

Course Description

BIO 9 Human Anatomy and Physiology: 4 hours

An introductory study of cellular physiology and histology, along with a comprehensive study of the skeletal, muscular and nervous systems. Three lectures per week and one 3-hour lab per week.

(Normally offered each fall semester)

BIO 10 Human Anatomy and Physiology: 4 hours

An introductory study of the circulatory, respiratory, digestive, urogenital and endocrine systems, followed by a discussion of water, acid base and electrolyte balance of the body. Three lectures per week, one 3-hour lab per week.

(Normally offered each spring semester)

PSYCH 118 Health Psychology: 3 hours

An introduction to the field of health psychology, which is devoted to understanding how people stay healthy, why they become ill, and how they respond to illness and disease. Topics will be discussed from local, national, and global perspectives and will include the behavioral aspects of the health care system, exercise and nutrition, health-compromising behaviors, stress, AIDS, and the etiology and correlates of health, disease, and dysfunction.

Prerequisite: Psychology 1 or 2

(Normally offered in the spring semester)

HHP 100 Drugs in Modern Society: 3 hours

A course designed to develop and expand information about the use and abuse of alcohol, drugs and tobacco. The course will include history of and facts about substances, the victims, prevention and approaches to treating the problem.

Prerequisite: HHP 15

(Normally offered each fall semester)

AT 101 Clinical Experience I: 1 hour

This course provides clinical experience supervised by an Approved Clinical Instructor/Clinical Instructor in an athletic training setting. Emphasis will be placed on advanced first aid and CPR with AED, spine boarding, emergency action plan implementation, heat and environmental related conditions, risk management and injury prevention, taping and wrapping of athletic injuries and protective equipment fitting and maintenance.

Prerequisite (s): admission into the ATEP

(Normally offered each fall semester)

AT 102 Clinical Experience II : 1 hour

This course provides clinical experience supervised by an Approved Clinical Instructor/Clinical Instructor in an athletic training setting. Emphasis will be placed on recognition and evaluation of the lower extremity sports injuries.

Prerequisite: AT 101

(Normally offered each spring)

HHP 101 Nutrition for Health, Fitness and Sport: 3 hours

A course designed to study foods and their effects upon health, development, and performance of the individual. The student will be introduced to concepts of healthful nutrition, sports nutrition, basic essential nutrients, and body composition relative to both exercise and nutrition for optimal health and physical performance.

Prerequisite: HHP 15

(Normally offered each semester)

HHP 104 Stress and Disease Management: 2 hours

A course designed to develop and expand information about stress, mental health and major chronic diseases. The course will present causes and warning signs of major chronic diseases and coping strategies for emotional stress.

Prerequisite: HHP 15

(Normally offered each fall semester)

AT 105 Prevention and Care of Athletic Injuries: 3 hours

A study of injuries common to athletic participants and the prevention and care of such injuries.

(Normally offered each semester)

AT 106 Advanced Emergency Care: 2 hours

A study and application of the principles and techniques involved in the advanced administration of first aid, cardio-pulmonary resuscitation (CPR), and automated external defibrillators (AED's). Students will earn American Red Cross Certification. In addition students will be introduced to Sport Safety Training.

(Normally offered each semester)

AT 140 AT 140 Physical Exam of the Lower Extremity in Athletic Training: 3hrs

In-depth study of the lower extremities including skills used to evaluate, treat and manage athletic injuries, one 1-hour lab per week.

Prerequisites: Formal admission into ATEP program, AT/HHP 105, AT/HHP 106, (offered every fall)

AT 141 Physical Exam of the Upper Extremity in Athletic Training: 3 hours

In-depth study of the upper extremity including skills used to evaluate, treat and manage athletic injuries, one 1-hour lab per week.

Prerequisites: AT 140

(offered every spring)

AT 145 Therapeutic Modalities of Athletic Injuries: 3 hrs

This course is designed to provide an overview of the theory, application and knowledge necessary to provide modalities to the physical active population. The use of heat, cold, electrical, and mechanical treatments will be explored, one 1-hour lab per week.

Prerequisites: AT 140, AT/HHP 105, AT/HHP 106 and permission of instructor

(Normally offered each spring)

AT 160 Rehabilitation of Athletic Injuries: 3 hrs

A course designed for those pursuing athletic trainer certification. This course involves learning fundamentals of evaluation and assessment of injuries inherent to athletics, as well as rehabilitation of these injuries. Also included is a study of injury mechanisms, treatment, and exercise, one 1-hour lab per week.

Prerequisites: AT/HHP 105, AT/HHP 106, AT 140, AT 141 and permission of the instructor.

(Normally offered each fall semester)

AT 163 Clinical Experience III: 1 hour

This course provides clinical experience supervised by an Approved Clinical Instructor/Clinical Instructor in an athletic training setting. Emphasis will be placed on recognition and evaluation of upper extremity sport injuries, and therapeutic modalities.

Prerequisite: AT 102

(Normally offered each spring)

AT 164 Clinical Experience IV: 1 hour

This course provides clinical experience supervised by an Approved Clinical Instructor/Clinical Instructor in an athletic training setting. Emphasis will be placed on conditioning and rehabilitation exercise for athletic injuries.

Prerequisite (s): AT 163

(Normally offered each spring semester)

HHP 165 Strength Training and Conditioning for Coaches: 2 hours

A course designed to provide coaches with solid guidelines for designing strength training and conditioning programs for athletes. The course will cover training guidelines and include information on designing year-round programs, motivation and physiological changes associated with training.

(Normally offered each fall semester)

AT 205 Clinical Experience V: 1 hour

This course provides clinical experience supervised by an Approved Clinical Instructor/Clinical Instructor in an athletic training setting. Emphasis is placed on medical conditions and disabilities, pharmacology, nutritional aspects of injury and illness, and psychosocial intervention and referral.

Prerequisite: AT 164

(Normally offered each fall semester)

AT 206 Clinical Experience VI: 1 hour

This course provides clinical experience supervised by an Approved Clinical Instructor/Clinical Instructor in an athletic training setting. Emphasis is placed on the use of computer software, health care administration, and professional development.

Incorporated into this course will be a research project which serves as a capstone of the educational experiences at Nebraska Wesleyan University.

Prerequisite: AT 205

(Normally offered each spring)

HHP 211 Biomechanics and Kinesiology: 4 hours

A course that integrates the fields of Kinesiology and Biomechanics to improve students' understanding of human movement from a qualitative perspective. Detailed analysis of human movement will be made.

Prerequisites: Biology 9, and junior standing.

(Normally offered each spring semester)

HHP 215 Physiology of Exercise: 4 hours

A course dealing primarily with classification and analysis of exercise and with the

physiological effects of exercise on the human organism. Practical application of these principles will be explored in the laboratory experience. One three-hour lab per week.

Prerequisites: Biology 10 and junior standing.

(Normally offered each fall semester)

AT 233 Health Assessment : 3 hours

This course will provide skills required to conduct a holistic health assessment through comprehensive analysis of a patient's health status across the age continuum. Topics include: dermatological, cardiovascular, ear, nose and throat, neurological, respiratory, musculoskeletal, gastrointestinal, renal and urogenital, endocrine and metabolic systems, and psychological medical disorders.

AT 235 Organization and Administration of Athletic Training: 2 hours

This course is designed to study the application of the organizational and administrative outlooks in regards to the field of athletic training. It will address emergency care situations in respect to proper record keeping, facility management and scheduling of medical staff and equipment. In addition, an in-depth exploration of the requirements set forth by OSHA and other federal agencies will be incorporated into each learning environment.

Prerequisites: Biology 9 and 10 and permission of the instructor

(Normally offered each spring semester)

AT 298 Seminar in Health and Human Performance: 1 hour

A course designed as a capstone experience for students interested in the field of human performance. This will be an opportunity for students to examine previous coursework and discuss its practical application to their chosen career. Topics to be covered are: philosophy, cover letter and resume writing, personal statement writing, applications for graduate school and/or job applications, interviewing, etc.

Prerequisites: Junior or Senior standing and major departmental major, or permission of the instructor.

AT 299 Senior Capstone Seminar: 1 hour

A course designed as a capstone experience for students interested in the field of health and human performance. Students will explore the relationship of health and human performance to society at large as well as other disciplines as it pertains to their beliefs. Topics/projects to be covered are: research writing, research paper, research presentation, and comprehensive examination.

Prerequisite(s): Senior standing and a department major, or permission of the instructor.

ATHLETIC TRAINING MAJOR

60 Hours

BIOL 9 Human Anatomy & Physiology	4
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PSYCH 118 Health Psychology	3
AT/HHP 105 Care & Prevention of Athletic Injuries	3
AT/HHP 106 Advanced Emergency Care	2
AT 101 Clinical Experience I	1
AT 102 Clinical Experience II	1
AT 140 Physical Exam of the Lower Extremity	3
AT 141 Physical Exam of the Upper Extremity	3
AT 145 Therapeutic Modalities of Athletic Injuries	3
AT 160 Rehabilitation of Athletic Injuries	3

AT 163	Clinical Experience III	1
AT 164	Clinical Experience IV	1
AT 205	Clinical Experience V	1
AT 206	Clinical Experience VI	1
AT 233	Health Assessment	3
AT 235	Organization & Administration of Athletic Injuries	3
HHP 100	Drugs in Modern Society	3
HHP 101	Nutrition for Fitness & Sport	3
HHP 104	Stress and Disease Management	2
HHP 165	Strength Training & Conditioning for Coaches	2
HHP 211	Biomechanics and Kinesiology	4
HHP 215	Physiology of Exercise	4
AT 298	Seminar in Health and Human Performance	1
AT 299	Senior Capstone Seminar	1