

# Athletic Training Handbook

## ATHLETIC TRAINING (HPER) COURSE DESCRIPTIONS

- HPER 230 – Care and Prevention of Athletic Injuries.....3 SEM. HRS.**  
Designed for prospective athletic trainers, coaches, and health and physical educators to aid in the recognition, evaluation, and care of athletic injuries. Techniques in taping, prevention, evaluation, and rehabilitation of injuries. Prerequisites: None. Fall and Spring terms every year.
- HPER 231 – Evaluation of Lower Extremity Injuries.....3 SEM. HRS.**  
Study of the etiology, pathology, and clinical signs of common athletic injuries to the lower extremities and spine. Emphasis is placed on clinical evaluation of injury by the athletic trainer. Application of orthopedic and neurological assessment is included. Prerequisites: HPER 230 or permission of ATEP Director; Recommended: BIO 213 and BIO 214. Fall term every year.
- HPER 232 – Evaluation of Upper Extremity Injuries.....3 SEM. HRS.**  
Study of the etiology, pathology, and clinical signs of common athletic injuries to the upper extremity, thorax and abdomen, head and face, and general illnesses. Emphasis is placed on clinical evaluation of injury by the athletic trainer. Application of orthopedic and neurological assessment is included. Prerequisites: HPER 230 and HPER 231 or permission of ATEP Director; Recommended: BIO 213 and BIO 214. Spring term every year.
- HPER 302 – Medical Aspects of Sports Injuries.....3 SEM. HRS.**  
Advanced study in athletic training including discussion of surgical techniques and the surgical process of the orthopedic physician, general medical conditions and disabilities, head and facial injuries and internal injuries to the athlete. Prerequisite: HPER 230 or permission of ATEP Director. Spring term every year.
- HPER 304 – Organization and Administration of Athletic Training.....3 SEM. HRS.**  
Emphasis on the professional preparation of athletic trainers and their role in the athletic health care delivery system. Current issues and trends in athletic training, including history, legal implications, stress management, and organization of Athletic Training programs. Prerequisite: HPER 230 or permission of ATEP Director. Fall term in all years.
- HPER 351 –Clinical Experience in Athletic Training I.....2 SEM. HRS.**  
**HPER 352 –Clinical Experience in Athletic Training II..... 2 SEM. HRS.**  
**HPER 353 –Clinical Experience in Athletic Training III.....2 SEM. HRS.**  
**HPER 354 –Clinical Experience in Athletic Training IV..... 2 SEM. HRS.**  
**HPER 355 –Clinical Experience in Athletic Training V.....2 SEM HRS.**  
Students will receive clinical instruction in order to meet clinical competencies in athletic training. Class will also include coverage of athletic teams and events. Each course requires a minimum of two hundred (200) clinical hours. HPER 351 must be taken first and each clinical must be completed before advancing to the next level. Prerequisite: Admission to the Athletic Training Program. Fall and Spring terms every year.
- HPER 401 – Therapeutic Modalities.....3 SEM. HRS.**  
This course covers the advanced study of the use of therapeutic agents in the treatment and rehabilitation of athletic injuries, including heat, cold, hydrotherapeutic, electrotherapeutic, and manual techniques. Prerequisites: HPER 230 or permission of ATEP Director. Recommended: PHY 201. Spring term every year.
- HPER 403 – Pathophysiology and Pharmacology in Athletic Training.....3 SEM. HRS.**  
Advanced study in the patho-physiology and pharmacology involved in injuries and conditions commonly seen in the area of Athletic Training. This will include a detailed macro and microscopic analysis of underlying pathophysiologies of sports related injuries. In addition, this course will explore the interrelationship of current therapeutic pharmacological agents and their physiological effects on the body. Prerequisites: HPER 230, BIO 213 & 214, CHEM 103 or CHEM 111 or permission of ATEP Director. Spring term in all years.
- HPER 404 – Rehabilitation of Athletic Injuries.....3 SEM. HRS.**  
Principles in planning and implementation of rehabilitation programs for injured athletes with emphasis on contemporary therapeutic exercise techniques. Prerequisites: HPER 230 or permission of ATEP Director. Fall term every year.
- HPER 430 – Senior Seminar.....1 SEM. HR.**  
A class designed for athletic training students to receive a broad overview of athletic training principles and recent research findings. In addition, this course will help prepare athletic training students for the NATABOC certification exam and better prepare them for employment in the field of athletic training. HPER 353 or permission of ATEP Director. Fall term every year.