

ATHLETIC TRAINING

(413) 662-5302

Program Director: Peter Hoyt, Ph.D.

Email: Peter.Hoyt@mcla.edu

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

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

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

