

ATHLETIC TRAINING

Bachelor of Science in Athletic Training

Students desiring to pursue athletic training as a profession should begin this track early in their college career. Students will receive academic course work combined with practical hands-on experience under the supervision of nationally certified and state licensed athletic trainers. The program is designed to meet all of the licensing requirements set forth by the Texas Department of State Health Services and the TABAT (Texas Advisory Board of Athletic Trainers), as well as BOC requirements once accredited by CAATE. This will enable students to be qualified to take the national certification exam.

Students will have a minor area of study that consists of 18 to 24 credit hours. There are two tracks in the B.S. in Athletic Training, certified and non-certified. Students who wish to become a certified teacher as well as an athletic trainer will take courses in the School of Education in addition to those in the major and minor areas of study.

Once general education requirements are completed, courses that comprise the B.S. in Athletic Training major are as follows.

KINE 1115 Beg/Adv Swimming
KINE 1156 Aerobics
KINE 1159 Weight Training
KINE 1301 Concepts in Fitness and Health
KINE 2306 First Aid
KINE 2370 Care & Prevention of Athletic Injuries
KINE 3340 Analysis of Human Movement (*Prereq BIOL 3350/3151, 3352/3153*)
KINE 3350 Exercise Physiology (*Prereq BIOL 3350/3151, 3352/3153*)
KINE 3151 Lab: Exercise Physiology (*taken with KINE 3350*)
KINE 3371 Evaluation of the Lower Extremity
KINE 3372 Evaluation of the Upper Extremity
KINE 3373 Tissue Pathology and Pharmacology
KINE 3374 General Medical Conditions in Athletes
KINE 4175 Seminar in Athletic Training
KINE 4320 Psychology of Sport
 or KINE 4350 Psychology of Exercise
KINE 4355 Psychology of Injury
KINE 4364 Exercise and Nutrition
KINE 4365 Concepts in Strength & Conditioning
KINE 4370 Therapeutic Modalities
KINE 4372 Rehabilitation of Athletic Injuries
KINE 4375 Organization and Administration of Athletic Training
KINE 4395 Practicum/Athletic Training (6x0.5 credit sections)

- If one seeks to minor in Biology additional requirements include Human Anatomy, Human Physiology, Genetics, and Evolution, plus 6 sch of upper level electives.
- Additional hours are required for students who seek TExES/ExCET certification.

TEGES/ExCET Requirements

Candidates for TEGES test in All-Level Physical Education must complete the courses listed below or equivalent courses and the appropriate education courses in the School of Education. School of Education courses include EDUC 4332, EDUC 4333, EDUC 4334 and student teaching in elementary and secondary Physical Education. Candidates who wish to certify in Biology as a second teaching field will be placed in Biology for student teaching experiences as well.

Forms of Movement Course Requirements

Demonstrated competence in 3 forms of movement is required of all Athletic Training majors. Credits earned in meeting this requirement do not count toward the hours required for a degree in Athletic Training. However, they count toward the 120 hours required for graduation. The forms of movement requirement may be fulfilled in a number of ways. Options include taking the three courses (KINE 1115, 1156, 1159), participating in intercollegiate or professional athletics and possessing a current official's rating in the course content area. The Forms of Movement Program Handbook is available from any Kinesiology faculty member. A record of each student's progress in the forms of movement program is kept in the program coordinator's office.

Course descriptions for the B.S. in Athletic Training follow. More information on other Kinesiology courses that may be used to fulfill electives in the B.S. in Athletic Training may be found in the B.S. in Kinesiology section of this catalog.

Course Listing

KINE 1115 Beg/Adv Swimming (1)

Develop swimming stroke skills for personal use and learn basic swimming instructional techniques. Appropriate for swimmers from novice through advanced while using the Personalized System of instruction. F, S, Su

KINE 1156 Aerobics (1)

Opportunity to obtain skill and knowledge through participation in this lifetime activity.

KINE 1159 Weight Training (1)

Opportunity to obtain skill and knowledge through participation in this lifetime activity.

KINE 1301 Concepts in Fitness and Health (3)

Offers an introduction to the basics of personal health, fitness, and major contemporary health issues. F, S, Su

KINE 2306 First Aid (3)

Offers instruction in the knowledge and skills necessary, in an emergency situation, to help sustain life, reduce pain, and minimize the consequences of injury or sudden illness until professional medical help arrives. Opportunity for American Red Cross First Aid and CPR certifications. F, S

KINE 2370 Care and Prevention of Athletic Injuries (3)

Introduction to the prevention, recognition, evaluation, treatment, and rehabilitation of common musculoskeletal injuries and conditions. Laboratory experiences emphasize taping and bracing methods and

techniques for preventing musculoskeletal injuries/ conditions. A 200 hour clinical observation component is required for students that intend to apply for admission to the Athletic Training Education Program.

KINE 3151 Lab: Exercise Physiology (1)

An introduction to many of the basic laboratory procedures and tests used in the field of exercise physiology. The class is designed to complement KINE 3350 Physiology of Exercise. Laboratory equipment is used to collect data and analyze results. Prerequisite: Anatomy and Physiology and concurrent enrollment in KINE 3350 or completion of 3 semester credit hours of undergraduate exercise physiology. F, S

KINE 3340 Analysis of Human Movement (3)

Integration of skeletal and neuromuscular anatomy and physiology with mechanical principles of human movement to structurally and prescriptively analyze movement patterns for performance improvement. Prerequisite: KINE 2385, or BIOL 3350/3150 (4 credits), or equivalent. F,S

KINE 3350 Physiology of Exercise (3)

Physiological functioning of the human body during physical stress to include muscle strength, cardiorespiratory endurance, environmental effects and conditioning programs. Laboratory equipment used to collect data as part lab, KINE 3151, that is taken concurrently. Prerequisite: KINE 2385 (3 credits), or BIOL 3350/3150 and BIOL 3352/3152 (8 credits), or equivalent. F,S

KINE 3371 Evaluation of the Lower Extremity (3)

Procedures and techniques for the recognition, assessment and evaluation of athletic injuries to the lower extremity. Emphasis is placed on the synthesis of information gathered through injury history, observation, palpation, testing range of motion, neurological and orthopedic examination. F Prerequisites: KINE 2306, 2370; BIOL 1306, 1307, 3350, 3352.

KINE 3372 Evaluation of the Upper Extremity (3)

Procedures and techniques for the recognition, assessment and evaluation of athletic injuries to the upper extremity. Emphasis is placed on the synthesis of information gathered through injury history, observation, palpation, testing range of motion, neurological and orthopedic examination. S Prerequisites: KINE 2306, 2370; BIOL 1306, 1307, 3350, 3352.

KINE 3373 Tissue Pathology and Pharmacology (3)

This course addresses the affects of acute and chronic illness and their response to, and impact on, physical activity. Pharmacologic intervention used in the care of general illnesses and musculoskeletal disorders in the physically active will also be studied as it relates to the knowledge base of the entry-level athletic trainer. S '11 Prerequisites: KINE 2306, 2370; BIOL 1306, 1307, 3350, 3352.

KINE 3374 General Medical Conditions in the Athlete (3)

Students will gain knowledge, skills, and values that the entry-level certified athletic trainer must possess to recognize, treat, and refer, when appropriate, the general medical conditions and disabilities of athletes and others involved in physical activity. Includes learning and demonstrating general physical exam screening skills appropriate for entry-level athletic trainers. F '09 prerequisites KINE 2306, 2370; BIOL 1306, 1307, 3350, 3352.

KINE 4175 Seminar in Athletic Training (1)

The advanced preparation of scholarly writing complimenting discussion of topics and issues related to the field of athletic training. Emphasis is on professional preparation, employment, credentialing, governance, ethics, and scope of practice. Prereq KINE 2306, 2370, 3371, 3372, 3373, 3374, 4370, 4372, 4375.

KINE 4320 Psychology of Sport (3)

Concepts in psychology as applied to an individual's involvement in sport and other forms of competitive physical activity. Emphasis on motivation, stress management, personality theory, performance enhancement, and group dynamics. F

KINE 4350 Psychology of Exercise (3)

Concepts in psychology applied to an individual's involvement in exercise. Emphasis on theoretical models and methods for assessing exercise adherence. Investigation of methods and strategies for behavior intervention and program development to promote adherence to exercise programs. S'10

KINE 4355 Psychology of Injury (3)

Identification and analysis of the psychosocial factors related to the prevention of and recovery from athletic injuries and the development of counseling and referral skills needed when working with athletes and others in the sports medicine environment. S'10

KINE 4364 Exercise and Nutrition (3)

An in-depth examination of the nutritional effects that enhance exercise or sports performance. The class is designed to enhance the student's knowledge of the nutritional needs of athletes as well as possible ergogenic effects of certain dietary plans. The class will include topics on issues in nutritional myths in sports, effects of nutritional supplements, herbal supplements, and pharmacological components that are currently used as ergogenic aids to exercise performance. Prerequisite: KINE 2385 (3 credits), or BIOL 3350/3151 and BIOL 3352/3153 (8 credits), or equivalent. S'10, F'11.

KINE 4365 Concepts in Strength & Conditioning (3)

The class is designed to enhance the student's understanding of the physiological and biomechanical aspects of strength and fitness training methods. It will focus specifically on adaptations associated with aerobic, anaerobic and resistance training exercise programs. Prerequisite: KINE 2385, KINE 3340 and KINE 3350

KINE 4370 Therapeutic Modalities (3)

In-depth study of the application of therapeutic physical agents and modalities treatment used in the care and rehabilitation of musculoskeletal injuries and conditions. The course will also focus on cognitive knowledge, psychomotor skills that are used in the application of cryotherapy, hydrotherapy, and electrotherapy. Prerequisite: KINE 2370 or equivalent. S.

KINE 4371 Organization and Administration in Athletic Training (3)

This course addresses the organization and administration of an athletic training program as a component of the overall health care of athletes and the physically active. Emphasis includes the objectives, principles and problems that are encountered in the management of a comprehensive athletic training program. F '10
Prerequisites: KINE 2306, 2370; BIOL 1306, 1307, 3350, 3352.

KINE 4372 Rehabilitation of Athletic Injuries (3)

Students will learn and initiate the principles and goals of common rehabilitative techniques and procedures of athletic injuries and therapeutic exercise. Emphasis will include holistic and evidence-based approaches to the application of techniques and procedures. F Prerequisites: KINE 2370, 3340; BIOL 3350, 3352.

KINE 4395 Practicum in Athletic Training (0.5)

Students will engage in supervised clinical activities associated with professional athletic training practice over 6 semesters. Activities will take place on and off campus. Emphasis focuses on the advancement of cognitive learning and psychomotor skills into application in clinical practice. F S SU

Program Faculty

James Eldridge, Ed.D. is the Chairperson of the Kinesiology Department, in which the B.S. in Athletic Training degree program is housed.

Richard Lloyd, Ed.D. is the Program Director of the Athletic Trainer Education Program (ATEP). Dr. Lloyd has a Bachelor's degree in Physical Education with a minor in Athletic Training, a Master's degree in Physical Education, and a doctorate in Educational Leadership. He has been certified by the National Athletic Trainers Association as an athletic trainer since 1982 and has athletic training licenses in Texas and New Mexico. Dr. Lloyd served as an athletic trainer for ten years at the high school level and for seventeen years at the college level.

Kazuhiko Yanagi is the Head Athletic Trainer. He has a Bachelor of Science in Physical Education, and a Master of Arts in Physical Education. He has been certified by the National Athletic Trainers Association as an athletic trainer since 2004, as a Certified Strength and Conditioning Specialist since 2006, and has had athletic training licenses in Texas and Nebraska.

Degree plans are listed on the following pages according to the tracks of study within Athletic Training. First is the Bachelor of Science in Athletic Training with a Biology minor, and no certification. The second is the Bachelor of Science in Athletic Training with a Biology minor and teaching certification in Physical Education or Biology.

Speak to your advisor about your career plans and the degree you should pursue. More information about the Kinesiology Department and course offerings can be found in the Bachelor of Science in Kinesiology section of this catalog.