

## **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 the best educational experience possible. 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 student, through academic course work and practical experiences, to become eligible to become certified athletic trainers. The educational program will be designed to not only meet but surpass any standards currently accepted by the National Athletic Trainers Association.

Second, the University of Nebraska athletic training education program will provide educational opportunities for 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 student.

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

The underlying philosophy of this program is the same as with all other components of the University of Nebraska athletic medicine program. The athletic training education program is dedicated to excellence within its field. It is dedicated to providing students with educational programming that is recognized as excellent. It is dedicated to providing students with opportunities to work with teams noted for excellence, in facilities noted for excellence. It is also expected that students will display excellence in academic and work settings, and will adhere to the highest standards as put forth in the National Athletic Trainers Association Code of Professional Ethics.

The University of Nebraska athletic training education program is dedicated to the continual assessment of our program and our students in order to maintain our lofty standards. It is expected that the program will attain and maintain national accreditation, that faculty and staff will continue with the process of lifelong learning and that the 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. The program currently is accredited by the Commission on Accreditation of Athletic Training Education (CAATE), and will undergo program review in 2008-09. 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 University; 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. Athletic training rooms are located in The Osborne Complex in North Stadium, the Bob Devaney Sports Center, the Coliseum, and the Recreation Center. Students are selected for assignment based on their skill, experience, and competency in the field of athletic training, and students are given the opportunity to work with male and female athletes, individual and team sports, and high and low risk activities. Throughout their course of study, the students are exposed to the latest in equipment and technique.

## **Athletic Training Major**

### **General Education (37 Hrs)**

Communications: Written & Oral (6hrs)

*ENGL 101 Composition and Literature I or 102 Composition and Literature II or 150 Composition I or 151 Composition II or JGEN 200 Technical Communication I or JGEN 300 Technical Communication II*  
*COMM 109 Fundamentals of Human Communication or 209 Public Speaking*

Mathematics & Statistics (5-6 hrs)

*Math 102 Trigonometry*  
*EDPS 330 Measurement and Evaluation in Nutrition, Fitness, and Health Promotion or EDPS 459 Statistical Methods*

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

*Psychology 181 Introduction to Psychology*  
*ATHC 279 - Coaching Effectiveness*  
*NUTR 100 – Nutrition, Exercise, and Health*

Science and Technology (16-17 hrs) (lab required)

*Biology 101, 101L – General Biology or Biology 102 Cell Structure and Function*

Historical Studies (3 hrs)

*Essential Studies (ES) list E*

Humanities (3 hrs)

*(ES) list F*

Arts (3 hrs)

*(ES) list G*

Race, Ethnicity and Gender (3 hrs)

*(ES) list H*

Human Sciences Core

*CEHS 200 – Families, Schools, and Communities*

### **Supporting Core (34-35 hrs)**

#### **A. Supporting Science Core (16-17 hrs)**

CHEM 109 - General Chemistry I  
CHEM 110 - General Chemistry II  
PHYS 141 – Elementary General Physics OR 151 – Elements of Physics  
BIOS 213, 213 L - Human Physiology

#### **B. Human Performance Core (18 hrs)**

NUTR 150 – Foundations in Nutrition and Health Promotion  
NUTR 250 – Human Nutrition and Metabolism  
BIOS 214 – Nursing Anatomy  
NUTR 351 - School Health Programs  
NUTR 384 – Biomechanics of Human Movement  
NUTR 484 - Physiology of Exercise

## **C. Electives (13-15)**

### **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

## Student Schedule Planning Guide

<b>Year</b>	<b>Fall Semester</b>	<b>Spring Semester</b>
<b>1</b>	ATHT 145 -Introduction to Athletic Training (3) NUTR 100 – Nutrition, Exercise, and Health (3) ENGL 101Composition and Literature I or 102 Composition and Literature II or 150 Composition 1 or 151 Composition II or JGEN 200 Technical Communication I or JGEN 300 Technical Communication II (3) Math 102 Trigonometry (2) Biology 101, 101L – General Biology or Biology 102 Cell Structure and Function (4) <b>(15)</b>	ATHT 146 - First Aid, Treatment, and Management of Athletic Injuries (3) COMM 109Fundamentals of Human Communication or 209 Public Speaking (3) Psychology 181- Intro to Psychology(4) Nutrition 150 - Foundations in Nutrition and Health Promotion (1) Arts - (ES) list G  <b>(14)</b>
<b>2</b>	ATHT 246 - Prevention of Athletic Injuries (3) ATHT 247 - Clinical Education 1 - Organization skills (1) NUTR 250 – Human Nutrition and Metabolism (3) ATHC 279 - Coaching Effectiveness (3) BIOS 214 – Nursing Anatomy (5) <b>(15)</b>	ATHT 249 - Therapeutic Modalities (3) ATHT 248 - Clinical Education 2 - Prevention skills (1) PHYS 141 – Elementary General Physics OR 151 – Elements of Physics (4 or 5) CEHS 200 – Families, Schools, and Communities (3) Historical Studies (ES) list E (3 hrs) <b>(14 or 15)</b>
<b>3</b>	ATHT 345 - Evaluation of Athletic Injuries (4) ATHT 347 - Clinical Education 3 - Evaluation skills (1) Chemistry 109 - General Chemistry 1 (4) NUTR 351 - School Health Programs (3) NUTR 384 – Biomechanics of Human Movement (3) EDPS 330Measurement and Evaluation in Nutrition, Fitness, and Health Promotion or EDPS 459 Statistical Methods (3) <b>(18)</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) BIOS 213, 213 L - Human Physiology (4)  <b>(16)</b>
<b>4</b>	ATHT 445 - Advanced Studies in Athletic Training (3) ATHT 447 - Clinical Education 5 - Advanced skills 1 (1) NUTR 484 - Physiology of Exercise (3) Humanities (ES) list F (3 hrs) Electives <b>(13)</b>	ATHT 446 - Medical Aspects of Athletic Training (3) ATHT 448 - Clinical Education 6 - Advanced skills 2 (1) Race, Ethnicity and Gender (ES) list H (3 hrs) Electives <b>(14-16)</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 athletic 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.