

# COURSES FOR HEALTH SCIENCE

## Athletic Training Courses

### **ATR257 Intro to Athletic Training**

Hours 3

The study of current principles in the prevention; examination, assessment and diagnosis; immediate and emergency care; and therapeutic intervention of injuries and illnesses.

### **ATR258 Clinical Fundamentals**

Hours 1

The study and practice of clinical skills in the prevention; examination, assessment and diagnosis; immediate and emergency care; and therapeutic intervention of injuries and illnesses. Directed observations under the guidance of BOC certified athletic trainers.

Prerequisite(s): ATR 257

### **ATR272 First Aid, Safety & CPR**

Hours 1

The discussion and practice of skills and techniques in the emergency response to injuries and illnesses. Includes emergency assessment, first aid, cardiopulmonary resuscitation for infants, children and adults and AED use.

### **ATR300 Foundations in AT**

Hours 3

Study and discussion of topics and clinical skills related to the prevention; examination, assessment and diagnosis; immediate and emergency care; and therapeutic intervention of injuries and illnesses. Introduction to healthcare administration.

Prerequisite(s): ATR 257, ATR 258, and ATR 272

### **ATR305 Clinical Biomechanics for Healthcare Professionals**

Hours 3

This course is a review of external and internal forces on the body. It will explore both the statics and dynamics of motion including kinetics and kinematics. This course will also explore a variety of issues of human movement related to exercise/sport and injury.

Prerequisite(s): ATR 257, ATR 258, and ATR 300

Prerequisite(s) with concurrency: BSC 215

### **ATR310 Clinical Skills I**

Hours 1

Acquisition, evaluation, synthesis and application of clinical skills in the prevention; examination, assessment and diagnosis; immediate and emergency care; and therapeutic intervention of injuries and illnesses. Clinical experiences under the direct supervision of BOC Certified and Alabama Licensed Athletic Trainers.

Prerequisite(s): ATR 257 and ATR 258 and ATR 272

Prerequisite(s) with concurrency: BSC 215 and NHM 315 and ATR 300

### **ATR312 Interdisciplinary Healthcare Teams in Sports Medicine**

Hours 2

The focus of the course is to learn about the role of various healthcare professionals within the Sports Medicine team and how to interact as a healthcare team to improve patient care.

Prerequisite(s): ATR 272 and ATR 300

### **ATR405 Psychological Aspects of Injury**

Hours 3

This course allows students to explore, develop and refine their personal values and ethical foundations as they relate to the psychosocial aspects of healthcare and professional practice. Special emphasis is placed on the psychology of injury and catastrophe, recognition of psychological conditions, counseling and intervention strategies, and the utilization of mental imagery and other psychological skills. Exploration of professionalism, leadership, communication, diversity, inter-relationships between patients, families and the medical community, stress management, burnout, and ethical questions associated with injury, sport and general healthcare also are discussed.

Prerequisite(s): ATR 300

### **ATR415 Scientific Reading and Writing in Athletic Healthcare**

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Hours 3

The acquisition and application of advanced literature search and scientific literature interpretation skills. The refinement of scientific writing skills as they relate to the development and completion of a scientific proposal paper. Writing proficiency is required for a passing grade in this course. A student who does not write with the skill normally required of an upper-division student will not earn a passing grade, no matter how well the student performs in other areas of the course.

Prerequisite(s): ATR 257, ATR 258, ATR 272, ATR 305 or KIN 365, ATR 405, EN 101, EN 102

Writing

### **ATR430 Integration of Clinical Skills in AT V**

Hours 1

Acquisition, evaluation, synthesis and application of clinical skills in the prevention; examination, assessment and diagnosis; immediate and emergency care; and therapeutic intervention of injuries and illnesses with an emphasis on acute and chronic medical conditions and their pharmacologic management within a well organized healthcare program. Clinical experiences under the direct supervision of credentialed medical and allied medical professionals.

Prerequisite(s): ATR 300 and ATR 310 and ATR 320 and ATR 357 and ATR 358 and ATR 360 and ATR 410 and ATR 420 and ATR 453 and ATR 457 and BSC 215 and BSC 216 and NHM 315 and KIN 365 and KIN 492 and PH 101

Prerequisite(s) with concurrency: ATR 454 and ATR 455

**ATR432 Physiological Basis and Conditioning Methods for Performance**  
Hours 3

This course is designed to present up-to-date information regarding the human physiological response to exercise, as well as the applied aspects of strength and conditioning and the scientific principles that guide this practice. Students will gain knowledge in how to perform pre-exercise assessments, develop appropriate exercise training programs based on these assessments, as well as lead and demonstrate safe and effective methods of exercise by the application of the primary theories and principles of exercise science. This course will also introduce methods of patient assessment and reducing the risk of injury. A combination of lecture and practical class sessions will be used.

Prerequisite(s): ATR 300, BSC 215, and BSC 216

**ATR440 Integration of Clinical Skills in Athletic Training VI**  
Hours 1

Acquisition, evaluation, synthesis and application of clinical skills in the prevention; clinical evaluation and diagnosis; immediate care and treatment; and rehabilitation and reconditioning of injuries and illnesses with an emphasis on acute and chronic medical conditions and post-surgical rehabilitation. Clinical experiences under the direct supervision of trained preceptors.

Prerequisite(s): admission to the AT Professional Program, ATR 300, ATR 310, ATR 320, ATR 357, ATR 358, ATR 360, ATR 410, ATR 420, ATR 453, ATR 456, ATR 457, BSC 215, BSC 216, KIN 365, KIN 492, NHM 315 & PH 101

Prerequisite(s) with concurrency: ATR 458

**ATR453 Appl Clin Res Skills**  
Hours 3

Acquisition, evaluation, synthesis and application of clinical, research and teaching skills in athletic training with an emphasis on clinical question development and the incorporation of evidence based practice in resolving clinical questions and developing and implementing patient care plans. Clinical experiences under the direct supervision of allied medical and medical professionals in a range of patient care settings.

Prerequisite(s): ATR 300 and ATR 310 and ATR 357 and ATR 358 and ATR 360 and ATR 410 and ATR 420 and ATR 457 and BSC 215 and BSC 216 and NHM 315 and KIN 365 and KIN 492 and PH 101

**ATR454 Healthcare Administration in AT**  
Hours 3

Current theories, methods and techniques in the organization and administration of athletic training programs.

Prerequisite(s): ATR 300 and ATR 310 and ATR 320 and ATR 357 and ATR 358 and ATR 410 and ATR 420 and ATR 453 and ATR 456 and BSC 215 and BSC 216 and NHM 315 and KIN 365 and PH 101

Prerequisite(s) with concurrency: ATR 430 and ATR 455

**ATR455 Pharmacology and Pathology in AT**  
Hours 3

The study of acute and chronic illnesses and their response to and the impact on, physical activity. Discussion of pharmacologic agents used in the therapeutic intervention of common acute and chronic illnesses.

Prerequisite(s): ATR 300 and ATR 310 and ATR 320 and ATR 357 and ATR 358 and ATR 360 and ATR 410 and ATR 420 and ATR 453 and ATR 456 and ATR 457 and BSC 215 and BSC 216 and NHM 315 and KIN 365 and KIN 492 and PH 101

Prerequisite(s) with concurrency: ATR 430 and ATR 454

**ATR458 Seminar in AT**  
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Hours 3

Discussion of current issues in athletic training with an emphasis on the application of current research to the practice of athletic training. Writing proficiency is required for a passing grade in this course. A student who does not write with the skill normally required of an upper-division student will not earn a passing grade, no matter how well the student performs in other areas of the course.

Prerequisite(s): ATR 300, ATR 310, ATR 320, ATR 357, ATR 358, ATR 360, ATR 410, ATR 420, ATR 430, ATR 453, ATR 454, ATR 455, ATR 456, ATR 457, BSC 215, BSC 216, PH 101, NHM 315, KIN 365, KIN 492

Prerequisite(s) with concurrency: ATR 440

Writing

**ATR488 Internship in Athl Training**  
Hours 1-12

Directed internship in a health care facility for the senior athletic training student.

**ATR496 Ind Study Athletic Training**  
SP

Hours 1-12

Independent study of skills and topics in athletic training for the senior athletic training student.

Special Topics Course

## General Health Studies Courses

**HHE270 Personal Health**  
Hours 3

A thoughtful discussion of individual, social, environmental, and political factors that influence personal health and well-being.

**HHE280 Understanding Stress Management**  
Hours 3

The purpose of this course is to help students understand the role of stress in modern lifestyles. The stress process and its relationship to the total concept of health will be examined. The physical and psychological effects of stressors and individual appraisals will be explained using theoretical models and practical examples. Stress management techniques will be examined and taught.

**HHE350 Introduction to Public Health**  
Hours 3

Methods and techniques by which community health workers identify and measure the scope and intensity of health problems.

**HHE370 Prin/Foundatn Health Promotion**

Hours 3

The course examines the role of health education/health promotion and includes an orientation to the profession and consideration of current trends, problems, and issues in health education.

**HHE375 Health Behavior Theory**

Hours 3

The purpose of this course is to examine the determinants of health-related behavior and discuss how health education/promotion theories and models are used in research and practice.

Prerequisite(s) with concurrency: HHE 370

**HHE378 Drugs, Society, and Human Behavior**

W

Hours 3

The purpose of this course is to provide an introduction to topics associated with drug use, primarily from a public health perspective. The course will address the effects of drug use on society and the individual, and examine physiological, psychological, and sociological aspects of this public health problem. Writing proficiency is required for a passing grade in this course. A student who does not write with the skill normally required of an upper-division student will not earn a passing grade, no matter how well the student performs in other areas of the course.

Writing

**HHE380 Public Health Systems and Policy**

Hours 3

Local, state, and national public health policy and politics. Review and analysis of public and private health systems.

Prerequisite(s): HHE 273 or HHE 350

**HHE395 Introduction to Global Health**

Hours 3

The course will introduce students to the main concepts of the global health field. The course content covers principles and goals of global health; cross-cutting global health issues; the burden of disease; and, cooperating to improve global health. Students learn to think critically about the determinants of global health and what key factors influence disease burdens.

Prerequisite(s): HHE 350

**HHE445 Environmental Health**

Hours 3

The course is designed to promote the acquisition of environmental health knowledge and skills for application in community/public health education settings. Course content will address environmental factors that affect human and ecological health and environmental health education and promotion strategies.

Prerequisite(s): HHE 273 or HHE 350

**HHE446 Health Disparities**

Hours 3

This course is designed to explore health disparities in the United States and throughout the world. Course content will address societal factors that have an impact on health disparities. The course focus will also address cultural competency and appropriate health education and promotion strategies.

Prerequisite(s): HHE 370

**HHE450 Introduction to Epidemiology for Health Education and Promotion**

Hours 3

An introductory course in epidemiology designed to promote an understanding of the analysis and application of epidemiological data for students in health professions with a primary focus on health education and promotion.

Prerequisite(s): HHE 270 HHE 273 or HHE 350

**HHE467 Design Eval Health Promo**

Hours 3

Designed to help health educators develop competencies in program design, implementation, and evaluation.

Prerequisite(s): HHE 370 and HHE 375

**HHE468 Pract Appl Health Comm & Promo**

Hours 3

A lecture/demonstration/discussion course designed to help health educators develop competencies in program applications, with particular attention to the needs assessment process and health communication techniques.

Prerequisite(s): HHE 370 and HHE 375

**HHE470 Needs Assessment and Program Planning**

Hours 3

This course examines the principles of conducting needs assessments and planning effective health promotion programs, including the implementation of sound prevention and health promotion strategies.

Prerequisite(s): HHE 370 and HHE 375

**HHE472 Patient Health Education and Capstone**

Hours 3

This course applies theories that relate to the practice of patient education in a variety of health care settings. Additionally, the course provides an overview of the U.S. health care industry. Emphasis is on education for promotion of health and change of lifestyle.

Prerequisite(s): HHE 270, HHE 370

Prerequisite(s) with concurrency: HHE 375

**HHE475 Program Evaluation in Health Promotion**

Hours 3

Designed to provide practical tools that can be used in real world settings, this course will examine methods to determine if and how a particular health-related program works. Emphasis will be placed on process and impact evaluation methods.

Prerequisite(s): HHE 370 and HHE 375

**HHE480 Culminating Experience in Public Health**

Hours 3

The purpose of this course is to provide students in the Public Health program with opportunities to apply public health and health education/promotion concepts presented during their undergraduate courses. This course includes observations, applications, and reflections of those concepts in professional practice.

Prerequisite(s): HHE 370, Advisor Permission Required

Prerequisite(s) with concurrency: HHE 468

**HHE484 Capstone Internship in Community Health**

Hours 6

Directed internship in a community health agency, business, clinic, or other health-related setting; observation and on-the-job experience through direct participation.

Prerequisite(s): HHE 370, Advisor permission

Prerequisite(s) with concurrency: HHE 468, HHE 470

**HHE485 Service Learning in Health Promotion**

Hours 3

The purpose of this course is to give students the opportunity to provide small group health education in a local community setting based on a health need identified by community members. The didactic component of the course involves an introduction to service learning; an overview of health literacy and health education principles, theory, and strategies; and an in-depth review of the pathophysiology, prevention, and treatment of a particular disease or condition (e.g., Type 2 diabetes). The illness selected would be based on community input. This course will expose students to various genetic, behavioral, and social determinants of health. Approval of instructor required.

**HHE488 Capstone Internship Community Health**

Hours 12

Directed internship in a community/public health agency, or other health-related setting; professional experience through direct participation.

Prerequisite(s): HHE 468, HHE 470, HHE 475, Advisor Permission Required

**HHE490 Certified Health Education Specialist Study Course**

Hours 3

Course is designed to help students develop and/or refine skills related to the planning, implementation, and evaluation of health education programs in various settings. Completion of the course is also intended to prepare students for the Certified Health Education Specialist examination.

Prerequisite(s): HHE 370

Prerequisite(s) with concurrency: HHE 468

**HHE496 Independent Study**

SP

Hours 1-6

Designed to provide the opportunity for independent work in any area of health education/health promotion.

Special Topics Course