

## **Vision Statement**

The University of Nebraska athletic training education program will provide an accredited athletic training education curriculum to undergraduate students at the University. The athletic training education program is dedicated to providing a program noted for excellence in the athletic medicine community of Nebraska, as well as in national professional communities.

## **Mission Statement**

The athletic training education program at the University of Nebraska is committed to providing athletic training students with an outstanding educational experience. We are dedicated to creating and maintaining an educational major that surpasses the standards set by the National Athletic Trainers Association, as well as providing a wide variety of practical assignments in modern, well equipped athletic medicine facilities.

Our goals are threefold. First, the University of Nebraska athletic training education program will prepare the athletic training student, through academic course work and practical experiences, to become eligible to become certified athletic trainers. The educational program was designed to meet the standards of the Joint Review Committee on Educational Programs in Athletic Training (JRC-AT).

Second, the University of Nebraska athletic training education program will provide educational opportunities for athletic training students at various levels of athletic endeavor, including team and individual sports, men's and women's sports, and contact and non-contact sport. During these experiences, concepts of equality and fairness will be developed in the athletic training student.

Finally, the University of Nebraska athletic training education program will provide the athletic training student with an understanding of the career of athletic training and the possibilities of advancing within that career field.

The athletic training education program is dedicated to excellence within its field. It is dedicated to providing athletic training students with educational programming that is recognized as state of the art. It is dedicated to providing athletic training students with opportunities to work in outstanding facilities with teams noted for success. It is also expected that athletic training students will display professional competence in academic and work settings, and will adhere to the highest standards as put forth in the National Athletic Trainers Association (NATA) Code of Professional Ethics.

The University of Nebraska athletic training education program is dedicated to the continual assessment of our program and our athletic training students in order to maintain our standards. It is expected that the program will maintain national accreditation, that faculty and staff will continue with the process of lifelong learning and that the athletic training student will achieve and maintain professional certification and will continue with education in both the formal and informal setting.

The academic aspect of athletic training is very important to the enhancement of the clinical experiences. At the University of Nebraska, the athletic training education program has undergone major revisions in course content. The components of the athletic training major were approved and implemented in the spring of 1999, and the program is currently completing the steps necessary for accreditation by the Committee on Accreditation of Allied Health Educational Programs (CAAHEP). A self-study was submitted to the JRC-AT, and a site visit was completed in fall of 2003. The program anticipates completion of the accreditation process in the summer of 2004. Completion of the academic major including work experiences will make the athletic training student eligible to take the National Athletic Trainers Association Board of Certification (NATA-BOC) examination upon completion of the bachelor's degree.

Upon successful completion of the certification exam, the certified athletic trainer (denoted by the credential A.T.C.) can seek employment at public or private schools, colleges, universities, professional sports, and industrial or clinical sites. In addition, an athletic trainer may continue working towards advanced degrees in medicine, sports and exercise performance, health-related professions, or other related areas.

The curriculum consists of general education requirements mandated by the College; background courses in basic and applied sciences which lay the basis for athletic training; a core of academic courses devoted to the knowledge needed to be a successful athletic trainer; and a three-year practical clinical experience. The head athletic trainer, the assistant athletic trainers, and the graduate assistant athletic trainers in the intercollegiate athletic department supervise the clinical experiences.

The athletic training staff works out of five fully equipped athletic training facilities. Training rooms are located in South Stadium, North Stadium, Devaney Center, the Coliseum, and the Recreation Center. During their course of study, athletic training students are exposed to sports with a predominance of upper body injuries, a predominance of lower body injuries, sports that require extensive protective equipment, and sports with general medical concerns associated with them. Throughout their course of study, the athletic training students are exposed to the latest in equipment and technique.

## **Athletic Training Major**

### **General Education (29-43 Hrs)**

Communications: Written (6 hrs)

Mathematics & Statistics (5-6 hrs)

Human Behavior, Culture, and Social Organizations (9 hrs)

*Psychology 181*

*HHPT 279 - Psychosocial Aspects of Physical Activity and Sport*

Science and Technology (9-12 hrs) (lab required)

*Biology 101, 101L*

*Chemistry 109*

*Chemistry 110*

*Physics 141 OR 151*

Historical Studies (3 hrs)

Humanities (9 hrs)

Arts (3 hrs)

Ethnicity and Gender (3 hrs)

Speech (3 hrs)

Physical and Mental Health (3 hrs)

*Health 100 - Healthy Lifestyles*

Foreign Language (0-10)

*\*Italicized items also contained in the athletic training supporting core*

### **Supporting Core (43-44 hrs)**

#### **A. Supporting Science Core (17-18 hrs)**

Biology 101, 101L

Chemistry 109

Chemistry 110

Physics 141 OR 151

Psychology 181

EDPS 459 Statistical Methods **or** HHPT 330 Measurement and Evaluation in Exercise Science and Physical Education

#### **B. Human Performance Core (26 hrs)**

Health 100 - Healthy Lifestyles

Health 351 - School Health Programs

PE 207 - Human Anatomy

Biology 213, 213 L - Human Physiology

PE 372 - Kinesiology and Applied Anatomy

PE 484 - Physiology of Exercise

Nutrition 151 - Introduction to Nutrition

HHPT 279 - Psychosocial Aspects of Physical Activity and Sport

**Athletic Training Requirements (35 hrs)**

ATHT 145	Introduction to Athletic Training (3)
ATHT 146	First Aid, Treatment, and Management of Athletic Injuries (3)
ATHT 245	Organization and Administration (3)
ATHT 246	Prevention of Athletic Injuries (3)
ATHT 249	Therapeutic Modalities (3)
ATHT 345	Evaluation of Athletic Injuries (4)
ATHT 346	Rehabilitation and Reconditioning (4)
ATHT 445	Advanced Studies in Athletic Training (3)
ATHT 446	Medical Aspects of Athletic Training (3)
ATHT 247	Clinical Education 1 (1) - Organization skills
ATHT 248	Clinical Education 2 (1) - Prevention skills
ATHT 347	Clinical Education 3 (1) - Evaluation skills
ATHT 348	Clinical Education 4 (1) - Rehabilitation skills
ATHT 447	Clinical Education 5 (1) - - Advanced skills 1
ATHT 448	Clinical Education 6 (1) - - Advanced skills 2

**Total (29-43hrs) + (43-44hrs) + (35hrs) = (107-122hrs)**

## Athletic training student Schedule Planning Guide

Year	Fall Semester	Spring Semester
<b>1</b>	ATHT 145 -Introduction to Athletic Training (3) Biology 101, 101L - General Biology (4) Health 100 - Healthy Lifestyles (3) ENGL Comp (3) Math 101 (3) - College Algebra  <b>(16)</b>	ATHT 146 - First Aid, Treatment, and Management of Athletic Injuries (3) Psychology 181- Intro to Psychology (4) ENGL Comp (3) Math 102 (2) - Trigonometry Nutrition 151 - Introduction to Nutrition (3)  <b>(15)</b>
<b>2</b>	ATHT 246 - Prevention of Athletic Injuries (3) ATHT 247 - Clinical Education 1 - Organization skills (1) HHPT 279 - Psychosocial Aspects of Physical Activity and Sport (3) HHPT 207 - Human Anatomy (4) COMM 109 - (3) EDPS 459 Statistical Methods <b>or</b> HHPT 330 Measurement and Evaluation in Exercise Science and Physical Education - (3)  <b>(17)</b>	ATHT 249 - Therapeutic Modalities (3) ATHT 248 - Clinical Education 2 - Prevention skills (1) Physics 141 OR 151 - General Physics (4 or 5) Biology 213, 213 L - Human Physiology (4) US HIST (3)  <b>(15 or 16)</b>
<b>3</b>	ATHT 345 - Evaluation of Athletic Injuries (4) ATHT 347 - Clinical Education 3 - Evaluation skills (1) Chemistry 109 (4) - General Chemistry 1 Health 351 - School Health Programs (3) HHPT 372 – Biomechanics of Human Movement (3)  <b>(15)</b>	ATHT 346 - Rehabilitation and Reconditioning (4) ATHT 348 - Clinical Education 4 - Rehabilitation skills (1) Chemistry 110 - General Chemistry II (4) ATHT 245 - Organization and Administration (3) PHIL (No logic) (3)  <b>(15)</b>
<b>4</b>	ATHT 445 - Advanced Studies in Athletic Training (3) ATHT 447 - Clinical Education 5 - Advanced skills 1 (1) HHPT 484 - Physiology of Exercise (3) ENG LIT (3) Elective - (3) Elective - (3)  <b>(16)</b>	ATHT 446 - Medical Aspects of Athletic Training (3) ATHT 448 - Clinical Education 6 - Advanced skills 2 (1) Humanities Elective - (3) GEN ED "C" Elective - (3) ARTS - (3) Elective - enough to fulfill 125 hours total  <b>(15 - 16)</b>

## The Athletic Training Courses - A Brief Look

### **ATHT 145 Introduction to Athletic Training (3)**

Introduction to the preparation and work of the certified athletic trainer and to the profession and professional expectations and requirements. Includes observation and laboratory experiences

### **ATHT 146 First Aid, Treatment, and Management of Athletic Injuries (3)**

Presentation of the role of the athletic trainer in providing first aid and care to the injured athlete. The course will explore emergency medical care systems and personnel, emergency planning, and first aid treatment techniques. Standard first aid and CPR will be presented as well.

### **ATHT 245 Organization and Administration (3)**

A broad variety of topics related to supporting the daily activities of athletic trainers will be presented and discussed. Topics will include, but are not limited to, legal concepts, forms and record keeping, drug testing, insurance, concepts of financial management, facility management, and personnel management. Taken concurrently with ATHT 347, Clinical Education 4.

### **ATHT 246 Prevention and care of Athletic Injuries (3)**

Explores the athletic trainer's duties and function in dealing with the prevention of athletic injuries through administering physical examinations, analyzing sports risk, supervising physical conditioning, properly fitting pads and equipment, and monitoring environmental conditions. Taken concurrently with ATHT 247, Clinical Education 1.

### **ATHT 249 Therapeutic Modalities (3)**

The theoretical and practical guidelines for using light, hydrotherapy, thermal energy, electro-therapeutic equipment, TENS, traction, and manual treatment techniques. Taken concurrently with ATHT 248, Clinical Education 2.

### **ATHT 345 Evaluation of Athletic Injuries (4)**

Presents knowledge and skills needed by the athletic trainer to conduct a thorough evaluation of athletic injuries and illnesses for the purpose of formulating an impression of the injury so that proper care and disposition of the injury may be achieved. Includes extensive lab experiences. Taken Concurrently with ATHT 347, Clinical Education 3.

### **ATHT 346 Rehabilitation and Reconditioning (4)**

The planning and implementation of comprehensive rehabilitation/reconditioning programs for athletes is presented. Physiological response to trauma, the healing cycle, evaluation of goals and objectives, and the principles of therapeutic exercise and therapeutic modalities are presented. Includes extensive lab experiences. Taken Concurrently with ATHT 348, Clinical Education 4.

**ATHT 445 Advanced Studies in Athletic Training (3)**

Exploration of current philosophical and ethical problems in the field of athletic training, as well as advanced treatment techniques are presented. Taken Concurrently with ATHT 447, Clinical Education 5

**ATHT 446 Medical Problems Aspects in Athletic Training (3)**

Study of recent and current medical research and its application to treatment of injuries sustained by participation in athletics. Identification and application of methods of staying abreast of medical advances in prevention and treatment of injuries. Taken Concurrently with ATHT 448, Clinical Education 6

**ATHT 247 Clinical Education 1 - Organization skills (1)**

Demonstration and practice of skills in: daily training room operations; administration of physical examinations; practice of common skills found within the domains of athletic training; use of appropriate wound care technique.

**ATHT 248 Clinical Education 2 - Prevention skills (1)**

Demonstration and practice of skills in: the use of various devices and techniques necessary to screen and evaluate athletes fitness and health; use of commercial conditioning equipment; collecting climatic data; fitting equipment; and the application of taping, wrapping, splints, and braces.

**ATHT 347 Clinical Education 3 - Evaluation skills (1)**

Demonstration and practice of skills in: taking the history of an injury; identifying objective signs of injury through observation, palpation, range of motion, and “special tests”; incorporating findings into an effective clinical evaluation

**ATHT 348 Clinical Education 4 - Rehabilitation skills (1)**

Demonstration and practice of skills in: use of manual muscle testing; goniometry; use of ambulatory aids; application of clinical modalities; use of exercise in the recovery from injury/illness.

**ATHT 447 Clinical Education 5 - Advanced skills 1 (1)**

Demonstration and practice of advanced skills in evaluation, treatment, and rehabilitation of athletic injury including isokinetic testing; PNF techniques; joint mobilization techniques

**ATHT 448 Clinical Education 6 - Advanced skills 2 (1)**

Demonstration and practice of skills in the evaluation of athletic injury and illness, as well as the evaluation of common general medical conditions.