

# ATHLETIC TRAINING (MAT)

## **MAT 1000 - Intro to Athletic Training**

1 Credit

This course introduces students to the athletic training profession and explores the specialties and opportunities for practice. The students participate in lectures and seminars by the athletic training faculty and practitioners across practice areas, including high school, collegiate professional, private and industrial settings. The historical foundations of athletic training and the evolution of the contemporary practice of athletic training are discussed.

## **MAT 2000 - Athletic Training Student Development I**

1 Credit

This course is designed to move the student from thinking about the profession of athletic training to thinking about him/herself as a future professional and a athletic trainer. Students explore the Foundational Behaviors of Professional Practice in Athletic Training. The concept of the Jesuit Mission is expanded to include consideration of the integration of Foundational Behaviors of Professional Practice. Essentials of effective career development including communication skills, critical thinking, professional networking, cultural competence, and time and energy management are addressed.

## **MAT 2930 - Special Topics**

1-3 Credits (Repeatable for credit)

## **MAT 2980 - Independent Study**

1 or 3 Credits (Repeatable for credit)

## **MAT 3000 - Athletic Training Student Development II**

2 Credits

This course introduces the student to the cognitive, psychomotor and affective skills integral to athletic training. These abilities lay the foundation for the development of competency in clinical practice. They are also necessary for taping, bracing, injury prevention and emergency care.

**Prerequisite(s):** CORE 1900; CORE 1500; CORE 1200<sup>\*</sup>; CORE 2500<sup>\*</sup>; CORE 1000

<sup>\*</sup> Concurrent enrollment allowed.

**Attributes:** UUC:Self in the World

## **MAT 3930 - Special Topics**

1-4 Credits (Repeatable for credit)

## **MAT 3980 - Independent Study**

1 or 3 Credits (Repeatable for credit)

## **MAT 4930 - Special Topics**

3 Credits (Repeatable for credit)

## **MAT 4970 - Mastery Assurance**

0 Credits

The purpose of this course is to provide students with the opportunity to master course content not mastered in the prior semester. Content will be completed as described in the criteria listed on a mastery assurance learning contract set up between the instructor and the student.

## **MAT 4980 - Advanced Independent Study in Athletic Training**

1 or 3 Credits (Repeatable for credit)

## **MAT 5010 - Principles of Athletic Training**

2 Credits

This course establishes the role of the certified athletic trainer in the prevention, recognition and treatment of commonly encountered athletic injuries. Basic concepts of injury prevention, mechanisms of injury, injury evaluation, and acute injury management are covered. Laboratory sessions to demonstrate and practice taping and wrapping are included. Offered every summer.

## **MAT 5125 - Therapeutic Modalities**

0 or 3 Credits

This course covers the physical, physiological, and therapeutic aspects of physical agents used as adjunctive interventions in treatment and rehabilitation. This course also is concerned with the physical, biological, physiological and psychological rationale for utilizing physical agents. The course covers the theoretical and practical knowledge of specific modalities and the integration of these treatment procedures into an overall rehabilitation plan.

**Prerequisite(s):** PPY 2540; (ANAT 1000, HSCI 3400, or HSCI 3300); (PHYS 1240 or PHYS 1330)

## **MAT 5160X - Aspects of Nutrition**

2 Credits

This course covers basic fundamentals of human nutrition science. The course examines dietary guidelines for Americans; nutrition across the lifecycle; nutrition digestion, absorption, and metabolism; medical nutrition therapy for specific disease states—as would apply to patients seen in a physical therapy settings; nutrition and exercise; and nutrition supplementation use.

### **Restrictions:**

Enrollment limited to students in the Physical Thrp/Athletic Train department.

## **MAT 5240 - Musculoskeletal Assessment and Management I**

0 or 4 Credits

This course explores the pathokinematics of selected pathologies within the upper quadrant of the human body, relevant examination techniques to assist in differential diagnosis, and subsequent intervention measures.

**Prerequisite(s):** MAT 5010

### **Restrictions:**

Enrollment limited to students in the Physical Thrp/Athletic Train department.

## **MAT 5250 - Musculoskeletal Assessment and Management II**

0 or 4 Credits

This course covers the pathokinematics of selected pathologies within the lower quadrant and the examination, diagnosis and treatment of those conditions. Treatment procedures discussed and practiced include use of mobilization of bony and soft tissues, and other forms of active and passive exercise, both mechanical and non-mechanical, for a broad range of musculoskeletal conditions.

**Prerequisite(s):** ANAT 4000; MAT 5010

## **MAT 5500 - Rehabilitation in Athletic Training I**

0 or 4 Credits

This course provides a framework for the design and implementation of athletic rehabilitation programs. The emphasis in the course is the use of therapeutic exercise in the treatment of athletic injuries and post-surgical conditions. Rehabilitation programs are considered from early stage through terminal conditioning and functional return. Advanced high-level activities are reviewed including plyometrics and advanced proprioceptive activities.

**Prerequisite(s):** EXSC 5121; (EXSC 3230 or DPT 3230)

**MAT 5550 - Rehabilitation in Athletic Training II**

4 Credits

This course provides an evidence-based approach to rehabilitation of injuries and conditions associated with athletic participation. The emphasis in the course is the development of rehabilitation protocols utilizing of therapeutic modalities and therapeutic exercise. Surgical and non-surgical approaches to conditions and injuries will be addressed.

**MAT 5600 - Athletic Training Administration**

3 Credits

This course is concerned with the organization and administration of athletic training services in high school, collegiate, and professional athletics, as well as non-traditional athletic training sites including industry and health clubs. Topics of emphasis include medicolegal liability, budgeting, facility design, documentation and record keeping, drug testing, professional ethics, pharmacology issues and components of pre-participation physicals. NCAA compliance issues will also be discussed.

**Prerequisite(s):** MAT 5010**MAT 5620X - Sports Psychology**

3 Credits

This course is designed to provide students with knowledge and understanding of the broad theoretical, scientific, and conceptual foundations of the psychology of sport and exercise. This course will provide students with the key concepts, theories, and principles of sport psychology and the application of psychological knowledge and principles to enhance sport performance and exercise behaviors.

**MAT 5700 - AT Clinical Practicum I**

3 Credits (Repeatable for credit)

This course covers, risk management, acute care, medical conditions, professional development, administration, rehabilitation, pathology, diagnosis and psychosocial issues. These issues will be explored in the practical/clinical setting, where the student will gain an understanding of how to apply varied principles learned in the classroom.

**Prerequisite(s):** MAT 5010**Restrictions:**

Enrollment limited to students in the Physical Therapist/Athletic Training department.

**MAT 5750 - AT Clinical Practicum II**

3 Credits (Repeatable for credit)

This is the second clinical course for the athletic training student. Expanding on their prior experience, students will be assigned for the semester as a PY1 athletic training student for a clinical site, and will also have additional athletic training facility coverage hours. Through the mentoring of the Preceptor and these expanded responsibilities, the student is expected to show development of the communication, time management and organizational skills necessary to succeed in a high volume athletic training setting. With an emphasis on problem solving and critical thinking skill development, the student will be expected to take a more active role when providing athletic health care to the injured athletes.

**Attributes:** IPE - Clinical Immersion**MAT 5800 - Medical Conditions and Physical Activity**

4 Credits

This course is a review of responses of the body to exercise and sports with specific discussion of acute and chronic medical problems that can affect athletic performance. Medical conditions that are emphasized include asthma, diabetes, cardiac abnormalities, and viral diseases. In addition, this course covers dermatological conditions encountered in sport.

**Prerequisite(s):** MAT 5010**Restrictions:**

Enrollment limited to students in the Physical Therapist/Athletic Training department.

**MAT 5900 - AT Field Experience**

2 Credits

This is an internship with the athletic training staff of an outside agency affiliated with the program. Documentation will be kept in a portfolio format.

**Prerequisite(s):** MAT 5750 with a grade of C or higher**MAT 5930 - Special Topics**

3 Credits (Repeatable for credit)

**MAT 5980 - Graduate Independent Study in Athletic Training**

1-3 Credits (Repeatable for credit)

**MAT 6010 - Contemporary Clinical Practice**

2 Credits

This course is designed to address contemporary issues in the clinical practice of athletic training with particular attention to the management of sudden illness and trauma situations. (Offered each Fall)

**Prerequisite(s):** MAT 5250 with a grade of C or higher**MAT 6160 - Enhancing Human Performance**

3 Credits

This course is designed for students to use knowledge of anatomy, physiology, kinesiology, and coaching techniques in designing strength and conditioning programs for athletes. Consideration will be given to strategies for improving sports-specific agility, speed, power, strength, and cardiovascular/respiratory fitness.

**Restrictions:**

Enrollment limited to students in the Physical Therapist/Athletic Training department.

**MAT 6700 - AT Clinical Practicum III**

3 Credits (Repeatable for credit)

This is the third clinical course for the athletic training student.

Expanding on their prior experience, students will be assigned for the semester as a PY2 athletic training student for a clinical site, and will also have additional athletic training facility coverage hours. Through the mentoring of the preceptor and these expanded responsibilities, the student is expected to show development of the communication, time management and organizational skills necessary to succeed in a high volume athletic training setting. With an emphasis on problem solving and critical thinking skill development, the student will be expected to take a more active role when providing athletic health care to the injured athletes.

**Prerequisite(s):** MAT 5750 with a grade of C or higher

**MAT 6750 - AT Clinical Practicum IV**

3 Credits (Repeatable for credit)

In this final clinical experience, students will be assigned to an athletic training site for the semester under supervision and instruction from an ACI. The fieldwork will emphasize greater involvement in the day-to-day organization and administrative tasks and professional development and responsibilities.

**MAT 6800 - Seminar in Athletic Training**

3 Credits

In this course, students will fine-tune their clinical skills in preparation for the NATA certification examination. Advanced topics in Athletic Training will be presented by a variety of health care providers.

**MAT 6930 - Special Topics**

3 Credits (Repeatable for credit)

**MAT 6960 - AT Capstone Project**

2 Credits

In this capstone course in the final semester, the student will select a study a topic in athletic training. Each student selects a faculty advisor to provide guidance in planning, coordinating, conducting and presenting the project. The study can take several different forms including a literature review, a mentored research project with a faculty member, or a community service project in athletic training.

**MAT 6980 - Graduate Independent Study in Athletic Training**

1 or 3 Credits (Repeatable for credit)