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

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>ATTR 100</td>
<td>Observation in Athletic Training I</td>
<td>1 cr</td>
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<tr>
<td>ATTR 101</td>
<td>Observation in Athletic Training II</td>
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<tr>
<td>ATTR 200</td>
<td>Practicum in Athletic Training I</td>
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<td>ATTR 201</td>
<td>Practicum in Athletic Training II</td>
<td>1 cr</td>
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<td>ATTR 220</td>
<td>Introduction to Athletic Training I</td>
<td>3 cr</td>
</tr>
<tr>
<td>ATTR 221</td>
<td>Introduction to Athletic Training II</td>
<td>3 cr</td>
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<tr>
<td>ATTR 300</td>
<td>Practicum in Athletic Training III</td>
<td>1 cr</td>
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<tr>
<td>ATTR 301</td>
<td>Practicum in Athletic Training IV</td>
<td>1 cr</td>
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<tr>
<td>ATTR 321</td>
<td>Lower Body Assessment</td>
<td>4 cr</td>
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<tr>
<td>ATTR 322</td>
<td>Upper Body Assessment</td>
<td>4 cr</td>
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<tr>
<td>ATTR 337</td>
<td>Modalities in Athletic Training</td>
<td>4 cr</td>
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<tr>
<td>ATTR 338</td>
<td>Therapeutic Exercise</td>
<td>3 cr</td>
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<tr>
<td>ATTR 340</td>
<td>Athletic Training Management</td>
<td>3 cr</td>
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<tr>
<td>ATTR 400</td>
<td>Practicum in Athletic Training V</td>
<td>1 cr</td>
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<tr>
<td>ATTR 401</td>
<td>Practicum in Athletic Training VI</td>
<td>1 cr</td>
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<tr>
<td>ATTR 450</td>
<td>General Medicine in Athletic Training</td>
<td>1 cr</td>
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<tr>
<td>BIOL 150</td>
<td>Introduction to Biology</td>
<td>4 cr</td>
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<tr>
<td>BIOL 250</td>
<td>Nutrition</td>
<td>3 cr</td>
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<tr>
<td>BIOL 307</td>
<td>Pharmacology</td>
<td>3 cr</td>
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<tr>
<td>BIOL 316</td>
<td>Functional Human Anatomy</td>
<td>3 cr</td>
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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
Prerequisite: None

ATTR 200  Practicum in Athletic Training I  1 cr
Builds on course content acquired by the sophomore 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 major  Coreq: ATTR 321

ATTR 201  Practicum in Athletic Training II  1 cr
Expands upon course content acquired by the sophomore 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 major  Coreq: ATTR 322

ATTR 220  Introduction to Athletic Training I  3 cr
Introduces students to the field of athletic training and sports medicine. Explores fundamental principles of athletic training, which includes terminology, physical conditioning and injury prevention. Coreq: ATTR 100
Prerequisite: None

ATTR 221  Introduction to Athletic Training II  3 cr
Explores further the introduction to the field of athletic training and sports medicine. Emergency procedures and health care administration in athletic training will be emphasized.
Prerequisite: ATTR 220  Coreq: ATTR 101
ATTR 300  Practicum in Athletic Training III 1 cr
Builds on course content acquired by the junior 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 major  Coreq: ATTR 337

ATTR 301  Practicum in Athletic Training IV 1 cr
Expands upon course content acquired by the junior 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 major  Coreq: ATTR 338

ATTR 321  Lower Body Assessment 4 cr
Explores all aspects of injury evaluation. Injuries to the lower extremity and lumbar spine will be stressed through lecture and lab.
**Prerequisite:** ATTR major

ATTR 322  Upper Body Assessment 4 cr
Explores all aspects of injury evaluation. Injuries to the upper extremity, head and cervical spine will be stressed through lecture and lab.
**Prerequisite:** ATTR major

ATTR 337  Modalities in Athletic Training 4 cr
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