

# Athletic Training (ATEP) 2017-2018

## Bachelor of Science Degree in Athletic Training

For advising, contact Dr. Amanda Caswell at [aalleni@gmu.edu](mailto:aalleni@gmu.edu), visit us at [rht.gmu.edu/athletic-training/](http://rht.gmu.edu/athletic-training/)



### ❖ Mason Core 38 credits:

- For current list of approved courses: [catalog.gmu.edu/mason-core/](http://catalog.gmu.edu/mason-core/)
- Written Communication (Lower Level) - 3 Credits (**ENGH 101<sup>C</sup>**)
  - Written Communication (Upper Level) - 3 Credits (**ENGH 302<sup>C</sup>, Nat. Science Sec**)
  - Oral Communication - 3 credits
  - Information Technology - 3 Credit
  - Quantitative Reasoning - 3 Credits (**STAT 250<sup>C</sup>**)
  - Literature - 3 Credits
  - Arts - 3 Credits
  - Western Civilization - 3 Credits
  - Social and Behavioral Sciences - 3 Credits (**HEAL 230<sup>C</sup>**)
  - Global Understanding - 3 Credits
  - Natural Science - 8 Credits (**BIOL 124<sup>C</sup> & 125<sup>C</sup>**)

### ❖ Professional Courses Years 1 & 2, 23 Credits

- Students must have a C or better and a 3.0 GPA in all 12 of these courses to continue in the program

### ❖ Professional Courses Years 3 & 4, 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 Courses.
- Current Emergency Cardiac Care Certification is required for all practicum courses

**Total Credits: 123**

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

Phase	Semester	Course	Credits	Prerequisites C or better required	Campus*
Professional Courses 1 <sup>st</sup> & 2 <sup>nd</sup> Year	1 <sup>st</sup> Year Fall	ATEP 150 Intro to AT & Prev. Care Techniques	3		PW
		ATEP 201 Medical & Scientific Terminology	3		Net
	1 <sup>st</sup> Year Spring	HEAL 230 Intro to Health Behavior (Mason Core)	3		Net/FX
		BIOL 124 Human Anatomy and Physiology	4		PW/FX
	2 <sup>nd</sup> Year Fall	ATEP 300 Functional Anatomy	3	BIOL 124 <sup>C</sup>	PW
		BIOL 125 Human Anatomy and Physiology	4	BIOL 124 <sup>C</sup>	PW/FX
		STAT 250 Intro to Statistics (Mason Core)	3		FX/Net
	2 <sup>nd</sup> Year Spring	ATEP 120 First Aid and Emergency Care	2		PW-Hybrid
		ATEP 325 Athletic Training Foundations	3	ATEP 120,150, 201, 300, BIOL 125, HEAL 230 <sup>C</sup>	PW
		KINE 320 Principles of Human Nutrition	3		Net
		KINE 310 Exercise Physiology I	3	BIOL 125 <sup>C</sup>	PW/Net
		KINE 450 Research Methods (Writing Intensive)	3	STAT 250 <sup>C</sup>	PW
Professional Courses 3 <sup>rd</sup> year	2 <sup>nd</sup> Year Summer	ATEP 310 Advanced Functional Anatomy	3	Professional Courses Years 1 & 2	PW
		ATEP 320 Therapeutic Interventions Foundations	3	Professional Courses Years 1 & 2	PW
	3 <sup>rd</sup> Year Fall	♦ATEP 330 Emergency Procedures for Athletic Trainers	3	2 <sup>nd</sup> Year Summer Courses	PW
		♦ATEP 340 Lower Body Physical Assessment	3	2 <sup>nd</sup> Year Summer Courses	PW
		♦ATEP 345 Athletic Training Clinical Techniques 1	3	2 <sup>nd</sup> Year Summer Courses	PW
		♦ATEP 351 Lower Body Therapeutic Interventions	3	2 <sup>nd</sup> Year Summer Courses	PW
		♦ATEP 354 Athletic Training Clinical Techniques 2	3	2 <sup>nd</sup> Year Summer Courses	PW
	3 <sup>rd</sup> Year Spring	♦ATEP 361 Upper Body Therapeutic Interventions	3	3 <sup>rd</sup> Year Fall Courses	PW
		♦ATEP 365 Athletic Training Clinical Techniques 4	3	3 <sup>rd</sup> Year Fall Courses	PW
		♦ATEP 367 AT Practicum 1 (University/High School 150-200 hours)	2	3 <sup>rd</sup> Year Fall Courses	PW
		♦ATEP 370 Upper Body Physical Assessment	3	3 <sup>rd</sup> Year Fall Courses	PW
		♦ATEP 375 AT Clinical Techniques 3	3	3 <sup>rd</sup> Year Fall Courses	PW
		ATEP 400 Pathopharmacology	3	3 <sup>rd</sup> Year Fall Courses	PW
	Professional Courses 4 <sup>th</sup> Year	3 <sup>rd</sup> Year Sum. I	ATEP 450 Admin and Management in Athletic Training	3	Professional Courses Years 1-3
ATEP 457 AT Practicum 2 (Clinic 75-125 hours)			1	Professional Courses Years 1-3	PW
3 <sup>rd</sup> Year Sum. II		ATEP 466 AT Practicum 3 (Preseason 150-200 hours)	2	Professional Courses Years 1-3	PW
4 <sup>th</sup> Year Fall		ATEP 460 Pediatric Sports Medicine	3	3 <sup>rd</sup> Year Summer Courses	PW
		♦ATEP 470 Post Rehabilitative Therapeutic Interventions	2	3 <sup>rd</sup> Year Summer Courses	PW
		♦ATEP 476 AT Practicum 4 (University/High School 300-400 Hrs)	4	3 <sup>rd</sup> Year Summer Courses	PW
4 <sup>th</sup> Year Spring		♦ATEP 480 Athletic Training Research	3	4 <sup>th</sup> Year Fall Courses	PW
		♦ATEP 486 AT Practicum 5 (400-600 hours) (Capstone)	6	4 <sup>th</sup> Year Fall Courses	PW

**Academic Requirements:** 123 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

\*All campus locations are subject to change. All classes listed as PW are located on the Science and Technology Campus (SciTech)

## COURSE DESCRIPTIONS

**ATEP 120 First Aid and Emergency Care: (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 Medical & Scientific 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 Therapeutic Interventions Foundations: (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 325 Athletic Training Foundations (3)** Investigates the knowledge, skill and professional foundations of athletic training. Emphasis is placed on the role of the athletic trainer as a member of the health care system by decision-making through evidence-based practice and foundational skills including fitting protective equipment and devices, and prophylactic preventive taping.

**ATEP 330 Emergency Procedures for Athletic Trainers: (3)** Investigates the scientific and philosophical foundations of pre-hospital emergency care principles pertinent to athletic trainers. Develops 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)** Analyzes 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)** Applies 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)** Develops, implements, and evaluates treatment plans using therapeutic modalities and rehabilitation interventions in the treatment of lower body injuries and conditions. Establishes an evidence-based approach to therapeutic interventions use in patient treatment.

**ATEP 354 Athletic Training Clinical Techniques 2: (3)** Applies therapeutic interventions for the lower body in a laboratory setting. Develops rehabilitation treatment plans and skills necessary to carry out patient care.

**ATEP 361 Upper Body Therapeutic Interventions: (3)** Utilizes an 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 AT 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 for 150 hours.

**ATEP 370 Upper Body Physical Assessment: (3)** Analyzes the principles of upper body physical assessment. Investigates mechanisms of injury, the evaluation process, and testing leading to diagnosis.

**ATEP 375 AT Clinical Techniques 3: (3)** Applies principles of upper body, head and neck physical assessment. Develops 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)** Focuses on the professional management and administrative issues in athletic training. Including the planning, designing, development, organization, implementation, direction, and evaluation of a health care program. Discusses current issues in athletic training related to professional conduct and practice.

**ATEP 457 AT 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 for 75 hours.

**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 AT 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 for 150 hours.

**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 AT Practicum 4: (4)** Emphasizes physical assessment and therapeutic interventions of the upper body in a clinical practicum field experience under the direct supervision of a preceptor for 300 hours.

**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 AT Practicum 5: (6)** Emphasize professional skill integration with a clinical practicum field experience under the direct supervision of a preceptor for 400 hours.

**KINE 310 Exercise Physiology I: (3)** Human physiology response to environmental changes and exercise.

**KINE 320 Principles of Human 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.

**KINE 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.

