HAL

Athletic Training

HAL 510: Strength and Conditioning for the Healthcare Practitioner
Designed to provide a comprehensive overview of strength and conditioning for the future or practicing healthcare practitioners. Emphasizes exercise sciences (including anatomy, exercise physiology, and biomechanics), nutrition, exercise technique, program design, organization, administration, testing, and evaluation. Prepares students for nationally accredited Certified Strength and Conditioning Specialist (CSCS) certification exam. Open to non-SHTM students. Prerequisite: ANP 300, HAN 200 or Equivalent Anatomy Course; Instructor Consent Required
3 credits.

HAL 515: Foundations of Athletic Training
Introduces the student to athletic training and the role of the athletic trainer. Topics include the historical development of the profession, concept of the sports medicine team, and injury documentation. Emphasizes strategies for injury prevention, assessment, and treatment. Focuses instruction on the recognition and management of medical emergencies, training and conditioning techniques, and the fabrication and application of taping, wrapping, supportive, and protective devices.
4 credits.

HAL 520: Principles of Physical Agents
Introduces the use of therapeutic interventions to manage a variety of musculoskeletal conditions. Emphasizes an evidence-based practice approach to making sound clinical decisions for the use of therapeutic modalities. Topics include tissue response to injury, pain physiology, psychological response to injury, and therapeutic interventions for inflammatory and non-inflammatory conditions.
3 credits.

HAL 525: Evidence Based Practice
Introduces concepts of evidence based practice (EBP) in athletic training. The student will learn how to obtain, process, examine, and appraise peer reviewed journal articles. The students will become a consumer of literature and form a foundation for clinical practice as well as identifying areas of interest for future research projects through literature searches and round table discussions of literature.
1 credit.

HAL 530: Critical Care
Instructs the student in the recognition and management of emergent medical conditions in persons experiencing acute trauma or critical illness. Topics include patient assessment, head and spine injury management, basic life support measures, environmental emergencies, and sudden cardiac arrest. Prerequisite: Current certification in Basic Life Support (CPR).
5 credits.

HAL 535: Clinical Diagnosis & Treatment I
Focuses on the principles of clinical diagnosis and treatment of orthopedic injuries to the lower extremity. Emphasizes the components of the comprehensive orthopedic clinical evaluation and diagnosis including history, inspection, palpation, functional testing, special evaluation techniques, and the establishment and implementation of therapeutic interventions.
5 credits.

HAL 540: Clin Diagnosis & Treatment II
Focuses on the principles of clinical diagnosis and treatment of orthopedic injuries of the head, cervical spine, and upper extremity. Emphasizes the components of a comprehensive orthopedic clinical evaluation and diagnosis including history, inspection, palpation, functional testing, special evaluation techniques, and the establishment and implementation of therapeutic interventions. Prerequisite: Year 1 Summer Courses
5 credits.

HAL 545: Clin Diagnosis & Treatment III
Focuses on the principles of clinical diagnosis and treatment of orthopedic injuries of the thoracic and lumbosacral spine. Emphasizes the components of a comprehensive orthopedic clinical evaluation and diagnosis including history, inspection, palpation, functional testing, special evaluation techniques, and the establishment and implementation of therapeutic interventions. Prerequisite: Year 1 Fall Courses
3 credits.

HAL 550: Advanced Therapeutic Interventions
Progression of previously learned therapeutic interventions. Emphasizes the use of therapeutic exercise and manual therapy techniques in order to rehabilitate patients from both surgical and non-surgical orthopedic conditions. Prerequisite: Year 1 Spring Courses
5 credits.

HAL 555: Healthcare Management for Athletic Training
Provides students with the ability to analyze various issues, policies, and procedures encompassing the ethical administration of athletic training in a managed-care model. Includes US federal healthcare laws, legal liability, issues, personnel management, facility organization and design, equipment maintenance, budgeting, record keeping, health care services, informatics, counseling, and public relations. Exposes students to principles that enhance their networking, professional development, and personal branding skills. Prerequisite: Year 1 Spring Courses
3 credits.

HAL 560: Nutrition And Supplement Use for Sport Performance
Provides an understanding of basic nutrition science as well as the use of supplements to enhance athletic performance. Students will become familiar with the principles of diet planning, food labeling, biological functions and food sources of primary nutrients, energy balance, weight management and physical activity; the role of nutrition in chronic disease development; nutrition throughout the life cycle and current nutrition-based controversies. Reviews the advantages and disadvantages to using dietary supplements. Addresses scientific research on recommended dosage and potential side effects. Addresses both the needs of competitive athletes, and everyday needs and concerns. Upon completion of this course, students should be able to evaluate and make recommendations about diet plans, dietary supplements, as well as maintaining a healthy lifestyle. Focuses on the analysis of needs of various athletes to determine if specific supplements should be recommended to improve performance. Prerequisite: Year 2 Fall Courses
3 credits.

HAL 565: Research Design for Athletic Training
Presents research design and related methods commonly used to contribute to the evidence-based practice of athletic training. Provides the necessary tools for students to process and apply the skills needed to develop independent research studies. Includes literature searches, appraising scientific literature, formulating a research question or hypothesis, and selecting appropriate research designs and methods. Presents information in
the context of protecting human subject and health information based on the policies and procedures of the Committee on Research Involving Human Subjects (CORIHS) and IACUC. Prerequisite: Year 1 Fall Courses
2 credits,

HAL 570: Research Methods for Athletic Training

Introduces the student to research in athletic training. Includes the research process, read, examine, and comprehend peer reviewed journal articles. Students will begin assembling a research project on a topic related to athletic training through the development of a research question and the composition of a literature review and methodology based on their proposed topic. The culmination of this course will result in submission of an application to the IRB. Prerequisite: Year 1 Spring Courses
2 credits,

HAL 571: Research Seminar I

This course is intended to review parametric and nonparametric statistics that will be implemented into students’ research design in an effort to draw statistical inferences and answer research questions. Once students receive IRB approval time will be allotted for students to recruit subjects and pilot test their research projects. If students complete their pilot testing, they will be afforded time to begin their final projects. Prerequisite: Year 1 Summer Courses
1 credit,

HAL 572: Research Seminar II

Culmination of the athletic training program’s research curriculum. Upon receiving IRB approval, students will recruit subjects and collect data to answer their research questions. The goal of this course is to complete the proposed research projects and develop a publishable manuscript and a poster that can be presented at a state, regional, or national conference. Prerequisite: Year 1 Fall Courses
1 credit,

HAL 575: General Medical Conditions

Provides a working knowledge of the pathophysiology and management of common diseases and other medical disorders or disabilities as they relate to athletes and the physically active. Prerequisite: Year 2 Summer Courses
4 credits,

HAL 581: Athletic Training Clinical I

This course provides the student with their first clinical experience. The student will be supervised by a preceptor at all times during their clinical experience. The student will practice patient care and professional skills and behaviors on a daily basis. Emphasis is placed on topics related to the student’s previous areas of classroom study (Foundations of athletic training, principles of physical agents, evidence-based practice, lower extremity evaluation, diagnosis, and therapeutic intervention) and immediate incorporation of concurrent classroom topics (upper extremity evaluation, diagnosis, and therapeutic intervention, critical care). Prerequisite: Year 1 Summer Courses
7 credits,

HAL 582: Athletic Training Clinical II

This course offers assignments in clinical settings related to the student’s area of study (Principles of Physical Agents, Clinical Diagnosis and Treatment I & II, Critical Care). This course will give the student the opportunity to observe and integrate skills under the supervision of a preceptor. The student will practice comprehensive patient care and professional skills and behaviors on a daily basis in preparation for independent clinical practice upon graduation. Prerequisite: Year 1 Fall Courses
7 credits,

HAL 583: Athletic Training Clinical III

This course provides the student with their third clinical experience. The student will be supervised by a preceptor at all times during their clinical experience. The student will practice comprehensive patient care and professional skills and behaviors on a daily basis in preparation for independent clinical practice upon graduation. Prerequisite: Year two Summer I courses
3-5 credits,

HAL 584: Athletic Training Clinical IV

This course provides the student with their fourth clinical experience. The student will be supervised by a preceptor at all times during their clinical experience. The student will practice comprehensive patient care and professional skills and behaviors on a daily basis in preparation for independent clinical practice upon graduation. Prerequisite: Year 2 Summer Courses
7 credits,

HAL 585: Athletic Training Clinical V

This course provides the student with their fifth clinical experience. The student will be supervised by a preceptor at all times during their clinical experience. The student will practice comprehensive patient care and professional skills and behaviors on a daily basis in preparation for independent clinical practice upon graduation. Prerequisite: Year 2 Fall Courses
7 credits,