comparisons between the athletic training course work offered in High Point University’s athletic training education program and other accredited institutions. Subsequently, transfer students must meet the same application requirements set for traditional incoming freshmen. Once accepted into the program, students will spend three years of study in the program. Students who wish to transfer to High Point University for athletic training are strongly encouraged to contact the Department Chair to discuss the program requirements and curriculum design.

Students admitted to the program must submit to and pay for an annual criminal background check and drug screening prior to engaging in clinical field experiences.

Additional program information is available on the program’s website: www.highpoint.edu/athletictraining. ATEP policies and procedure are published in the HPU ATEP Student Handbook.

**Student Learning Outcomes**

Upon completing the Athletic Training Program at High Point University, students will:

1. Pass the national Board of Certification (BOC) examination to become a certified athletic trainer.

2. Demonstrate proficiency of the National Athletic Trainers’ Association Education Competencies.

3. Embody the athletic training foundational professional behaviors.

4. Demonstrate evidence-based healthcare practices across the continuum of care by translating didactic knowledge and psychomotor skills into clinical decision making.

5. Demonstrate knowledge, skills, behaviors, and attitudes to achieve optimal health outcomes in diverse patient populations with a variety of healthcare needs.

6. Be able to critically analyze the athletic training body of knowledge and interpret its impact on the profession.

**Requirements for the B.S. in Athletic Training (68 Credits)**

The department of Athletic Training offers the B.S. degree in Athletic Training. To graduate with this degree, students must complete the following:

- ATR 1150. Health & Nutrition (4)
- ATR 1211. Introduction to Athletic Training (4)
- ATR 1300. Medical Terminology (1)
- ATR 1311. Emergency Care (4)
- ATR 2101. Lower Extremity Injury Assessment (3)
- ATR 2111. Lower Extremity Injury Assessment Laboratory (1)
- ATR 2117. Athletic Training Clinical Experience I (1)
- ATR 2202. Upper Extremity Injury Assessment (3)
- ATR 2217. Athletic Training Clinical Experience II (1)
- ATR 2222. Upper Extremity Injury Assessment Laboratory (1)
- ATR 2130. General Medical & Pharmacology (2)
- ATR 2230. Psychosocial Aspects in Athletic Training (2)
- ATR 2231. Organization, Administration, Ethics in Athletic Training (2)
- ATR 2231. Organization, Administration, Ethics in Athletic Training (2)
- ATR 2130. General Medical & Pharmacology (2)
- ATR 2230. Psychosocial Aspects in Athletic Training (2)
- ATR 2231. Organization, Administration, Ethics in Athletic Training (2)
- ATR 2231. Organization, Administration, Ethics in Athletic Training (2)
- ATR 3101/3101L. Therapeutic Modalities (4)
- ATR 3117. Athletic Training Clinical Experience III (1)
- ATR 3202/3202L. Therapeutic Exercise & Manual Techniques (4)
- ATR 3217. Athletic Training Clinical Experience IV (1)
- ATR 4117. Athletic Training Clinical Experience V (1)
- ATR 4180. Seminar in Athletic Training (4)
- ATR 4200. Applied Neuromuscular and Biomechanical Concepts (3)
- ATR 4217. Athletic Training Clinical Experience VI (1)
- BIO 2070. Human Anatomy (4)
- BIO 2060. Human Physiology (4)
- EXS 2200. Exercise Physiology (4)
- EXS 2300. Biomechanics (4)
- EXS 3200. Exercise Testing and Prescription (4)

**Course Descriptions**

**ATR 1150. Health and Nutrition.** An introduction to the basic concepts involved in making healthy behavior choices. Topics included are regular physical activity, proper nutrition, stress management, substance abuse, disease prevention, human sexuality, and reproduction. Four credits.

**ATR 1211. Introduction to Athletic Training.** A lecture and clinical experience providing an introduction to the field of athletic training. Students will study and demonstrate entry-level knowledge relating to the foundations of athletic training profession, the responsibilities of the sports medicine team, injury prevention techniques, conditioning techniques,
mechanisms of sports trauma, bloodborne pathogens, foundations of sports trauma, pathology, tissue healing, and basic injury management. The laboratory component of the course will provide students the opportunity to learn and demonstrate psychomotor skills related to basic injury prevention and management techniques. Four credits.

ATR 1234. First Aid and CPR. It is the purpose of this course to develop the student’s knowledge and understanding of emergency techniques to assist others in case of injury or sudden illness. Students will also develop an understanding of the indicated and contraindicated action steps to take in common emergency situations. Two credits.

ATR 1300. Medical Terminology. An online course relating to the study of the basic structure of medical words, including prefixes, suffixes, word roots, combining forms, singulors and plurals. Student will study and demonstrate the use of medical word by combining roots, suffixes and prefixes as related to the body systems and associated diseases. One credit.

ATR 1311. Emergency Care. A lecture and clinical experience pertaining to the introduction of emergency and immediate care of athletic injuries and illnesses. Students will study and demonstrate knowledge related to medical emergencies, physical trauma, various disease pathologies, bleeding, respiratory and cardiac emergencies, and transportation of the injured will be explored. Student will also learn and demonstrate psychomotor skills relating to first aid techniques, CPR, and AED. Upon completion students will be certified in CPR/AED for the Professional Rescuer. Four credits.

ATR 2101. Lower Extremity Injury Assessment. A lecture course providing an in-depth study of advanced athletic training concepts and skills related to the clinical assessment of the lower extremity, lumbar spine, reproductive organs and abdominal injuries. This course will include an exploration of the injury/etiology, pathology, tests and measures, and referred pain patterns associated with specific injuries. Prerequisites: BIO 2070 and ATR 1211 or permission of the instructor. Three credits.

ATR 2111. Lower Extremity Injury Assessment Laboratory. A clinical laboratory experience providing an in-depth study of advanced athletic training concepts and psychomotor skills related to the clinical assessment of the lower extremity, lumbar spine, reproductive organs and abdominal injuries. This course will include an exploration of the injury/etiology, pathology, tests and measures, and referred pain patterns associated with specific injuries. Prerequisite: Admission to the Athletic Training Education Program. One credit.

ATR 2117. Athletic Training Clinical Experience I. Field experience in the athletic training setting. The course is designed to develop competence in the athletic training proficiencies. Prerequisite: Admission to the Athletic Training Education Program. One credit.

ATR 2130. General Medical & Pharmacology. An exploration of the physical, mental, and social health problems seen in the physically active individual, emphasizing the recognition of signs, symptoms, and predisposing conditions related to the specific illness or disease. This course will include the pharmacological treatment for these conditions and the indications, contraindications, precautions and interactions of commonly prescribed and over-the-counter medications. Prerequisite: ATR 1211. Two credits.

ATR 2202. Upper Extremity Injury Assessment. A lecture providing an in-depth study of advanced athletic training concepts and skills related to the clinical assessment of the upper extremity, thoracic region, cervical spine, and head. This course will include an exploration of the injury/etiology, pathology, tests and measures, and referred pain patterns associated with specific injuries. Prerequisites: BIO 2070 and ATR 1211 or permission of instructor. Three credits.

ATR 2217. Athletic Training Clinical Experience II. Field experience in the athletic training setting. The course is designed to develop competence in the athletic training proficiencies. Prerequisite: Admission to the Athletic Training Education Program. One credit.

ATR 2222. Upper Extremity Injury Assessment Laboratory. A clinical laboratory experience providing an in-depth study of advanced athletic training concepts and psychomotor skills related to the clinical assessment of the upper extremity, thoracic region, cervical spine, and head. This course will include an exploration of the injury/etiology, pathology, tests and measures, and referred pain patterns associated with specific injuries. Prerequisite: Admission to the Athletic Training Education Program. One credit.

ATR 2230. Psychosocial Aspects in Athletic Training. A study of the psycho-social foundations of athletic training, including psychosocial issues and trends, skills and applications, systematic referrals, substance abuse issues, disordered eating, psychological response to injury, mental health issues, catastrophic injuries, nutritional supplements, and age related differences. This course will enhance the understanding of dealing with clients with various psycho-social issues that may be encountered by the athletic trainer. Prerequisite: ATR 1211. Two credits.
ATR 2231. Organization, Administration, Ethics in Athletic Training. A lecture course providing an overview of the policies and procedures relating to managing an athletic training room or sports medicine clinic. The course will include facility design, budgetary processes, organization of pre-participation physical examinations, record keeping, and developing an understanding of legal issues, personnel, event coverage, computer-based information management and insurance issues such as filing/tracking claims and third-party reimbursement. Prerequisite: ATR 1211. Two credits.

ATR 2881, 3881, 4881. Special Topics. Variable credit. May be repeated.

ATR/3101/3101L. Therapeutic Modalities. A lecture and laboratory experience focusing on the theory, principles, techniques and application of therapeutic modalities in the treatment of injuries seen in the physically active individual. This course will include a discussion of the physiological effects, indications, contraindications, dosage, and maintenance for each modality, including electrotherapy, ultrasound, diathermy, infrared, cold therapies, heat therapies, and various mechanical modalities. Prerequisites: BIO 2070 and ATR 1211, or permission of instructor. Four credits.

ATR 3117. Athletic Training Clinical Experience III. Field experience in the athletic training setting. The course is designed to develop competence in the athletic training proficiencies. Prerequisite: Admission to the Athletic Training Education Program. One credit.

ATR/3202/3202L. Therapeutic Exercise & Manual Techniques. The theory and application of the principles associated with therapeutic exercise throughout the rehabilitation process in relation to the physically active individual. This course will include a discussion of various rehabilitation techniques and procedures to address the needs of the patient focusing on attaining normal range of motion, strength, flexibility, proprioception and balance, cardiovascular endurance, agility, coordination, and the functional return to sport or activity. Prerequisites: BIO 2070 and ATR 1211, or permission of instructor. Four credits.

ATR 3217. Athletic Training Clinical Experience IV. Field experience in the athletic training setting. The course is designed to develop competence in the athletic training proficiencies. Prerequisite: Admission to the Athletic Training Education Program. One credit.

ATR 4000. Undergraduate Research Experience. This course is based on collaborative work between the student and the instructor. The majority of the course contact time will be spent discussing and conducting research in Athletic Training. Additionally, the student will be expected to fulfill many of the course requirements independently. While there are a number of specific expectations for this independent research course, the exact nature of the assignments will be dictated by the nature of the research project that is being undertaken. Prerequisite: Permission of the instructor and the department chair. One to four credits. May be repeated up to 8 credits.

ATR 4117. Athletic Training Clinical Experience V. Field experience in the athletic training setting. The course is designed to develop competence in the athletic training proficiencies. Prerequisite: Admission to the Athletic Training Education Program. One credit.

ATR 4180. Seminar in Athletic Training. A reading and writing intensive course that focuses on critical analysis of important issues central to athletic training. Topics to be covered will be based upon current, positional statements, peer-reviewed literature, and conference proceedings. Emphasis will be placed on critical thinking skills, independent research and scholarly writing. Prerequisite: Admission to the Athletic Training Education Program. Four credits.

ATR 4200. Applied Neuromuscular and Biomechanical Concepts. This course provides an in-depth exploration and application of the biomechanics and neuromuscular concepts of injury evaluation, therapeutic interventions, and corrective exercise plans for patients across the lifespan. Prerequisite: ATR 3202/3202L. Three credits.

ATR 4217. Athletic Training Clinical Experience VI. Field experience in the athletic training setting. The course is designed to develop competence in the athletic training proficiencies. Prerequisite: Admission to the Athletic Training Education Program. One credit.

ATR 4444. Independent Study. Individual study and research under the guidance of a member of the department. One to four credits each semester.

ATR 4810-4815. Student Internship. Three, four, six, eight, ten or twelve credits.