

## ATHLETIC TRAINING — (ATR)

*Associate Professors Brian Jones (Chair), Jean Kiernan and Leslie Stamatis; Assistant Professor Karla Francioni; Visiting Lecturer Meghan Trella; Adjuncts Mike Jones, Randy McGuire, and Drew Park*

The Bachelor of Science degree in Athletic Training is offered to students who desire to either enter the work environment or to pursue graduate education in this field. As well, the Athletic Training Program prepares students for other closely related allied health care professions. Certified athletic trainers work under the direct supervision of a licensed physician and perform a wide variety of services to the physically active population. Their core responsibilities include: 1) injury/illness prevention and recognition; 2) clinical evaluation and diagnosis of injury/illness; 3) immediate care of injury/ illness; 4) treatment, rehabilitation, and reconditioning of injury/illness; 5) organization and administration; and 6) professional responsibility.

Certified athletic trainers are employed in such settings as high schools, colleges and universities, orthopedic clinics, professional sports, industrial settings, physicians' offices, and many other settings. This program will require some off-campus travel to various clinical sites. Successful completion of this program will allow the student to be eligible for the national certification examination administered by the Board of Certification.

Students interested in this major should contact the Athletic Program Director for more information and other requirements regarding this program.

### ***Major***

(B.S. degree) **Fifty or fifty-one hours required.** KHS courses for the major include: KHS185, 216, 271, 273, 275, 277, 279, 281, 285, 287, 304, 306, 320, 387, 390, 395, 400, 403, 407, 423, and 450 (47 credit hours). Allied courses required for this major include: BIO100 (3 credit hours) OR BIO111 (4 credit hours).

Formal admission into the Athletic Training Program (ATP) is required. The student must complete the application process in order to be considered for admission into the ATP. The formal application process for the major consists of:

1. Minimum cumulative GPA of 2.5 on a 4.0 scale;
2. Completion of the 6-7 credit hours of prerequisites (KHS185 and either BIO100 or 111) with a B or above;
3. Fulfillment and documentation of at least 75 hours of direct observation with the athletic trainers employed at Georgetown

College;

4. Current CPR and first aid certification (Note: this may be accomplished through completion of KHS180 or an outside organization such as American Red Cross or the American Heart Association);
5. Completion of a formal student portfolio consisting in part of resume, personal statement, direct observation hours log, direct observation journals, and three letters of recommendation; and
6. Completion of a formal interview with the ATP Admissions Committee.

Those interested in the ATP at Georgetown College may begin the prerequisite courses for the program during their first semester.

Formal admission into the ATP is typically granted at the end of the spring semester of the student's first year. Completion of the application process does not guarantee admission into the ATP. Admission is granted on a competitive basis. Students not accepted into the ATP may continue their education in another major of the Kinesiology and Health Studies Department and reapply to ATP the following application cycle.

Students with any deficiencies in the above criteria may be admitted at the discretion of the ATP Admissions Committee. For a more detailed description of the complete requirements of the Athletic Training major, please contact the ATP Program Director.

Georgetown College's educational program in Athletic Training is accredited by the Commission on Accreditation of Athletic Training Education (CAATE).

For course descriptions, please see **Kinesiology and Health Studies, below.**

## KINESIOLOGY AND HEALTH STUDIES — (KHS)

*Associate Professors Brian Jones (Chair), Jean Kiernan, and Leslie Stamatis; Assistant Professor Karla Franconi; Visiting Lecturer Meghan Trella; Adjuncts Mike Jones, Randy McGuire, and Drew Park*

Students may pursue major and minor programs offered in the Department of Kinesiology and Health Studies that will prepare them both for entry-level professional careers and graduate study in Kinesiology, Exercise Science, Physical Therapy, Occupational Therapy, Athletic Training, and Public Health.

Graduates of the majors offered in the Kinesiology and Health Science department will demonstrate:

- a basic understanding of the physiological, anatomical, and mechanical foundations of movement;
- the skills associated with planning, implementing, and evaluating developmentally appropriate fitness programs;
- the fundamental understanding of behavior as it applies to adherence to exercise/fitness;
- the knowledge and skills associated with assessing emergency health conditions requiring first aid and/or CPR;
- the knowledge and physical skills associated with health-related fitness activities; and
- a basic understanding of research techniques and tools used in the field of kinesiology and health.

For the description of the **Athletic Training** major, see **Athletic Training**.

For the description of the **Exercise Science** major and minor, see **Exercise Science**.

For the description of the **Health Science** major, see **Health Science**.

For the description of the **Public Health** minor, see **Public Health**.

**100. Lifetime Fitness.** (1 hour) Knowledge and skills associated with the relationship of physical activity and nutrition to health and fitness; lecture and lab experiences. Fall and Spring

**106. Racquetball.** (1 hour) This course is designed to acquaint the student with racquetball. It enhances physical fitness, coordination, agility, and eye/hand coordination. As needed

**111. Conditioning Activities.** (1 hour) This course is designed to teach skills and knowledge about aerobic exercise and weight training.

Fall and Spring

**113. Archery.** (1 hour) Fundamental skills, rules, techniques, and etiquette of archery.

Fall

**120. Tennis.** (1 hour) Rules, skills, etiquette, and strategy relating to singles and doubles play.

Fall

**126. Horsemanship.** (1 hour) Fundamental skills and knowledge necessary for basic horsemanship with emphasis on riding styles and care and maintenance of horses.

As needed

**132. Golf.** (1 hour) Rules, basic skills, etiquette, practice, and participation under playing conditions.

As needed

**134. Fencing.** (1 hour) Rules, skills, techniques, and etiquette relating to fencing.

As needed

**136. Badminton.** (1 hour) Fundamental skills, rules, techniques, and etiquette of badminton.

As needed

**140. Basketball.** (1 hour) Fundamental skills, techniques, and rules of basketball.

As needed

**170. Introductory Topics in Physical and Recreational Activities.** (1 hour) Selected physical education activity topics.

As needed

**180. First Aid, CPR, and Sport Safety.** (3 hours) Emergency treatment and preventive measures for injuries and accidents with emphasis on sport injuries. Successful completion of course requirements will qualify students to receive certification by the American Heart Association.

Fall and Spring

**185. Introductory Athletic Training and Sports Medicine.** (3 hours) This course serves as an introduction to the profession of athletic training. The role of the athletic trainer shall be explored in relation to physicians, other allied health care providers, coaches, and patients. Emphasis will be placed on the fundamentals essential for the prevention, recognition, and treatment of injuries to the physically active. Non-orthopedic conditions and topics will also be introduced. In addition, practical experiences will include the application of supportive techniques to the major joints of the body.

Fall and Spring

**200. Medical Terminology.** (3 hours) Utilizing an independent method of

workbook/text, weekly quizzes, and audiotape pronunciation, this course provides the student with a working knowledge of common medical terms and abbreviations. This course will use a body systems approach to medical terminology, therefore allowing the student to learn vocabulary as it pertains to each of the systems of the body (respiratory, cardiovascular, musculoskeletal, nervous, etc.). Prerequisite: Must be a declared KHS major or minor or have consent of the instructor. Fall and Spring

**214. Foundations of Kinesiology.** (3 hours) Survey of principles and perspectives from the humanities, social sciences, and natural sciences related to the study of human movement. Fall and Spring

**216. Emergency Care in Athletic Training.** (3 hours) An overview of the mechanism and management of trauma experienced during athletics and physical activity. Practical experiences include the application of treatment techniques for such trauma. Prerequisites: KHS185 and declared KHS major/minor or have consent of the instructor. Spring

**220. Personal Health.** (3 hours) Designed to expose students to a broad range of issues and information relating to the various aspects of personal health. An emphasis is placed on factors that impact health and wellness including prevention and individual health behaviors. Fall and Spring

**230. Health and Physical Education in the Elementary School.** (2 or 3 hours) Characteristics, physical growth, and needs of children in grades K-6 with games, rhythms, and activities appropriate to their physiological and emotional development. Fall

**271. Practicum in Athletic Training I.** (1 hour) Field experiences in athletic training under a qualified preceptor in athletic training. Prerequisite: KHS185 and declared Athletic Training major or consent of the instructor. Fall

**273. Practicum in Athletic Training II.** (1 hour) Field experiences in athletic training under a qualified preceptor in athletic training. Prerequisite: KHS271 and declared Athletic Training major or consent of the instructor. Spring

**275. Practicum in Athletic Training III.** (1 hour) Field experiences in athletic training under a qualified preceptor in athletic training. Prerequisite: KHS273 and declared Athletic Training major or consent of instructor. Fall

**277. Practicum in Athletic Training IV.** (1 hour) Field experiences in athletic training under a qualified preceptor in athletic training. Prerequisite: KHS275 and declared Athletic Training major or instructor

consent.

Spring

**279. Practicum in Athletic Training V.** (1 hour) Field and clinical competencies in athletic training under the supervision of a qualified preceptor in athletic training. Prerequisite: KHS277 and declared Athletic Training major or consent of the instructor. Fall

**281. Practicum in Athletic Training VI.** (1 hour) Field experiences in athletic training under a qualified preceptor in athletic training. Prerequisite: KHS279 and declared Athletic Training major or consent of instructor. Spring

**285. Evaluation and Assessment of the Lower Extremity.** (2 hours) Evaluation, assessment, knowledge, and prevention of injuries related to the lower extremities, including ligamentous and special testing of the major joints. Prerequisite: KHS185 and declared KHS major/minor or consent of the instructor. Fall

**287. Evaluation and Assessment of the Upper Extremity.** (2 hours) Evaluation, assessment, knowledge, and prevention of injuries related to the upper extremities, including ligamentous and special testing of the major joints. Prerequisite: KHS185, KHS285, and declared KHS major/minor or consent of the instructor. Spring

**304. Anatomy for Allied Health.** (4 hours) A course in human anatomy for allied health and KHS students, with emphasis on gross anatomy and palpation. The following systems will be covered: musculoskeletal, endocrine, integumentary, and urogenital. Prerequisite: BIO100 or BIO111 and declared KHS major/minor or consent of the instructor. Fall

**306. Physiology for Allied Health.** (3 hours) A course in human physiology for allied health and KHS students. The following systems will be covered: nervous system, cardiovascular system, lymphatic system, respiratory system, digestive system, temperature regulation, and the reproductive system. Prerequisites: BIO100 or BIO111, KHS304, and declared KHS major/minor or consent of the instructor. Spring

**306L. Physiology for Allied Health Lab.** (1 hour) A lab course in human physiology for allied health and KHS students. The following systems will be covered: nervous, cardiovascular, lymphatic, respiratory, digestive, temperature regulation, and the reproductive system. Prerequisites: BIO100 or BIO111, KHS304, enrolled in KHS306 and declared KHS major/minor, or consent of the instructor. Spring

**310. Healthcare Administration.** (3 hours) Introduces methods of policy analysis and concepts of economic theory as a means to understand the

basic issues and trends in the health care system and analyze the impact of changes on the ability of patients to access health services, the practice of health sciences professionals, and the quality and process of care. Spring

**315. Epidemiology.** (3 hours) Covers the basic concepts and principles of epidemiology and biostatistics. Special emphasis is placed upon application of the epidemiological concepts that are presented. Prerequisites: MAT111 *or* PSY211 **and** BIO100 *or* BIO111. Spring

**320. Nutrition.** (3 hours) Scientific study of nutrition; application of this knowledge to personal and professional areas. Must be a declared KHS major/ minor or Nursing Arts major or have consent of the instructor. Fall and Spring

**322. Functional Anatomy and Biomechanics.** (3 hours) Application of principles from anatomy, physiology, and physics (mechanics) for the analysis and appreciation of human movement in sport and exercise activities. Prerequisite: KHS304 and declared KHS major/minor or have consent of the instructor. Fall

**324. Environmental Health.** (3 hours) Covers the effect of environmental factors on the health and well-being of mankind. Prerequisite: KHS220. As needed

**352. Techniques of Coaching and Officiating Volleyball.** (3 hours) Skills of coaching, officiating, interpretation, and application of rules. As needed

**356. Techniques of Coaching and Officiating Football.** (3 hours) Intended to familiarize the student with strategy, tactics, and fundamentals of football; methods of officiating. As needed

**358. Techniques of Coaching and Officiating Basketball.** (3 hours) Designed to acquaint the student with fundamental techniques for coaching basketball; current trends in offense and defense; insights into modern coaching psychology. As needed

**360. Techniques of Coaching and Officiating Baseball and Softball.** (3 hours) Techniques in coaching baseball and softball; organizational and administrative aspects of coaching; officiating techniques; and rules governing baseball. As needed

**387. Evaluation and Assessment of the Head and Spine.** (2 hours) Evaluation, assessment, knowledge, and prevention of injuries related to the head and spine, including ligamentous and special testing of the major joints. Prerequisite: KHS287. Fall

**390. Therapeutic Modalities.** (3 hours) Development of knowledge and practical use regarding the indications, contraindications, actions, and side effects of modalities (ultrasound, electrical muscle stimulation, cold and warm applications, and others). Prerequisite: KHS216 and declared KHS major/minor or have consent of the instructor. Spring

**395. Therapeutic Exercise & Rehabilitation.** (3 hours) Focus on procedures to develop and apply exercise and rehabilitation programs for athletic injuries. Includes the use of a variety of isometric, isotonic, and isokinetic equipment. Prerequisite: KHS216, KHS390, and declared KHS major/minor or have consent of the instructor. Spring

**400. Psycho-social Issues in Kinesiology and Health Studies.** (3 hours) Provides an in-depth focus on the conceptual elements of contemporary psychoanalytic, cognitive, social, existential and systematic theories of personality and behavior change as applied to exercise and sport. Fall and Spring

**403. General Medical Conditions & Pharmacology for Athletic Training.** (3 hours) Advanced course designed to recognize and appreciate various medical conditions of diverse populations, including youth, adolescents, adults, and special needs. This course will also encompass common pharmacological applications used by allied health professionals, including Certified Athletic Trainers. Prerequisites: KHS216, KHS275, and declared Athletic Training major or consent of instructor. Fall

**405. Health Behavior Modification.** (3 hours) An in-depth study of theories and principles of behavioral science as they related to the study of behavior change and health promotion. Fall

**407. Organization & Administration in Athletic Training.** (2 hours) Advanced course designed to demonstrate management challenges that Certified Athletic Trainers encounter during daily operation in the field of athletic training. Covers the theories of organization and administration and applies them to real world situations in the profession of athletic training. Prerequisite: KHS216, KHS273, and declared Athletic Training major or consent of instructor. Fall

**410. Measurement and Evaluation in Kinesiology and Health Studies.** (3 hours) This course is designed to familiarize the student with the various testing procedures used in Kinesiology and instruct him/her on how to use the results. The areas studied will include a wide range, including test of knowledge, skills, fitness, and attitudes. In addition, each student will be introduced to research methods. Students are expected to

conduct a research project.

Spring

**423. Physiology of Exercise.** (3 hours) Nature of neuromuscular activity; physical potential of the human body related to requirements of exercise. Prerequisites: KHS304 and KHS306. Spring

**435. Research in Kinesiology and Health Studies.** (3 hours) Analysis of research being done in selected areas of Kinesiology and Health and conduct of research on an appropriate topic. As needed

**440. Independent Study in Kinesiology and Health Studies.** (1-3 hours) Must be a declared KHS major or have consent of the instructor. As needed

**450. Senior Seminar in Athletic Training.** (2 hours) This course will serve as a comprehensive overview of the field of Athletic Training providing the senior-level Athletic Training student the opportunity to synthesize coursework and discuss the care of athletic injuries from the time of injury until return to play. This course is designed to be the culminating class for those students enrolled in the Athletic Training major. Spring

**452. Senior Seminar in Kinesiology and Health Science.** (3 hours) This course will serve as a comprehensive overview of the field of Kinesiology and Health Science (KHS), providing the senior-level KHS student the opportunity to synthesize coursework and discuss current issues in Kinesiology. This course is designed to be the culminating class for those students enrolled in the Exercise Science and Health Science major. Spring

**460. Internship in Kinesiology and Health Studies.** (1-6 hours) Must be a declared KHS major/minor or have consent of the instructor. As needed

**470. Advanced Topics in Kinesiology and Health Studies.** (3-6 hours) As needed