portion and a clinical education portion. Any student wishing to pursue a Bachelor of Science in athletic training must be admitted to the clinical education portion of the major. The clinical education portion must be completed over a minimum of two academic years (four semesters). Students must be in academic good standing and complete a formal application into the clinical education portion of the program. Details on specific requirements and the admission process for entering freshman or transfers can be found on the program website at: www.mcla.edu/attr

Upon completion of the athletic training major, graduates will be able to:

- Demonstrate effective written and oral communication skills;
- Demonstrate the ability to synthesize, critically appraise, and apply knowledge attained throughout the program;

- Demonstrate professional and ethical behavior consistent with the National Athletic Trainers' Association Code of Ethics and the Massachusetts Standards of Practice and Code of Ethics for Athletic Training;
- Demonstrate mastery of cognitive and psychomotor competencies, as well as clinical proficiencies outlined by the National Athletic Training Association Education Council;
- Demonstrate the basic knowledge and skills related to evidence-based practice.

Requirements

ATTR	100	Observation in Athletic Training I	1 cr
ATTR	101	Observation in Athletic Training II	1 cr
ATTR	200	Practicum in Athletic Training I	1 cr
ATTR	201	Practicum in Athletic Training II	1 cr
ATTR	220	Introduction to Athletic Training I	3 cr
ATTR	221	Introduction to Athletic Training II	3 cr
ATTR	300	Practicum in Athletic Training III	1 cr
ATTR	301	Practicum in Athletic Training IV	1 cr
ATTR	321	Lower Body Assessment	4 cr
ATTR	322	Upper Body Assessment	4 cr
ATTR	337	Modalities in Athletic Training	4 cr
ATTR	338	Therapeutic Exercise	3 cr
ATTR	340	Athletic Training Management	3 cr
ATTR	400	Practicum in Athletic Training V	1 cr
ATTR	401	Practicum in Athletic Training VI	1 cr
ATTR	450	General Medicine in Athletic Training	1 cr
BIOL	150	Introduction to Biology	4 cr
BIOL	250	Nutrition	3 cr
BIOL	307	Pharmacology	3 cr
BIOL	316	Functional Human Anatomy	3 cr

BIOL	342	Anatomy & Physiology I	4 cr
BIOL	343	Anatomy & Physiology II	4 cr
BIOL	440	Physiological Aspects of Exercise	4 cr
BIOL	484	Biomechanical Analysis of Human Movement	3 cr
CHEM	150	Introduction to Chemistry I	4 cr
CHEM	152	Introduction to Chemistry II	4 cr
MATH	232	Statistics	3 cr
PHED	120	Emergency Medical Response	1 cr
PHED	160	Strength and Conditioning	1 cr
PHED	215	Lifetime Wellness	3 cr
PSYC	100	Introduction to Psychology	3 cr
PSYC	230	Social Psychology	3 cr

A total of 1000 hours of clinical experience time

TOTAL ATHLETIC TRAINING MAJOR REQUIREMENTS 83 cr

COURSE DESCRIPTIONS

ATTR 100 Observation in Athletic Training I 1 cr

Introduces the field of athletic training. Includes completion of hands-on proficiency skills related to the field of athletic training, outlined by the NATA Education Council. This course will be graded on a pass/fail basis.

Coreq: ATTR 220

Prerequisite: None

ATTR 101 Observation in Athletic Training II 1 cr

Explores further the introduction to the field of athletic training. Includes completion of hands-on proficiency skills related to the field of athletic training, outlined by the NATA Education Council. This course will be graded on a pass/fail basis. Coreq: ATTR 221

Explores neurophysiology and human physiology. Students will learn how these systems are affected when microfailure has occurred. Students will also learn how to use therapeutic modalities and develop specific protocols that will affect the recovery of the microfailure. Required laboratory.

Prerequisite: ATTR major

ATTR 338 Therapeutic Exercise 3 cr

Studies the techniques and principles involved in rehabilitation of athletic injuries. Topics included are therapeutic and reconditioning exercise, weight training/conditioning, psychological and physiological considerations and proper program construction.

Prerequisite: ATTR major

ATTR 340 Athletic Training Management 3 cr

Explores management issues related to the field of athletic training and sports. Topics include but are not limited to health care administration, professional development, ethics, budgeting, legal concerns, drug testing and blood-borne pathogens. This course also prepares the athletic training student for the NATA exam, employment and/or graduate school. Course attributes: LDRS.

Prerequisite: Junior/senior status

ATTR 400 Practicum in Athletic Training V 1 cr

Builds on course content acquired by the senior year of the athletic training program. Provides clinical experience in the field of athletic training. A presentation, practice and outcomes testing of clinical proficiency skills outlined by the NATA Education Council is required. Experience will come from various sports and settings. The course will be graded on a pass/fail basis.

Prerequisite: ATTR major Coreq: ATTR 450

ATTR 401 Practicum in Athletic Training VI 1 cr

Expands upon course content acquired by the senior year of the athletic training program. Provides clinical experience in the field of athletic training. A presentation, practice and outcomes testing of clinical proficiency skills outlined by the NATA Education Council is required. Experience will come from various sports and settings. This course will be graded on a pass/fail basis.

Prerequisite: ATTR 200, ATTR 201, ATTR 300, ATTR 301, ATTR 400

ATTR 450 General Medicine in Athletic Training 1 cr

Explores all aspects of non-orthopedic injuries and disorders of the physically active including history taking, evaluation and instrument use. Exposes the Athletic Training student to non-orthopedic injuries and disorders associated with the physically active.

Prerequisite: BIOL 342, BIOL 343

PHED 103 Swimming 1 cr

Designed for the non-swimmer wishing to learn to swim and swimmers looking to improve their swimming skills. Swimming as a lifelong health/fitness activity is stressed.

Prerequisite: None

PHED 108 Community First Aid and Safety 1 cr

Provides instruction in basic first aid and CPR for the adult, child and infant. Red Cross certification is provided upon successful completion.

Prerequisite: None

PHED 109 Scuba 2 cr

Introduces the skills of scuba diving. Successful completion of this course leads to certification in NAUI, a worldwide diving organization.

Prerequisite: None

PHED 110 Fundamentals of Tennis 1 cr

Instructs students in the fundamentals of tennis and game play.

Prerequisite: None

PHED 113 Fundamentals of Beginning Badminton 1 cr

Provides the opportunity to learn skills and strategy of racket sports, specifically badminton.

Prerequisite: None

PHED 120 Emergency Medical Response 1 cr

Provides instruction in professional rescuer CPR, AED, and first aid for the adult, child, and infant. American Red Cross certification is provided upon successful completion.

Prerequisite: None

PHED 125 Fundamentals of Golf 1 cr

Introduces students to the game of golf. Provides basic instruction in a good golf swing and the following: putting, chipping, iron and wood shots.

Prerequisite: None

PHED 132 Fitness for Life 1 cr

Provides instruction in the components of physical fitness: flexibility, muscular strength and endurance, and cardiovascular endurance. Stress management and nutrition are also discussed.

Prerequisite: None

PHED 144 Aikido 1 cr

Focuses on an understanding of the principles of Aikido, a Japanese martial art. Focus is placed upon mastery of the fundamentals of the art to an extent

that the student will be able to apply correct stance, falling and rolling techniques, and proper distance during the practice of self-defense.

Prerequisite: None

PHED 146 Self Defense for Women 1 cr

Focuses on awareness and avoidance of a possible attack. Students will learn to punch and kick properly along with basic self defense hands techniques. This is a beginner's course in self-defense. Course attributes: WMST.

Prerequisite: None

PHED 147 Fundamentals of Yoga 1 cr

Teaches the basic Hatha Yoga postures, breathing exercises and relaxation techniques.

Prerequisite: None

PHED 150 Special Topics in Physical Education 1 to 2 cr

Introduces students to a variety of physical education activities. Activities vary according to teaching staff and student needs.

Prerequisite: None

PHED 160 Strength and Conditioning 1 cr

Designed for students to learn and practice techniques of conditioning as it relates to sport. Testing and training techniques for strength, power, speed, endurance, flexibility and agility will be emphasized.

Prerequisite: None

PHED 215 Lifetime Wellness 3 cr

Helps students develop a set of health behaviors that constitute what is generally considered to be a high energy lifestyle. These behaviors stress responsibility for one's health. Areas covered are physical fitness, nutrition

and weight control, stress management, substance abuse, sexually transmitted disease and chronic disease.

Prerequisite: None

PHED 375 Scientific Foundations of Coaching 3 cr

Facilitates an understanding of sport coaching based on the most current thinking regarding principles related to training basics, energy fitness, muscular fitness, and biomechanics. Students will learn to develop training programs for better sport performance and to ensure the health and safety of athletes.

Prerequisite: EDUC 375

PHED 395 Special Topics in Physical Education 1 to 3 cr

Explores a specific aspect related to physical education, athletics, coaching or sports medicine. Content identifiable by subtitle.

Prerequisite: Department approval

PHED 500 Independent Study 1 to 3 cr

Open to juniors and seniors who wish to study a topic in depth. Written reports and frequent conferences with the advisor are required.

Prerequisite: Junior/senior status, department approval