

# Health Sciences--Athletic Training (HSAT)

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## **HSAT 2050. Introduction to Athletic Training. 2 Hours.**

Prerequisite: Declared Athletic Training major. Basic information concerning the admissions criteria, process, and retention requirements, the athletic training education program; and the profession of athletic training. Students eligible for admission into the program may take the course.

## **HSAT 3020. Assessments in Athletic Training. 3 Hours.**

Prerequisites: Admission to the Athletic Training Program. Development of knowledge, skills, and abilities in selecting, administering, and interpreting standardized health, athletic, and physiological-related physical fitness tests, performance test.

## **HSAT 3200. Nutrition for Health and Human Performance. 3 Hours.**

Prerequisites or Co-requisite: HSAT 3420 with a grade of "C" or better, or permission of instructor. Prerequisites by Program: Exercise Physiology majors must have met program entry requirements. Health and Physical Education majors must have been admitted into the program and passed KSPE 2999. Admitted Athletic Training students and nutrition minors may be allowed to take the course with the approval of the program coordinator and the instructor. An introduction to the characteristics of the essential dietary nutrients and their respective roles in the body. Emphasis is placed on the effects of nutritional practices on health and human performance.

## **HSAT 3420. Exercise Physiology. 3 Hours.**

Prerequisite: Grade of "C" or higher in BIOL 2651. Exercise Physiology majors must have met program entry requirements. Health and physical education majors' prerequisite: KSPE 2999. Athletic Training majors may be allowed to take the course with approval of the program coordinator and the instructor. An understanding of how the body, from a functional standpoint, responds, adjusts, and adapts to exercise. Topics include bioenergetics, neuromuscular concepts, cardiorespiratory considerations, physical training, and environmental concerns involving physical activity, athletic performance, and health-related fitness.

## **HSAT 3430. Kinesiology. 3 Hours.**

Prerequisites: Acceptance to the Exercise Physiology Program and grade of "C" or better in BIOL 2651. Athletic Training majors must have completed KSPE 2050 with a grade of "C" or better and should register for KSPE 3430 section B. Basic physical concepts as they apply to human movement are explored. Structural anatomy, neuromuscular physiology and biomechanical principles as they apply to sport skills and fitness activities are emphasized.

## **HSAT 3440. Athletic Training Clinical Competencies I. 2 Hours.**

Prerequisites: Admission to the Athletic Training Education Program. A study of manipulative and motor skills required to perform athletic training techniques in clinical settings. Techniques reflect those presented in lecture/lab courses that were taught the previous semesters. The course also involves a semester-long clinical education component.

## **HSAT 3441. Athletic Training Clinical Competencies II. 2 Hours.**

Prerequisites: Admission to the Athletic Training Education Program. A study of manipulative and motor skills required to perform athletic training techniques in clinical settings. Techniques reflect those presented in lecture/lab courses taught the previous semesters. The course also involves a semester-long clinical education component.

## **HSAT 3500. Athletic Training Special Topics. 2 Hours.**

Prerequisite: Admission to the Athletic Training Education Program. A flexible course of study dealing with current events or special topics in athletic training. The course is designed to prepare graduating athletic training majors to address current and contemporary issues within the athletic training profession.

## **HSAT 4250. Organization and Administration Strategies in Athletic Training. 3 Hours.**

Prerequisite: KSPE 2050. A study of management techniques used in typical athletic training settings. General topics areas to include facility design, human resource management, information processing, and financial management techniques. Athletic injury insurance and legal considerations in athletic training will also be covered.

## **HSAT 4300. Foundations of Injury Prevention and Care. 4 Hours.**

Prerequisites: KSPE 2050 completed with a grade of "C" or better. Provides the student with knowledge concerning sports injury prevention, treatment, and taping skills. Emphasis is placed on protocols common in the athletic training profession.

## **HSAT 4350. Evaluation and Assessment of Upper and Lower Extremities. 4 Hours.**

Prerequisite: Admission to the Athletic Training Education Program. Advanced principles addressing athletic injuries that commonly occur to the head, neck, trunk, and upper and lower extremities with regard to evaluation protocol and tests.

## **HSAT 4360. Evaluation and Assessment of Head, Neck, and Trunk. 4 Hours.**

Prerequisite: Admission into the Athletic Training Education Program. Advanced principles addressing athletic injuries that commonly occur to the head, neck, trunk, and upper and lower extremities with regard to evaluation protocol and tests.

## **HSAT 4400. Therapeutic Modalities and Pharmacology in Athletic Training. 4 Hours.**

Prerequisite: Admission into the Athletic Training Education Program. An introduction to basic rehabilitation principles in the athletic training profession in addition to the use of therapeutic modalities and pharmacology agents available in this process.

**HSAT 4440. Athletic Training Clinical Competencies III. 2 Hours.**

Prerequisite: Admission to the Athletic Training Program. A study of manipulative and motor skills required to perform athletic training techniques in clinical settings. Techniques reflect those presented in lecture/lab courses taught the previous semesters. The course also involves a semester-long clinical education component.

**HSAT 4441. Athletic Training Clinical Competencies IV. 2 Hours.**

Prerequisite: Admission to the Athletic Training Program. A study of manipulative and motor skills required to perform athletic training techniques in clinical settings. Techniques reflect those presented in lecture/lab courses taught the previous semesters. The course also involves a semester-long clinical education component.

**HSAT 4442. Athletic Training Clinical Competencies V. 2 Hours.**

Prerequisites: Admission to the Athletic training Education Program. A study of manipulative and motor skills required to perform athletic training techniques in clinical settings. Techniques reflect those presented in lecture/lab courses that were taught the previous semesters. The course also requires a semester-long clinical education component.

**HSAT 4443. Athletic Training Clinical Competencies VI. 2 Hours.**

Prerequisites: Admission to the Athletic Training Education Program. A study of manipulative and motor skills required to perform athletic training techniques in clinical settings. Techniques reflect those presented in lecture/lab courses that were taught the previous semesters. The course also requires a semester-long clinical education component.

**HSAT 4450. Sport Related Illness and Conditions. 3 Hours.**

Investigation signs, symptoms, and treatments of illnesses and conditions common to athletes but not addressed in previous athletic training courses.

**HSAT 4490. Rehabilitation Techniques in Athletic Training. 4 Hours.**

Prerequisite: Admission into the Athletic Training Education Program. Provides the student with the knowledge needed to develop comprehensive rehabilitation programs. The development of therapeutic goals and objectives, exercise graduation and methods of evaluating rehabilitation progress will be stressed.

**HSAT 4491. Procedures and Protocols in Athletic Training. 3 Hours.**

Prerequisite: Admissions to the Athletic Training Program. Application of a variety of clinical procedures and protocols used in the athletic training profession.

**HSAT 4600. Athletic Training Ethics and Psychosocial issues. 3 Hours.**

Prerequisite: Admission to the Athletic Training Program or consent of instructor. A study of the knowledge and skills that certified athletic trainers must possess to recognize the sociocultural, mental, emotional and physical behaviors of those involved in physical activity for intervention and referral. Recognizing professional responsibilities is also stressed.

**HSAT 4700. Athletic Training Professional Practice Seminar. 2 Hours.**

Prerequisites: Admission in the Athletic Training Program. Reflection on the educational and clinical competencies. Students discuss and prepare for the BOC exam.