

# DEPARTMENT OF PHYSICAL EDUCATION, WELLNESS, AND SPORT

## COLLEGE OF EDUCATION AND HUMAN STUDIES

### Faculty

**Linn M. Stranak** (1980). University Professor of Physical Education and Department Chair. B.S., Union University; M.S., University of Kentucky; D.A., Middle Tennessee State University. Additional study, United States Sports Academy.

**Mark Campbell** (1996). Instructor of Physical Education and Head Women's Basketball Coach. B.S., David Lipscomb University; M.Ed., Union University.

**Kelly Elliott** (2004). Assistant Professor of Physical Education. B.A., King College; M.A., East Tennessee State University; M.Ed., University of Louisville.

**Jennifer Farroll** (2010). Assistant Professor of Athletic Training. B.S., University of Central Florida; M.S., University of South Carolina.

**Gary Johnson** (1994). Associate Professor of Physical Education and Head Cross Country Coach. B.S., Union University; M.S., University of Memphis; D.A., Middle Tennessee State University.

**David Niven** (1999). Instructor of Physical Education, Wellness and Sport and Head Men's Basketball Coach. B.S.E., Oklahoma Baptist University; M.Ed., East Central University.

**Cliff Pawley** (2001). Assistant Professor of Athletic Training and Program Director. B.S., Southern Illinois University; M.Ed., University of Louisiana, Monroe; Additional study, University of Memphis.

**Julie Powell** (1995). Associate Professor of Sport Management. B.S. and M.Ed., Union University; Ed.D., North-Central University.

**Andy Rushing** (1988). Assistant Professor of Physical Education, Head Golf Coach, and Director of Athletic Facilities and Fields. B.S., Union University; M.S., University of Memphis. Additional study, United States Sports Academy.

**Sarah Davenport Ziegler** (2005). Assistant Professor of Athletic Training. B.S., Union University; M.Ed., Auburn University.

### Mission Statement

The Department of Physical Education, Wellness, and Sport hopes to instill in its student majors a lifetime desire to help others gain in total health through the medium of human movement. Curriculum is designed accordingly.

For the entire student body, our task is to introduce them to knowledge and skills in order to develop a healthy lifestyle for optimum living.

### Curriculum

The Department believes physical education to be that part of the total educational program which adds its unique contribution through the medium of activity or movement. The Department emphasizes the acquisition of motor skills as of value for lifetime physical recreation activities, the development of socially desirable habits and attitudes, and knowledge, which contribute to the overall aims of education.

Aims of the Department are: to develop physical skills for lifetime use; to develop scientific knowledge and attitudes for optimum development of health through fitness; to cultivate socially desirable characteristics; to offer wholesome recreation; to develop ideals; to prepare teacher coaches, physical educators, certified athletic trainers, and sport managers for many career channels; and to develop the total person through physical activity.

More specifically, the Department has as its center the philosophy to develop a greater quality of life for all people. To ensure this, the faculty stress leadership and communication through each program affected. Growth and development of the individual as exposed to activity should occur. Another significant aspect of education enveloped by the department is meaningful use of leisure under the concept of wellness. Prescription programs are emphasized in exercise/wellness. Education of sport management students includes moral and ethical responsibility in the business of sport.

The Athletic Training Education Program at Union University offers to its students an academic environment that fuses the elements of sports medicine and the dynamics of intercollegiate athletics with the values of Christian higher education. The Athletic Training Education Program is accredited by the Commission on Accreditation for Athletic Training Education (CAATE) and consists of a three year, sequential education process that demands didactic and clinical involvement. Upon completion, the student will be eligible for certification, credentialing, and licensure via the Board of Certification and state medical boards that require licensure for certified athletic trainers to meet the standards of state practice or title protection acts.

Knowing education is a continuous process, the program should create and maintain an environment through movement experiences where values clarification and experiential learning occur; leadership develops; a serving attitude, lifestyle, and commitment are fostered; and problem-solving opportunities exist.

The Department offers majors in Physical Education leading to Tennessee Teacher Licensure, Athletic Training, Exercise Science/Wellness under Sports Medicine; and Sport Marketing and Sport Communication under Sport Management. The Physical Education Major requires the completion of the Professional Education Minor as noted below. Athletic Training, Sports Medicine and Sport Management are exempt from the requirement for a

minor. The Department, with the Department of Christian Studies, also offers a major in Sport Management with a Sport Ministry Emphasis.

**I. Major in Physical Education and Health with Teacher Licensure in PE (Grades K-12)**

- A. Major requirements—33 hours
  - 1. Select one of: PEWS 103, 105, or 203.
  - 2. Select one of: PEWS 104, 110, 111, 119.
  - 3. PEWS 120, 130, 201, 222, 316, 324, 350, 410, 414, 415, 416, 419.
- B. Professional Education: EDU 150, 250, 326, 421, 435; PSY 213, 318; SE 225.
- C. Completion of applicable portions of the Praxis II series.
- E. For additional information, see the Assistant Dean for Teacher Education and Accreditation.
- F. Prerequisite: BIO 221 or 222, and MAT 114

**II. Major in Sports Medicine**

- A. General and B.S. Specific Core Science requirements: BIO 221, 222
- B. BIO 322, CHE 111 and PHY 213 are recommended.
- C. Exercise Science Emphasis—51 hours
  - 1. PEWS 113, 218, 222, 240, 324, 333, 343, 410, 414, 415, 416, 433
  - 2. Emphasis requirements—15 hours
    - a. Select 3 courses from: PEWS 103, 104, 106, 107, 110, 111, 119.
    - b. PEWS 435 (6 hours), 461
- D. Recommended electives toward fitness management: PEWS 342, 419; FIN 320; MGT 318; MKT 328, 350.

**III. Major in Athletic Training—69 hours**

- A. PEWS 113, 170, 218, 222, 240, 414, 415, 461
- B. AT 170, 265, 275; PSY Elective; BIO 300.
- C. AT 318, 350, 360, 361, 370, 455, 460
- D. AT 365, 375, 465, 475
- E. Other requirements satisfied through General and Specific Core requirements: BIO 221-2; 322; PHY 111 or 213.
- F. Recommendations: CHE 111 and 112

**IV. Major in Sport Management—51 hours**

- A. Core for all majors—PEWS 201, 343, 419, 421, 435 (6 hours); ACC 211; FIN 320; MGT or PEWS Elective; PEWS 205, 342; MKT 328; COM 120 or 323—39 hours
- B. Sport Marketing Emphasis—12 hours
  - 1. PEWS 340, 425
  - 2. MKT 330 and 433
- C. Sport Communication Emphasis—12 hours
  - 1. COM 360; 6 hours of PEWS Electives ,400 & 425 recommended
  - 2. Either COM 220 or 230
- D. Sport Ministry Emphasis, with modified core—54 hours
  - 1. Major core modified: PEWS 201, 342, 343, 419, 421, 435 (4 hours); MGT 318; COM 120, 323; CHR 113, 231, 243, 333—39 hours

- 2. Prerequisites: MAT 114
- 3. Emphasis: PEWS 251, 300, 400
- 4. Choose one: PEWS 231, 250, 317, 331, 425

**I. Minor: Physical Education—21 hours**

- A. PEWS 201, 222, 414, 416, 419—15 hours.
- B. Select 6 Electives hours from PEWS.

**II. Minor: Physical Education (add-on teaching endorsement, PE K-12)—23 hours**

- A. PEWS 120, 130, 201, 222, 316, 410, 414, 416, 419.
- B. BIO 221 or 222; EDU 421.
- C. Completion of applicable portions of the Praxis II series.
- D. For additional information, see the Assistant Dean for Teacher Education and Accreditation.

**III. Minor: Athletic Coaching—21 hours**

- A. Open only to non-PEWS majors.
- B. PEWS 218, 414, 415, 419, 421.
- C. Choose 6 hours from PEWS 351, 352, 353, 354.

**IV. Health Education—21 hours:**

PEWS 113, 222, 301, 322, 324, 327; and 3 hours from: PSY 330, 328; PEWS 421/PSY 422.

**V. Health Education (add-on teaching endorsement, Health K-12)—12 hours.**

- A. PEWS 113, 222, 301, 327
- B. Completion of applicable portions of the Praxis II series.
- C. For additional information, see the Assistant Dean for Teacher Education and Accreditation.

**Assessment of Majors**

Physical Education majors are required to take a written exit examination the semester prior to or during the semester of graduation. This will consist of an equivalent form exam with questions furnished by all members of the department according to their area of emphasis. The exit exam is a general, broad-based test, covering the major areas of professional preparation and requiring a minimal mastery level of 70% correctness.

**Student Organization**

**Sigma Delta** is an academic fraternity that desires to improve scholarship and professional development among physical education students. Membership is open to any student attending Union who is seeking a degree (major or minor) in physical education or related field. To be eligible, a student must have completed at least one semester of college work with a 2.75 overall GPA and 3.25 in physical education.

**Student Awards**

The **Fred DeLay Memorial Award**, established by the late Mr. DeLay in memory of his father, is presented to the honor athlete of the Senior Class. The recipient must be, in addition to being the outstanding athlete, a person of high academic standing, unquestionable loyalty, and good character. Mr. DeLay was Head of Athletics 1937-1945 and 1948-1949.

## Course Offerings in Physical Education, Wellness, and Sport (PEWS)

( ) Hours Credit; F-Fall; W-Winter; S-Spring; Su-Summer

### 100. Fitness for Health (1) F, W, S

The effects of good personal fitness on each individual, of fitness training on the various systems of the body and how the body responds to exercise will be areas of emphasis. Includes lecture and selected physical activities which are designed to aid each student in achieving a greater degree of total body fitness.

### \*103. Beginning Swimming (1) F, S

A course to equip the non-swimmer with basic water safety skills and knowledge in order to make him/her reasonably safe while in, on, or about water.

### \*104. Racquetball (1) F, W, S

Beginning skills, rules and strategy. A life-time sport that will focus on health development through vigorous activity.

### \*105. Intermediate Swimming (1) F

Prerequisite: PEWS 103.

For deep-water swimmers to familiarize the student with safety rules, and skills, recreational possibilities, and physiological benefits of swimming. Emphasis is on mastery of basic strokes necessary to be a safe and competent swimmer.

### \*106. Tennis (1) F, S

### \*107. Bowling (1) W

Introduction to the rules, techniques, scoring, and etiquette of bowling.

### \*108. Walking for Fitness (1) On Demand

Walking as a form of exercise to develop fitness. Both knowledge and practice of the health benefits of walking are emphasized. Course may be repeated once for an additional credit requiring research and a higher level of activity.

### \*110. Volleyball (1) W

### \*111. Badminton (1) F, W

### 113. Elementary Nutrition (3) S

Elementary principles of nutrition and their application to the individual and the family.

### \*115. Snow Skiing (1) On Demand

An introduction to skills, proper dress, safety, and conditioning techniques; application of skills learned through a week-long field trip.

### \*116. Canoe and White Water Rafting (1) On Demand

An introduction to develop skills and provide proper instruction in the areas of safety.

### \*117-27. Karate I (1) F, S and Karate II (1) S

Blocks, kicks, strikes, punches and necessary stances for execution will be taught to develop skill, strength, and general health.

### \*119. Archery (1) W

### 120. Team Sports (1) F

Fundamental skills, rules, techniques, and strategy of team sports.

### \*121. Golf (1) F

The fundamentals of golf: basic strokes, strategies, rules, and etiquette as taught for skill development and health values. Instruction primarily by demonstration.

### \*122. Weight Training (1) S

Basics of weight training as a method of gaining strength: proper techniques, safety, benefits and risks. Taught by demonstration and participation.

### \*125. Scuba Diving (1) F, S

Introduction to scuba diving and snorkeling including safety, technique, and equipment use and care. Scuba certification is possible upon completion.

### \*126. Advanced Tennis (1) F, S

An advanced level course designed to teach advanced skills and techniques for tennis as taught through conditioning, drills and match play.

### 130. Individual-Dual Sports (1) S

Fundamental skills, rules, techniques and strategy of individual-dual activities to include wallyball, golf, horseshoes, table tennis, gymnastics stunts and tumbling, and wrestling.

### 170. Medical Terminology (2) F, S via web

An introduction to medical terminology for those interested in careers in allied health care. Students will learn word roots, combining forms used to describe anatomical parts and landmarks, suffixes, prefixes and abbreviations that are commonly used in health care communication, documentation, and charting.

### 201. Introduction to Physical Education and Sport (3) S

The historical background, general scope, principles, philosophy, and objectives of health and physical education in its relationship to education as a whole.

### \*203. Lifeguard Training (1) S

A course to provide the strong swimmer with the knowledge and skills designed to save his/her own life or the life of another in the event of emergency.

### 205. Sport Media (3) S

Reciprocal credit: COM 205.

The history of event coverage of print and electronic media as well as fundamentals of sport coverage, broadcast rights, contracts and their effects on revenue stream.

### 218. Athletic Injuries (3) F, W

Theory and practice of recognizing, identifying, and treating common injuries in PE and athletics with attention to upper and lower extremities and spine.

**222. First Aid (3) F, W, S, Su**

The nature of injury and immediate care required: bandaging and cardio-pulmonary resuscitation will be studied as well as all general First Aid practices. Students completing the course will earn first aid/CPR certification.

**230. Outdoor Education and Hunter Safety (3) On Demand**

Outdoor activities: camping, hunting, backpacking, field safety, survival, wildlife management, conservation, skeet shooting, compass reading, archery, and rifle range. Stresses outdoor ethics and responsibility. The Tennessee Hunter Safety program is included.

**231. Camping and Outdoor Recreation (3) S**

A course preparing students to lead in outdoor recreation activities; campcraft skills, safety, and techniques will be taught for the beginning camper as well.

**240. Introduction to Sports Medicine (3) S**

Emphasis on the global approach to sports medicine and contemporary topics with attention to the basis of sports medicine, physiology of activity.

**250. Introduction to Recreation (3) As Needed**

Foundations in recreation, introducing students to its nature and philosophy to include a study of Southern Baptist literature from the Church Recreation Department and general programs of recreation.

**251. Recreational Sports and Games (3) F**

High and low organizational games classified according to age levels for playground and recreation. Special activities and recreation, drama, indoor/outdoor games, songleading, storytelling, and mixers. Includes an on-campus practicum.

**300. Sport Sociology (3) S—Even Years**

Reciprocal credit: SOC 300. See SOC 300 for course description.

**301. Drug Education (3) F, Su**

Psycho-social, medical, legal, and health aspects of drugs and their abuse, plus a current analysis of the problem in our society.

**316. Physical Education in the Elementary Schools (3) F, W**

Techniques of teaching and curriculum planning including selection of materials suitable for different age levels in Grades 1-8. Movement Education concepts are stressed.

**317. Organization and Administration of Intramural/ Recreation Sports (3) F**

Planning, organizing, and directing a coordinated program of recreation within a school. Attention is given to units, time, activities, points, awards, rules, finances, publicity, co-recreation, and administrative problems.

**319. Officiating Major and Minor Sports (2) S—Even Years**

Techniques and mechanics of officiating and interpreting the official rules of major sports. This course will prepare you for membership in local and state officials' associations.

**322. School Health Education (3) F, S**

Aims, methods, and materials for teaching health in Grades 1-12. Includes the study of human relations in mental hygiene, family relations, and community relations.

**324. Personal Hygiene (3) F, Su**

Care of the body health-wise looking at fitness, drugs, nutrition, diet and weight control, disease control and treatment, along with structure and function.

**327. Environmental and Community Health (3) S—Even Years**

Problems of sanitation, water supply, waste disposal, insect and rodent control, sanitary control of milk and foods, school and restaurant sanitation, and inspection services. Emphasis is on problems in house heating, ventilation, lighting, and other community health problems.

**331. Methods and Materials for Recreation Leaders (3) F—As Needed**

Practical methods and resources for recreation practitioners. Attention will be given to conducting recreational programs, creativity, and a variety of recreation projects.

**333. Principles of Health and Fitness Instruction (3)**

Introduces health/fitness and sports medicine professionals to the practice of health and fitness instruction. Theories and principles of health and fitness lifestyle management techniques used to become a certified health/fitness instructor or personal fitness trainer will be the primary focus.

**340. Sport Marketing (3) F**

Prerequisite: MKT 328.

Basic marketing concepts in the sports industry. Fundamental techniques of advertising, sales, promotion, fund-raising, and journalism will be explored in relation to sports.

**342. Facilities and Equipment Management in Physical Education and Sport (3) F alternate years**

Planning of areas and facilities related to physical education, recreation, and athletics. The course addresses topics related to selecting, purchasing, and maintaining equipment.

**343. Sport Law (3) F**

Basic marketing concepts in the sports industry. Fundamental techniques of advertising, sales, promotion, fund raising, and journalism will be explored in relation to sports.

**\*350. Rhythms (2) S**

A practical activity course to instruct the student in modern methods of movement education through the use of rhythmical activities.

**351. Coaching Football (2) F—Odd Years**

Modern techniques of coaching and training in the sport of football.

**352. Coaching Basketball (2) F—Even Years**

Theory and practice in the fundamentals of men's and women's basketball designed to benefit teachers going into the coaching field.

**353. Coaching Baseball (2) S—Odd Years**

Modern techniques of coaching and training in the sport of baseball.

**354. Coaching Volleyball and Softball (2) S—Even Years**

Fundamentals and strategy utilized in coaching volleyball and softball.

**400. Ethics in Sport (3) S—Odd Years**

Reciprocal: CHR 400.

A study of the development of a code of ethics in sport management including the effect of relativism and rationalism on ethical behavior, personal moral development levels, and the effects of personal ethics on organizational responsibility.

**410. Adaptive Physical Education (3) S**

A course to acquaint the student with physical education techniques and procedures involved in teaching typical and atypical students.

**411. Practicum: Adaptive Physical Education (4) As Needed**

A course designed to provide experiences in working with special populations. A minimum of 140 clock hours, to include orientation, seminars, and other duties deemed necessary by supervisor is required.

**414. Kinesiology (3) F**

Prerequisite: BIO 221.

A study of the human musculature and the body's structural relationship to exercise and skilled motor performances.

**415. Physiology of Exercise (3) S**

Prerequisite: BIO 221.

Physiological changes which occur during and after physical activity including circulatory, respiratory, endocrine, and nervous systematic adjustments.

**416. Tests and Measurements in Health and Physical Education (3) F**

Basic statistical procedures, use of standardized tests, norms, screening tests, grading procedures, and test construction for skills and lecture materials pertaining to health and physical education. MAT 114 recommended before taking this course.

**419. Organization and Administration of Physical Education and Sport (3) F**

Administrative problems in a department of physical education in the city school system, rural districts, elementary and high schools and colleges.

**421. Sport Psychology (3) S**

Prerequisite: PSY 213. Reciprocal credit: PSY 422.

Examination of psychological factors on sport and exercise performance dealing with issues affecting personnel and participants in the industry. Topics include: psychological strategies, coping skills, motivation, burnout, injuries, team dynamics and behavior.

**425. Current Issues in Sport (3) F**

Contemporary trends and controversial issues in sport with an emphasis on finance, management, ethics, sociology, marketing and legal issues. Includes an ongoing review of sport business journals and publications as well as event coverage.

**431. Church Ministry Internship/Field Experience (3) As Needed**

A full semester in a local church recreation program, YMCA or FCA. The student will direct a lock-in, organize a day camp program, survey for recreation needs, conduct a special recreation day, etc. The student will keep a log of his/her activity, write a major paper and spend 6 hours per week on site.

**433. Strength, Conditioning, and Human Performance (3)**

Strength and conditioning practices that supplement the science learned in exercise physiology and kinesiology. This class is designed to prepare students for gaining certification in ACSM, NSCA, or personal fitness.

**435. Intern (1-6) F, W, S, Su**

Internship opportunities under appropriate supervision for a specified time, with specific requirements determined by the department supervisor(s). 35 clock hours internship experience required for each hour of credit. One credit hour must be done on campus. Prerequisite: Junior standing and consent of the department.

**461. Exercise Testing and Prescription (3) S**

Corequisite: PEWS 415.

A study of the controlled use of exercise to evaluate the fitness level, especially the cardiovascular function of persons, specifically those in middle and older age groups. Emphasis will be placed on the scientific basis of recommending exercise programs as a prevention of heart disease. Concepts of exercise testing and prescription will follow the guidelines of the American College of Sports Medicine.

\* Physical Activity Courses applicable to the General Core Curriculum

## Athletic Training Major and Program

### Mission Statement

The mission of Union's Athletic Training Education Program is to challenge its students to become highly effective allied health care professionals and leaders in the Christian community, incorporating both professional and spiritual growth in their life plans. Union incorporates into the foundation of education the equally important components of being *Christ centered, people focused, excellence driven and future directed*. The Union University athletic training student will study in a Christ centered atmosphere that challenges students to develop spiritually and intellectually so they can serve professionally in their community as Certified Athletic Trainers and become spiritual leaders in the church. Union University's athletic training students are exposed to a dynamic scholastic environment that fuses the medical sciences with Christian faith, ethics and accountability in a variety of clinical settings including intercollegiate athletics, high school athletics, orthopaedic and general medicine venues, and other allied health care communities.

### Curriculum

#### Accreditation

The Athletic Training Program of Union University is accredited by the Commission on Accreditation of Athletic Training Education (CAATE).

#### Admission Requirements

- All applicants must apply, be accepted and admitted to Union University.
- All applicants must complete or be currently enrolled in PEWS 240 Introduction to Sports Medicine or PEWS 218 Care and Prevention of Athletic Injuries and complete the course with a grade of B (3.0 on a 4.0 scale) or better to meet the retention standards of the Athletic Training Education Program.
- All applicants must present a cumulative grade point average of 2.5 on a 4.0 scale.
- All applicants must submit to the Program Director a completed application for admission to the Athletic Training Education Program by the deadline of April 1 for formal enrollment in the following fall semester. Applications that are received after this date will be considered based on the maximum enrollment space available in the Athletic Training Education Program.
- All applicants must submit a current transcript from all institutions that they have previously attended.
- If the number of applicants outnumbers the program's spaces available, the prospective students will be asked to meet with the ATEP faculty for a formal interview.

### Competitive Admissions Process

Acceptance in Union University's Athletic Training Education Program (ATEP) involves a selective process of competitive program admission. Prospective students may declare their major to be athletic training upon entrance to Union University, but each student must still be formally admitted to the ATEP before entering into the clinical phases of the sequential curriculum. Candidates must meet all criteria for acceptance in the program. A student may complete all criteria for admission but that does not guarantee acceptance into the program. Prospective candidates must submit the formal application to the Program Director of athletic training education by April 1 of each year to be considered for fall enrollment. All applicants will be ranked in accordance with their performance in the following categories: (1) academic potential, (2) success in pre-requisite coursework, (3) standardized scores (ACT, PSAT or equivalent), (4) recommendation/references, and (5) a formal interview with the ATEP Selection Committee. During the interview, each member of the ATEP Selection Committee will complete a scoring scale. Candidates will be evaluated on intellectual, social and technical skills relative to the athletic training profession. All components of the application process are individually weighted and scored. Individual scores are incorporated into a cumulative score that determines the candidate's rank. Enrollment in the ATEP is limited to a program capacity of forty (40). Final admission into the program rests with the decision of the ATEP Selection Committee. All student candidates will receive the admission decision in writing by May 15. Student candidates who were denied admission into the ATEP will have the opportunity to reapply for admission for future enrollment.

#### Program Requirements

- All ATEP students must complete a physical examination from a licensed medical practitioner and submit a complete health history and record of immunizations.
- All ATEP students must sign agreements in reference to the technical standards of the program, acknowledgment of the Union University Athletic Training Student Handbook, and the Hepatitis B Vaccination Election Form.
- All ATEP students will be required to maintain CPR certification (Professional Rescuer or equivalent) for the duration of the program.

#### Operational Fair Practices and Additional Fees

Some additional fees will apply upon entrance into Union University's Athletic Training Education Program.

- Each student will be billed a laboratory fee of \$50.00 per semester for clinical course work (AT 265, 275, 365, 375, 465, 475).
- Each athletic training student will be billed an additional fee of \$25.00 per year for liability insurance.
- Each athletic training student will be required to invest in professional attire in order to meet the standards of professional practice in clinical education.

## Course Offerings in Athletic Training (AT)

( ) Hours credit; F–Fall; W–Winter; S–Spring; Su–Summer

### 170. Taping and Risk Management (1) F

An introduction to basic taping, preparation, wrapping and casting techniques that are common practice in athletic training and sports medicine. Content is based upon the 4th Edition Nation Athletic Trainer's Association Education Competencies/Risk Management and Injury Prevention domain.

### 318. Advanced Injury Management (3) S

Prerequisite: PEWS 218

Advanced preparation for triaging, treating, managing and rehabilitating chronic and acute athletic injuries that occur in sport and physical activity. The course focuses on specific etiologies, signs, symptoms, immediate care, conservation management and surgical implications of injury and disease processes to the orthopedic anatomy. Course content is based on the 4th Edition Nation Athletic Trainer's Association Education Competencies in the categorical domain of Risk Management and Injury Prevention.

### 350. Administration and Management Strategies in Athletic Training (3) F

An introduction to the administrative and management strategies incorporated in professional, intercollegiate, secondary school and clinical athletic training professional settings. Topics include policies and procedures, legalities in sports medicine, health care code, ethical codes of conduct and standards of reasonable care, and compliance with OSHA and HIPAA in allied health care.

### 360. Therapeutic Modalities (3) S

Prerequisite: PEWS 218.

This course introduces the student to the various thermal, mechanical and electrical agents/modalities that are used in athletic health care and physical therapy to promote healing and rehabilitation. The class consists of lecture and lab based instruction of the use the electrical stimulation, cryo/thermotherapy, hydrotherapy, ultrasound, traction, therapeutic massage, biofeedback, and compression therapy.

### 361. Evaluation I: Upper Body, Spine and Extremities (3) F

Prerequisite: PEWS 218. Corequisite: BIO 221

An introduction to the evaluation process which includes the identification, medical assessment, management, treatment and referral guidelines for athletic injuries of the upper body, cervical and thoracic spine and upper extremities. Topics include principles of injury recognition and classification to head and face, cervical spine, shoulder complex, elbow, wrist and hand.

### 370. Evaluation II: Lower Body, Lumbar Spine and Extremities (3) F

Prerequisite: PEWS 218. Corequisite: BIO 221

Introduces the student to the evaluation process which includes the identification, medical assessment, management, treatment and referral guidelines for athletic injuries of the lower body, lumbar spine and lower extremities. Topics of instruction include the principles of injury recognition and classification to the abdominal, thorax, lumbar spine, hip, knee, ankle and foot.

### 455. General Medicine & Pharmacology in Athletic Training (4) S

An introduction to the cognitive, affective and psychomotor domains of pharmacology and general medicine as they apply to athletic injuries and sports medicine while exploring the various systemic illnesses .

### 460. Therapeutic Exercise and Rehabilitation (3) S

Prerequisite: PEWS 218, BIO 221.

This course introduces the student to the clinical applications of therapeutic exercise and the rehabilitation process for athletic injuries in sports medicine and physical therapy professional settings. A lecture and lab that focuses on the use range of motion, strength, muscular endurance and muscular speed exercises, proprioceptive neuromuscular facilitation, and joint mobilization to promote health and wellness following injury. Off-campus physical therapy/rehabilitation clinics for instructional purposes.

## Clinical Courses

Each clinical course carries out a modular approach to the development of clinical skills for athletic training education per the NATA Athletic Training Education Competencies for Athletic Training Education Programs, Fourth Edition. The student is required to demonstrate clinical proficiency in cognitive and psycho motor competencies that are presented in the prerequisite coursework. Clinical education also requires an evaluation of the field experience.

### 265. Athletic Training Clinical I (3) F

Pre/Corequisite: PEWS 218, 240.

Basic Skills: the development of first year clinical skills and their assessment.

### 275. Athletic Training Clinical II (3) S

Pre/Corequisite: PEWS 218, 240.

Risk Management: the development of first year clinical skills and their assessment.

### 365. Athletic Training Clinical III (3) F

Prerequisite: AT 360.

Therapeutic Modalities: the development of second year clinical skills and their assessment.

### 375. Athletic Training Clinical IV (3) S

Prerequisites: AT 361, 370.

Evaluation and General Medical Assessment: the development of second year clinical skills and their assessment.

**465. Athletic Training Clinical V (3) F**

Prerequisite: AT 460.

General Medicine and Pharmacology/Therapeutic Exercise and Rehabilitation and Senior Practicum: the development of third year clinical skills and their assessment.

**475. Athletic Training Clinical VI (3) S**

Prerequisites: AT 350, 455.

Professional Preparation and Senior Seminar: the development of third year clinical skills and the assessment of clinical proficiencies.

Available in each departmental prefix.

**179-279-379-479. External Domestic Study Programs (1-3) As Needed**

All courses and their applications must be defined and approved prior to registering.

**180-280-380-480. Study Abroad Programs (1-4) As Needed**

All courses and their application must be defined and approved prior to travel.

**195-6-7. Special Studies (1-4) On Demand**

**295-6-7. Special Studies (1-4) On Demand**

Lower-level group studies which do not appear in the regular departmental offerings.

**395-6-7. Special Studies (1-3) On Demand**

Upper-level group studies which do not appear in the regular departmental offerings.

**495-6-7. Independent Study (1-4) On Demand**

Individual research under the guidance of a faculty member(s).

**498-9. Seminar (1-3) On Demand**

To be used at the discretion of the department.