Course Descriptions

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.

ATE204 - Athletic Training Clinical Education I Fall
This course permits the undergraduate athletic training student to gain clinical and administrative skills through experiences with interscholastic and intercollegiate teams in the athletic training room and competition areas. Additionally, students complete the sophomore level clinical evaluations on a one to one basis in the classroom and with their preceptors as part of the athletic training program’s learning over time model. This course is repeated one time.

ATE206 - Athletic Training Clinical Education II
This course permits the undergraduate athletic training student to gain clinical and administrative skills through experiences with interscholastic and intercollegiate teams in the athletic training room and competition areas. Additionally, students complete the sophomore level clinical evaluations on a one to one basis in the classroom and with their preceptors as part of the athletic training program’s learning over time model. Additionally, student’s competency is assessed as part of preparation for Junior level athletic training education courses.

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.

ATE225 - Evaluative Techniques I
This course entails the study of evaluation techniques of injuries to the lower extremities. Review of anatomy, injury recognition, muscle testing, treatment protocols and preventative measures are also examined. This course has 3 hours of lecture and 1 hour of lab weekly.

ATE265 - Evaluative Techniques II
This course entails the study of evaluation techniques of injuries to the spine and upper extremities. Review of anatomy, injury recognition, muscle testing, treatment protocols and preventative measures are also examined. This course has 3 hours of lecture and 1 hour of lab weekly.

ATE272 - Acute Care of Athletic Injuries
The course focuses on the knowledge and skills necessary for the first person(s) on the scene of an emergency. Whether medical or trauma in nature, upon successful completion of this course, students will have the knowledge and skills to adequately assess and care for a wide variety of illnesses and injuries until advanced level responders arrive.

ATE305 - Athletic Training Clinical Education III Fall
This course permits the undergraduate athletic training student to gain clinical and administrative skills through experiences with interscholastic and intercollegiate teams in the athletic training room and competition areas. Additionally, students complete the junior level clinical evaluations on a one to one basis in the classroom and with their preceptors as part of the athletic training program’s learning over time model. This course is repeated one time.
ATE306 - Athletic Training Clinical Education IV
This course permits the undergraduate athletic training student to gain clinical and administrative skills through experiences with interscholastic and intercollegiate teams in the athletic training room and competition areas. Additionally, students complete the junior level clinical evaluations on a one to one basis in the classroom and with their preceptors as part of the athletic training program's learning over time model. Further, the student's competency is assessed as part of preparation for senior level athletic training education courses.

ATE315 - General Medical Assessment
Concepts and skills for the evaluation of general medical conditions in athletes are the focus of this course. Pathological conditions of the respiratory, cardiovascular, gastrointestinal, genitourinary, integumentary, and neurological systems are examined with emphasis on recognition and determination of the need for physician referral as well as the impact upon athletic participation.

ATE330 - Therapeutic Exercise
The course entails the study of the use and theory of rehabilitation equipment and rehabilitative exercises in sports. The student will also be able to explain and use evaluation devices such as goniometry, girth, gait analysis, muscle testing, joint mobilization and proprioceptive neuromuscular facilitation.

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.

ATE400 - Lower Extremity Orthopedic Evaluation in Sports Medicine
The course consists of clinical evaluation of injured athletes by the student and the physician to be used in determining the extent of a lower extremity injury. The physician will critique each student's clinical evaluation and make suggestions as needed. The students will also observe evaluations in the physician's offices and may partake in surgery observation.

ATE401 - Upper Extremity Orthopedic Evaluation in Sports Medicine
The course consists of clinical evaluation of injured athletes by the student and the physician to be used in determining the extent of an upper extremity injury. The physician will critique each student's clinical evaluation and make suggestions as needed. The students will also observe evaluations in the physician's offices and may partake in surgery observation.

ATE405 - Athletic Training Clinical Education III
This course permits the undergraduate athletic training student to gain clinical and administrative skills through experiences with interscholastic and intercollegiate athletic teams. Additionally, students complete the senior level clinical evaluations on a one to one basis with their preceptor.

ATE406 - Athletic Training Clinical Education VI
This course permits the undergraduate athletic training student to gain clinical and administrative skills through experiences with interscholastic and intercollegiate teams in the athletic training room and competition areas. The student also completes the senior level clinical proficiencies on a one to one basis in the classroom and/or with his/her preceptor.

ATE425 - Administrative Strategies in Athletic Training
This course deals with the study of the administrative functions, litigation, staff relationships, ethics, budget and supplies, inventory, facility design, maintenance, safety assessment and student trainer organization.

ATE440 - Pharmacology for Allied Health Sciences
The purpose of this course is to provide an overview of drugs commonly used to treat patients seen by persons working in the allied health professions. Medical reasons for drug treatment, specific actions of therapeutic agents, and adverse effects are presented. Specifically emphasized are drugs affecting the musculoskeletal, cardiovascular, nervous, endocrine, and gastrointestinal systems.
Course Descriptions

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 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. (1 cr.) Spring.

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.

ATE701 - Technology in Athletic Training
The purpose of this course is to explore how technology can be utilized in the profession of athletic training. Athletic trainers perform in the following five practice domains: Injury/Illness Prevention and Wellness Protection, Clinical Evaluation and Diagnosis, Immediate and Emergency Care, Treatment and Rehabilitation, and Organizational and Professional Health and Well-being. Technology can be applied in each of these areas to enhance the capabilities of the athletic trainer. This course will focus on hardware and software technologies including the use of mobile devices in the practice of athletic training.

ATE780 - Research Applications in Athletic Training
This course provides students with an understanding of research and its value in the profession of athletic training. Additionally, this course will provide students with an understanding of evidence-based practice as it relates to the practice of athletic training. Students will examine how practice guidelines are created from systematic reviews of the literature and outcomes studies. The course will also provide students with an appreciation of the importance of evidence-based practice in maximizing quality of patient care, seeking out and obtaining reimbursement, and enhancing clinical competence. Research will also be applied to non-patient care problems and issues facing the athletic training profession.