DEPARTMENT OF PHYSICAL EDUCATION, WELLNESS, AND SPORT
COLLEGE OF EDUCATION

Faculty
Gary Johnson (1994). Professor of Physical Education and Department Chair. B.S., Union University; M.S., University of Memphis; D.A., Middle Tennessee State University.

Jonathan Allen (2012). Clinical Coordinator and Assistant Professor of Athletic Training. B.S. and M.A., Ball State University. Additional Study, Rocky Mountain University of Health Professions.

Matt Brunet (2004). Professor of Sport Management. B.S., Indiana Wesleyan University; M.A., Wayne State University; Ed.D., 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.


Andy Rushing (1988). Assistant Professor of Physical Education. B.S., Union University; M.S., University of Memphis. Additional study, United States Sports Academy.

Jennifer Shumway (2010). Program Director and Professor of Athletic Training. B.S., University of Central Florida; M.S., University of South Carolina; Ed.D., Union University.

Mission Statement
The Department of Physical Education, Wellness, and Sport strives to instill in students a lifetime desire to serve church and society through the mediums of physical activity, exercise, and sport. Our task is to introduce students to knowledge and skills in order to develop a healthy lifestyle for optimum living and service.

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:
1. To prepare physical educators, coaches, exercise science professionals, certified athletic trainers, and sport managers for many career channels; and
2. To foster scientific knowledge and behavioral attitudes for optimum development of health through fitness; and
3. To prepare students for post-baccalaureate education; and
4. To develop physical skills for lifetime use; and
5. To cultivate socially desirable characteristics through physical activity; and
6. To offer wholesome recreation that encourages character development.

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 offered. Growth and development of each individual should occur when exposed to physical activity, exercise, and sport. The department also aims to teach the value of the meaningful use of leisure time to improve personal wellness and serve church and society. Exercise Science majors are taught how to produce prescriptive personal lifestyle programs. Education of sport management students includes moral and ethical responsibility in the business of sport.

The Professional Athletic Training 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 Professional Athletic Training Program is accredited by the Commission on Accreditation of Athletic Training Education (CAATE) and consists of a three year, sequential cohort 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.

The Department offers majors in Physical Education leading to Teacher Licensure, Athletic Training, Exercise Science, and Sport Management with an emphasis in Marketing, Communication, and Ministry. The Physical Education Major requires the completion of the Professional Education Minor as noted below. Athletic Training, Exercise Science, and Sport Management are exempt from the requirement for a minor.

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 104, 110, 111, 119.
2. PEWS 120, 130, 201, 222, 316, 324, 350, 410, 414, 415, 416, 419.
3. PEWS elective (1 hour)
*If licensure is not desired in this major, see Department Chair or Registrar for approval of program.
B. Professional Education:
2. Fall of Internship Year—EDU 306, 340, 421, 440
3. Spring of Internship Year—EDU 441 and 451
4. CSC 105 is required in the BA core
C. Completion of applicable portions of the Praxis II series. Content Knowledge Praxis 5095 PE: Content and Design must be passed by April 1st prior to internship year.

D. Physical Education edTPA must be passed during Internship II.

E. For additional information, see the Director of Educator Preparation.

F. Prerequisite: BIO 221 or 222, and MAT 114

II. Major in Exercise Science
   A. General and B.S. Specific Core Science requirements: BIO 221, 222, MAT 114
   B. Major Requirements—51 hours: PEWS 113, 218, 222, 240, 324, 333, 343, 410, 414, 415, 416, 433, 435 (6 hours), 461; PSY 330, and 3 PEWS Activity courses.

III. Pre-Athletic Training Program Track—90 hours
   A. CHR 111 and 112; ENG 111, 112, 201, and 202; ART 210; HIS 101 and 102; CHE 111; BIO 112, 221, and 222; PHY 213; MAT 111 or MAT 116, 112 (if MAT 116 not taken), 114; COM 112 or 235; PEWS 100 and PEWS activity course; PSY 213
   B. PEWS 113, 170, 218, 222, 240, 414, 415, 433, 461
   C. A minimum of 60 Hours of the Pre-Athletic Training Program must be earned at Union University to qualify for early admission to the Masters of Athletic Training Program.

IV. Major in Athletic Training—76 hours
   A. PEWS 113, 170, 218, 222, 240, 414, 415, 433, 461
   B. AT 170, 265, 275; PSY Elective; BIO 300.
   C. AT 318, 350, 360, 361, 370, 460, 461, 462, 463
   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

V. Major in Sport Management—54 hours
   A. Core for all majors—PEWS 201, 300, 342, 343, 362, 400, 419, 421, 435 (6 hours); ART 221–33 hours
   B. Sport Marketing Emphasis—21 hours
      1. PEWS 340, 425
      2. MKT 228, 330, BAD 420
      3. PEWS 205
      4. ACC, MKT, or MGT Elective
   C. Sport Communication Emphasis—21 hours
      1. COM 120 and 360
      2. Either COM 220 or 230
      3. PEWS 205
      4. Electives—9 hours
         COM—3 hours
         PEWS—3 hours
         ACC, MGT, or MKT—3 hours
   D. Sport Ministry Emphasis—21 hours
      1. CHR 113, 243, 333
      2. PEWS 251 and 320
      3. MGT 218

I. Minor in Physical Education—21 hours
   A. PEWS 201, 222, 414, 416, 419—15 hours.
   B. Select 6 Electives hours from PEWS.

II. Minor in 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 in 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. Minor in Health Education—21 hours:
   A. PEWS 113, 222, 301, 322, 324, 327; and 3 hours from:
      B. PSY 330, 328; PEWS 421/PSY 422.

V. Minor in Sport Management—21 hours
   A. PEWS 340, 342, 343, 362, 419
   B. Choose 6 hours from PEWS 205, 300, 400, 421, 425

VI. Health Education (add-on teaching endorsement, Health K–12)—12 hours.
   A. PEWS 113, 222, 301, 322
   B. Completion of applicable portions of the Praxis II series.
   C. For additional information, see the Director of Educator Preparation.

Assessment of Majors

Physical Education majors are required to take a written exit examination the semester prior to or during the semester of graduation or complete a capstone experience. The capstone experience is a course at the end of one’s major in their major area of emphasis within the department of PEWS. These areas of emphases are: Athletic Training, Exercise Science, Physical Education with teacher licensure, Sport Management—Marketing, Communication, and Ministry. Both capstone and exit exam requires 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

Academic medals will be given to the outstanding graduate in each PEWS discipline. Faculty will vote when multiple students are eligible for the academic achievement medal for a discipline. Students are honored at awards day in the spring, or at the graduation ceremony for December or summer graduates.
Course Offerings in Physical Education, Wellness, and Sport (PEWS)

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

100. Fitness for Health (1) F, 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)
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, S
Beginning skills, rules and strategy. A life-time sport that will focus on health development through vigorous activity.

105. Intermediate Swimming (1)
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) As Needed

107. Bowling (1) As Needed
Introduction to the rules, techniques, scoring, and etiquette of bowling.

108. Walking for Fitness (1) F, S, Su
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.

109. Pure Barre Fitness (1) F, S
Basics of Pure Barre Fitness as a method of gaining strength. Proper techniques, safety, benefits, and risks will be presented during the course. Taught by demonstration and participation.

110. Volleyball (1) F, S

111. Badminton (1) F, S

112. Mountain Biking (1) F, S

113. Elementary Nutrition (3) S
Elementary principles of nutrition and their application to the individual and the family.

115. Snow Skiing (1) As Needed
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) As Needed
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
Prerequisite to 127: PEWS 117 or consent of instructor. Blocks, kicks, strikes, punches and necessary stances for execution will be taught to develop skill, strength, and general health.

119. Archery (1) As Needed

120. Team Sports (1) F
Fundamental skills, rules, techniques, and strategy of team sports.

121. Golf (1) As Needed
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) F, 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) As Needed
Introduction to scuba diving and snorkeling including safety, technique, and equipment use and care. Scuba certification is possible upon completion.

126. Advanced Tennis (1) As Needed
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) As Needed
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. Care and Prevention of Athletic Injuries (3) F  
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, S  
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) As Needed  
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) F, 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.
Application of sociological principles to sport and athletics. Exploration of sport as a social institution in American society and how it is an agent of social change.

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  
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) As Needed  
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) As Needed  
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.

320. Sport Ministry and Recreation Management (3) F  
Reciprocal Credit: CHR 320.
A course which focuses on the Great Commission and how Sports/Recreation activities can be used as a bridge to fulfill such. This course will provide students with the foundational knowledge to plan, implement, and evaluate a Sports Ministry program within various settings. This course includes a 15 hour internship with Englewood Baptist Church and the Fellowship of Christian Athletes.

322. School Health Education (3) F  
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. Understanding Health and Wellness (3) S, Su  
Care of the physical body and community from a health and wellness perspective while studying fitness, drugs, nutrition, disease control and treatment, family life and sexuality, mental health, and environmental health.

327. Environmental and Community Health (3) As Needed  
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) F  
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 228.
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
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
Tort and contract law as it applies to sports industry. Investigation of case law dealing with marketing the athlete, amateur sports, sports injuries and liabilities, sex discrimination in sports, drug screening, and rights and responsibilities of managing the athlete.

350. Educational Games, Rhythms and Sports (2) S
Exploration of instructional methods and techniques used in a variety of physical activities including rhythmic activities, individual sports and team sports, specifically emphasizing sequencing for proper motor skill development, game rules and strategies for lifetime and recreational pursuits.

351. Coaching Football (2) As Needed
Modern techniques of coaching and training in the sport of football.

352. Coaching Basketball (2) As Needed
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) As Needed
Modern techniques of coaching and training in the sport of baseball.

354. Coaching Volleyball and Softball (2) As Needed
Fundamentals and strategy utilized in coaching volleyball and softball.

356. Sport Finance (3) S
Basic finance concepts in the sport industry. An investigation into the real world of financial management and how to apply financial concepts and appreciate sound sport management operations. The course will distinguish the skills and principles of finance from those of economics. Taxation, legal issues, financial analysis, and planning will also be covered as they relate to the sport industry.

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) F
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.
Professional Athletic Training Major and Program

Mission Statement
The purpose of Union's Professional Athletic Training program is to challenge its students to become highly effective health care professionals incorporating both professional and spiritual growth in their life plans. To that end, the mission of the AT Program is to prepare students to be competent and proficient athletic trainers by providing comprehensive education in the Foundation Behaviors of Professional Practice; the 8 competency content areas set forth by the 5th Edition of the Athletic Training Education Competencies; and the BOC Standards of Professional Practice. The Program faculty believes in providing students with enriching educational experiences which foster personal growth, communication skills, critical thinking skills and professional ethics.

Curriculum
Accreditation
The Professional 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.
• The following courses are pre-/corequisite courses for admission into the Professional Athletic Training Program: PEWS 113, PEWS 170, PEWS 222, PEWS 240. Preference will be given to students who completed or are “in progress” in all four courses at the time of application. These courses must be completed with a grade of B (3.0 on a 4.0 scale) or better to meet retention standards of the Professional Athletic Training Program. Retention standards can be viewed in the Athletic Training Handbook.
• All applicants must present a cumulative grade point average of 2.75 on a 4.0 scale.
• All applicants must submit to the Program Director a completed application for admission to the Professional Athletic Training 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 Professional Athletic Training Program.
• All applicants must submit a current transcript from all institutions that they have previously attended.
• Criminal background check and drug screening clearance are required for placement within the West Tennessee Healthcare System, not admission to the program.
• All applicants must meet with the Professional Athletic Training Program faculty for a formal interview.

Competitive Admissions Process
Union University's Professional Athletic Training Program 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 Professional Athletic Training Program 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) overall GPA, (2) success in prerequisite coursework, (3) applicant essay, (4) recommendation/references, and (5) a formal interview with the Professional Athletic Training Program Selection Committee. During the interview, each member of the Professional Athletic Training Program 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 Professional Athletic Training Program is limited to a program capacity of forty (40). Final admission into the program rests with the decision of the Professional Athletic Training Program Selection Committee. All student candidates will receive the admission decision in writing by May 1. Student candidates who were denied admission into the Professional Athletic Training Program will have the opportunity to reapply for admission for future enrollment.

Program Requirements
• All Professional Athletic Training Program students must complete a physical examination from a licensed medical practitioner and submit a complete health history and record of immunizations.
• All Professional Athletic Training Program students must sign agreements in reference to the technical standards of the program, acknowledgment of the Union University Athletic

- All Professional Athletic Training Program students will be required to maintain CPR certification (Professional Rescuer or equivalent) for the duration of the program and must be annually screened for tuberculosis.

Operational Fair Practices and Additional Fees

Some additional fees will apply upon entrance into Union University’s Professional Athletic Training 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.
- Students enrolled in AT 170 will be billed $30.
- 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; 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 5th 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, sings, symptoms, immediate care, conservation management and surgical implications of injury and disease processes to the orthopedic anatomy. Course content is based on the 5th Edition Nation Athletic Trainer’s Association Education Competencies in the categorical domain of Risk Management and Injury Prevention.

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.
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.
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.

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.

461. Medical Ethics, Professional Practice, and Research and Sports Medicine (3) F (400 level)
This class introduces the student to the foundational behaviors of professional practice for the certified athletic trainer and other allied health care professionals. The course introduces the student to evidence based research models in regards to professionalism, medical ethics, legal considerations, and cultural competence.

462. Pharmacology in Athletic Training (2) S (400 level)
Prerequisites: AT 318, 361, 370; BIO 221 & 222
This course is designed to introduce the athletic training student to the pharmacological applications, organized by body systems, which are used to treat athletic injuries and conditions in the field of sport medicine.
General Medical Conditions in Athletic Training (2)  
S (400 level)  
Prerequisites: AT 318, 361, 370; BIO 221 & 222  
This course is designed to introduce the athletic training student to the various general medical conditions that effect the active and athletic population. The focus of the course is based on the prevention, recognition, clinical diagnosis, treatment interventions, and appropriate medical referral of pathological medical conditions which are encompassed in the field of sport medicine.

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 Professional Athletic Training Programs, Fifth Edition. The student is required to demonstrate clinical proficiency in cognitive and psychomotor 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/Corequisites: PEWS 218, 240.  
Basic Skills: the development of first year clinical skills and their assessment.

275. Athletic Training Clinical II (3) S  
Pre/Corequisites: 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.

179PF-279PF-379PF-479PF. External Domestic Study Programs (Pass/Fail) 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 applications must be defined and approved prior to travel.

180PF-280PF-380PF-480PF. Study Abroad Programs (Pass/Fail) As Needed  
All courses and their applications 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  
498-9. Seminar (1-3) On Demand  
To be used at the discretion of the department.