

ATE-Athletic Training

ATE150 - Introduction to Athletic Training

This course provides the students associated with Cal U an opportunity to learn and understand common injuries and illnesses associated with athletic participation. Additionally, the course introduces the student to introduction, rehabilitation, and treatment approaches for athletic injuries. The course also addresses the prevention and implication of athletic injuries. Lastly, the laboratory component of the course educates students with skills needed for entry into the professional phase portion of the undergraduate athletic training education program (ATEP). These skills can be applied in a clinical setting immediately and only after the student has been accepted into the professional phase of the undergraduate ATEP.

ATE215 - Evidence Based Practice

Students will be introduced to evidence based practice approaches to help in making educated clinical decisions once they become a certified athletic trainer. The course will provide the student with skills to differentiate between academic and non-academic literature with the intent to strengthen their knowledge for clinical practice, engage in academic writing, and interpret academic literature relating to statistical reporting.

ATE340 - Sports Nutrition

This course entails the study of basic concepts of nutrition and the effects of sound nutritional practices on everyday life and sports. The course is designed to allow students to apply nutritional concepts, thus enhancing athletic performance.

ATE445 - Pilates as Therapeutic Exercise

This course will teach the philosophy and methods of Joseph Pilates. Students will learn to lengthen and strengthen the Powerhouse (area from the pelvic girdle to the shoulder girdle) through the original exercises

Course Descriptions

developed by Joseph Pilates. Participants will not only learn the exercises, but how to cue them effectively and adapt them to general fitness classes and personal training or rehabilitation clients. Following the course, students will have the option of sitting for the Powerhouse Pilates certification exam to obtain a certificate as a Pilates Mat Instructor.

ATE460 - Sports Medicine Research

Different types of research, particularly descriptive and experimental, are presented. Emphasis is placed on developing library research skills, critically analyzing research, and becoming a knowledgeable consumer of research in order to apply it in the clinical environment.