

## **ATHLETIC TRAINING COURSES (A T)**

**A T 100** **INTRODUCTION TO ATHLETIC TRAINING (3)** This course is designed to introduce students to the profession of athletic training and other healthcare professions, so students will understand the similarities, differences, and relationship of athletic training to other healthcare professions.

**AT 175** **BASIC ATHLETIC TRAINING SKILLS (3)** This course provides students with the skills and knowledge needed to maximize the benefit of athletic training clinical education. Some of the skills included in this course are taping, wrapping, protective padding fabrication, protective equipment fitting and modality application.

**A T 200** **FIELD EXPERIENCE I (2)** *Co-requisites or Prerequisites: A T 100, A T 225 and permission of instructor.* This course is designed to allow students to become familiar with certified athletic trainers (ATCs) and healthcare professionals with whom athletic trainers interact. Students will complete one hundred hours of experience through two or more rotations. This experience will help students understand each professional's role in caring for injured athletes and physically active individuals. Students will become proficient in injury prevention skills as part of this course.

**A T 225** **SAFETY AND THE MANAGEMENT OF HEALTH EMERGENCIES (2)** This course surveys safety principles, accident prevention, professional liability, and appropriate techniques for managing emergencies (Course fee required).

**A T 240** **CLINICAL EDUCATION I (2)** *Co-requisites or Prerequisites: A T 100, A T 225 and permission of instructor.* Students will gain experience with athletic trainers in a traditional athletic training setting and/or with physical therapists in a clinical setting. Students will complete one hundred hours of experience through two or more rotations. The purpose of the rotations is to give students an opportunity to observe AT's and/or PT's in traditional and clinical settings, gain experience observing and treating both male and female athletes, and become proficient in acute care athletic training skills.

**A T 325** **ASSESSMENT TECHNIQUES OF LOWER BODY INJURIES (3)** *Co-requisite or Prerequisites: BIOL 214, BIOL 215.* Students will learn appropriate injury assessment techniques for the lower extremity. The anatomy of the lower extremities will be reviewed, mechanisms of injury analyzed, basic concepts in assessment discussed, and skills necessary to accurately evaluate musculoskeletal injuries of the lower extremities practiced. Documentation in athletic training will be discussed and practiced.

**A T 326** **ASSESSMENT TECHNIQUES FOR UPPER BODY INJURIES (3)** *Prerequisite: A T 325 or permission of the instructor.* Students will learn appropriate injury assessment techniques for the upper extremity. The anatomy of the upper extremities will be reviewed, mechanisms of injury analyzed, basic concepts in assessment discussed, and skills necessary to evaluate musculoskeletal injuries of the upper extremities accurately practiced. Documentation in athletic training will be discussed and practiced.

**A T 340** **CLINICAL EDUCATION II (2)** *Prerequisite: A T 240.* Students will gain experience with the Lynchburg College athletic training staff in a traditional athletic training setting and complete 150 hours of experience through two rotations. The purpose of the rotations is to give students an opportunity to gain experience with athletic teams considered at high and low risk for developing injuries. Students are also given an opportunity to become proficient in athletic training skills.

**A T 342** **CLINICAL EDUCATION III (2)** *Prerequisite: A T 340.* Students will gain experience with the Lynchburg College athletic training staff in a traditional athletic training setting and complete 150 hours of experience through two rotations, the purpose of which is to give students an opportunity to gain experience with athletes who usually incur upper-extremity and lower-extremity injuries. This course provides the students with the opportunity to become proficient in athletic training skills.

**A T 350** **THERAPEUTIC EXERCISE FOR ATHLETIC INJURIES (3)** *Prerequisites: BIOL 214, BIOL 215, A T 100.* Therapeutic exercise and how it affects tissue healing and its role in the treatment of athletic injuries will be examined. Basic components, design, and implementation of rehabilitation programs will be discussed and practiced.

**A T 351** **THERAPEUTIC MODALITIES FOR ATHLETIC INJURIES (3)** *Prerequisites: BIOL 214, BIOL 215, A T 100.* This course provides advanced study of the use of therapeutic modalities in the field of athletic training. The indications, contraindications, and effects of physical agents such as ice, heat, electrical stimulation, and ultrasound will be studied. Students will have an opportunity to practice skills necessary to use modalities effectively.

**A T 415** **INTERNSHIP IN ATHLETIC TRAINING (2)** *Prerequisite: AT 342 and approval of faculty sponsor.* This course offers a professional internship within an appropriate athletic training/healthcare setting. The student and the faculty sponsor will agree on the location and the responsibilities of the intern.

**A T 425** **ADMINISTRATION OF ATHLETIC TRAINING PROGRAMS (3)** *Prerequisite: A T 342 or permission of instructor.* This course is designed to cover a wide range of athletic training administrative topics. At the conclusion of the course students should be familiar with the multitude of issues which face the athletic trainer who administers an athletic training program. The student should have a plan for addressing administrative issues.

**A T 440** **CLINICAL EDUCATION IV (2)** *Prerequisite: A T 342.* Students will gain experience in a traditional athletic training setting and complete 150 hours of experience through a single rotation. The purpose of this course is to give students an opportunity to assume the responsibility of serving as “head” athletic training student, an experience which will help prepare them for the advanced responsibilities they will assume as graduate assistants or as employed certified athletic trainers. This course also allows students an opportunity to become proficient in athletic training skills.

**A T 450** **CURRENT ISSUES AND RESEARCH IN ATHLETIC TRAINING (3)** *Prerequisite: A T 342 or permission of instructor.* This capstone course is designed to familiarize students with current issues in athletic training and to acquaint them with athletic training research. Students will be expected to integrate knowledge obtained from prior courses to discuss and write on many issues and research topics in athletic training.