ATC - ATHLETIC TRAINING

ATC 101 Prev & Care of Ath Inj. (3 Credit Hours)
This course provides students with the essential foundations of athletic and orthopaedic injury prevention, recognition, and management, and includes topics such as basic functional anatomy, medical terminology and injury classification, common athletic and orthopaedic injury mechanisms, pre-participation physical screening, and emergency action planning.
May be repeated for credit.
Academic Level: Undergraduate
Enrollment is limited to students with a program in Applied Exercise Science, Athletic Training, Athletic Training 3 Year, Health Sci-Athletic Train 3+2, Coaching or Health Sciences 3+2.

ATC 105 Intro to Athletic Training (3 Credit Hours)
This course introduces students to both the profession of athletic training and the UNE Athletic Training Program. Through the use of lecture and lab formats, the students become familiar with the role of the Certified Athletic Trainer as an allied health care professional in numerous settings, including clinic/industrial, high school, professional, and college. Additionally, students are introduced to and allowed to practice essential clinical skills in prophylactic taping and wrapping.
Academic Level: Undergraduate
Enrollment is limited to students with a major in Athletic Training 3 Year, Health Sci-Athletic Train 3+2 or Health Sciences 3+2.

ATC 300 Special Topics in Athletic Tra (1 Credit Hours)
Special topics course developed by a faculty member who has interest in an athletic training topic that is not covered in depth in a regular course area.
Academic Level: Undergraduate
Enrollment is limited to students with a major in Athletic Training, Athletic Training 3 Year, Health Sci-Athletic Train 3+2 or Health Sciences 3+2.

ATC 306 Psychology of Sport & Exercise (3 Credit Hours)
This course provides an overview of the major areas of research and application in the area of Sport Psychology. In this course, we will investigate connections between sport performance and psychology, and in particular, gain an understanding of factors found to maximize performance and enhance rehabilitation during times of injury.
May be repeated for credit.
Academic Level: Undergraduate
Enrollment is limited to students with a program in Applied Exercise Science, Athletic Training, Athletic Training 3 Year, Health Sci-Athletic Train 3+2, Coaching or Health Sciences 3+2.

ATC 333 Gross Anatomy (3 Credit Hours)
This course presents the opportunity for students to study the structure and functional relationships of the musculoskeletal system of the human body. Primary emphasis is placed on the limbs, trunk, and the peripheral aspects of the central nervous system. The laboratory format utilizes prosected, cadaveric and anatomical models, and faculty provide curricular connection to the fields of Athletic Training and Exercise Science.
May be repeated for credit.
Academic Level: Undergraduate
Enrollment is limited to students with a major in Applied Exercise Science, Athletic Training, Athletic Training 3 Year, Health Sci-Athletic Train 3+2 or Health Sciences 3+2.

ATC 420 Research Methods (3 Credit Hours)
This course develops competencies needed to analyze, critique, and evaluate research in the areas of exercise, health, sports medicine, health promotion, and general management. Students gain an understanding of research techniques, literature review, hypothesis construction, research design and data analysis. Exploration of related literature and practice of research process enables students to understand the interrelationship between scientific investigation and practical application.
May be repeated for credit. *Equivalent to SPT 420.*
Academic Level: Undergraduate
Enrollment is limited to students with a major in Applied Exercise Science, Athletic Training, Athletic Training 3 Year, Health Sci-Athletic Train 3+2 or Health Sciences 3+2.

ATC 500 Fund of Athletic Training (3 Credit Hours)
This course introduces the student to the profession of athletic training and provides a foundation in athletic and orthopaedic injury prevention and recognition. The student will gain an understanding of medical terminology and injury classification and will work toward proficiency at essential clinical skills in prophylactic taping and wrapping. The student will learn how these techniques relate to basic functional anatomy and common athletic and orthopaedic injury mechanisms, and will also become familiar with environmental conditions and illnesses, as well as gain a basic understanding of the body's response to injury.
Academic Level: Graduate, Undergraduate
Enrollment is limited to students with a major in Health Sci-Athletic Train 3+2, Athletic Training, Health Sciences 3+2 or Athletic Training.

Enrollment is limited to Graduate or Undergraduate level students.

ATC 500L Fund. Ath Traning Lab
Academic Level: Graduate, Undergraduate
Enrollment is limited to students with a program in Health Sci-Athletic Train 3+2, Athletic Training, Health Sciences 3+2 or Athletic Training.

Enrollment is limited to Graduate or Undergraduate level students.

ATC 502 Examination of Orthopedic & Athletic Injuries I (3 Credit Hours)
Course focuses on the analysis of athletic and orthopedic injury mechanisms and their manifestations in the lower extremity. Students will be introduced to orthopedic and athletic injury evaluation techniques and theory as they relate to the lumbar spine, hip, knee, ankle, and foot. Special attention will be given to the predisposing health of the athlete/individual, differential diagnosis, appropriate referral protocols, and proper medical documentation. Practical laboratory experience will focus on the development of mastery in individual evaluative techniques (e.g., dermatomes) as well as comprehensive injury diagnosis and management.
Academic Level: Graduate, Undergraduate
Enrollment is limited to students with a program in Health Sci-Athletic Train 3+2, Athletic Training, Health Sciences 3+2 or Athletic Training.

ATC 504 Examination of Orthopedic & Athletic Injuries II (3 Credit Hours)
Second of two courses focusing on the analysis of athletic and orthopedic injury mechanisms and their manifestations on various areas of the human body. Students will be introduced to orthopedic and athletic injury evaluation techniques and theory as they relate to the lumber/thoracic spine, cervical spine, shoulder, elbow wrist and hand. Special attention will be given to the predisposing health of the athlete/individual, differential diagnosis, and appropriate referral protocols. Practical laboratory experience will focus on the development of mastery in individual evaluative techniques (e.g., selective tissue testing, manual muscle testing, dermatomes) as well as comprehensive injury diagnosis and management.
Academic Level: Undergraduate, Graduate
Enrollment is limited to students with a major in Health Sciences 3+2 or Athletic Training.

ATC 504L Examination of Orthopedic & Athletic Injuries II Lab
Second of two courses focusing on the analysis of athletic and orthopedic injury mechanisms and their manifestations on various areas of the human body. Students will be introduced to orthopedic and athletic injury evaluation techniques and theory as they relate to the lumber/thoracic spine, cervical spine, shoulder, elbow wrist and hand. Special attention will be given to the predisposing health of the athlete/individual, differential diagnosis, and appropriate referral protocols. Practical laboratory experience will focus on the development of mastery in individual evaluative techniques (e.g., selective tissue testing, manual muscle testing, dermatomes) as well as comprehensive injury diagnosis and management.
Academic Level: Graduate, Undergraduate
Corequisites: ATC 504
Enrollment is limited to students with a major in Health Sciences 3+2 or Athletic Training.

ATC 515 Physical Agents in AT (3 Credit Hours)
Advanced athletic training course that focuses on the ways in which human anatomy and injury mechanisms are affected by the use of current athletic training modalities such as ultrasound, electrical muscle stimulation, iontophoresis, and massage. Special attention will be given to indications and contraindications for each modality, as well as how it fits into the larger treatment plan. Laboratory included.
Academic Level: Graduate, Undergraduate
Enrollment is limited to students with a major in Health Sci-Athletic Train 3+2, Athletic Training, Health Sciences 3+2 or Athletic Training.

Enrollment is limited to Graduate or Undergraduate level students.

ATC 520 Clinical Reasoning in AT (3 Credit Hours)
This course is designed to expand upon the basic skills obtained through Research Methods. Students will learn techniques to develop a clinical question and subsequent investigation. Skill acquisition will enable the student to make informed decisions regarding healthcare.
Academic Level: Graduate, Undergraduate
Enrollment is limited to students with a major in Health Sci-Athletic Train 3+2, Athletic Training, Health Sciences 3+2 or Athletic Training.

Enrollment is limited to Graduate or Undergraduate level students.

ATC 521 Clinical Reasoning in Athletic Training (1 Credit Hours)
This course is designed to expand upon the basic skills obtained through Research Methods. Students will learn techniques to develop a clinical question and subsequent investigation. Skill acquisition will enable the student to make informed decisions regarding healthcare.
Academic Level: Graduate

ATC 525 Athletic Training Clinical Rotation I (5 Credit Hours)
This is the first of five courses designed to provide students with essential knowledge and clinical skills in athletic training. Under the direct supervision of a preceptor, students are introduced to, allowed to practice, and evaluated on clinical skills relating to the prevention, assessment, and management of athletic and orthopaedic injuries. Clinical integration occurs through field experience rotations at affiliated sites throughout Southern Maine.
Academic Level: Graduate, Undergraduate
Enrollment is limited to students with a major in Health Sci-Athletic Train 3+2, Athletic Training, Health Sciences 3+2 or Athletic Training.

Enrollment is limited to Graduate or Undergraduate level students.

ATC 530 Rehab Techniques in AT (4 Credit Hours)
This course provides an in-depth study of the principles, objectives, indications, contraindications, and progression of various modes of land-based and aquatic conditioning and reconditioning exercises. Special attention is given to the interaction between human physiology and the therapeutic aspect of exercise. Methods for evaluation, progress assessment, and development of return-to-activity criteria are discussed and implemented. Special attention will be given to evidence-based practice and the interprofessional role of the athletic trainer in athlete/patient health care delivery. Clinical laboratory experience included.
Academic Level: Graduate, Undergraduate
Enrollment is limited to students with a major in Health Sci-Athletic Train 3+2, Athletic Training, Health Sciences 3+2 or Athletic Training.

Enrollment is limited to Graduate or Undergraduate level students.

ATC 530L Rehab Techniques in AT Lab
This is a hands-on laboratory course where students will implement and be evaluated on the rehabilitative techniques and theories learned in ATC 530 under the supervision of clinical preceptors. The focus will be on restorative exercises and techniques used in the practice of athletic training.
Academic Level: Graduate, Undergraduate
Enrollment is limited to students with a program in Health Sci-Athletic Train 3+2, Athletic Training, Health Sciences 3+2 or Athletic Training.

ATC 535 Athletic Performance & Cond (3 Credit Hours)
This course is designed to provide students with the knowledge, skills and abilities needed to design and implement a comprehensive strength and conditioning program. Emphasis is placed on the assessment of sport-specific performance components and the design of speed, agility, and resistance strength training programs to enhance performance and reduce the risk of injury. This course will assist those students who desire to take the National Strength & Conditioning Association's Certified Strength & Conditioning Specialist Exam. Laboratory experience included.
Academic Level: Graduate, Undergraduate
Enrollment is limited to students with a major in Health Sci-Athletic Train 3+2, Athletic Training, Health Sciences 3+2 or Athletic Training.

ATC 540 Gen Medical Conditions in AT (3 Credit Hours)
Advanced athletic training course in which students are provided with the necessary information to diagnose and refer, when appropriate, general medical conditions and injuries that occur in the physically active patient population. Topics include, but are not limited to, respiratory and cardiovascular disease, neurological pathologies, common dermatological conditions, and gastrointestinal dysfunction. Special attention will be given to evidence-based practice and the interprofessional role of the athletic trainer in athlete/patient health care delivery.
Academic Level: Undergraduate, Graduate
Enrollment is limited to students with a major in Health Sci-Athletic Train 3+2, Athletic Training, Health Sciences 3+2 or Athletic Training.

Enrollment is limited to Graduate or Undergraduate level students.

ATC 545 Pharmacology in AT (3 Credit Hours)
Essential concepts of pharmacology are discussed, based on their influence on athletic performance. Specific classifications of medications are identified and organized according to their therapeutic use in treating common diseases. Benefits and limitations of pharmacotherapy are identified, and the risks of performance-enhancing drugs are investigated. Legislative issues including the storage, dispensation, and documentation of medications will also be explored.
Academic Level: Graduate, Undergraduate
Enrollment is limited to students with a major in Health Sci-Athletic Train 3+2, Athletic Training, Health Sciences 3+2 or Athletic Training.

Enrollment is limited to Graduate or Undergraduate level students.

ATC 550 Athletic Training Clinical Rotation II (4 Credit Hours)
This is the second of five courses designed to provide students with essential knowledge and clinical skills in athletic training. Under the direct supervision of a preceptor, students are introduced to, allowed to practice, and evaluated on clinical skills relating to the prevention, assessment, and management of athletic and orthopaedic injuries. Clinical integration occurs through field experience rotations at affiliated sites throughout Southern Maine.
Academic Level: Graduate, Undergraduate
Enrollment is limited to students with a major in Health Sci-Athletic Train 3+2, Athletic Training, Health Sciences 3+2 or Athletic Training.

Enrollment is limited to Graduate or Undergraduate level students.

ATC 551 Athletic Training Clinical Rotation III (1 Credit Hours)
This is the third of five courses designed to provide students with essential knowledge and clinical skills in athletic training. This course serves as the introduction of the students' immersive experience. The immersive clinical experience is a practice-intensive experience that allows the student to experience the totality of care provided by athletic trainers. Under the direct supervision of a preceptor, students are introduced to, allowed to practice, and evaluated on clinical skills relating to the prevention, assessment, and management of athletic and orthopedic injuries. Clinical integration occurs through clinical experience rotations in various practice settings.
Academic Level: Graduate
Enrollment is limited to students with a program in Athletic Training or Athletic Training.

ATC 552 Athletic Training Clinical Rotation II (5 Credit Hours)
This is the second of five courses designed to provide students with essential knowledge and clinical skills in athletic training. Under the direct supervision of a preceptor, students are introduced to, allowed to practice, and evaluated on clinical skills relating to the prevention, assessment, and management of athletic and orthopedic injuries. Clinical integration occurs through rotations at affiliated sites throughout Southern Maine.
Academic Level: Graduate

ATC 600 Admin of AT Programs (3 Credit Hours)
Advanced athletic training course designed to provide students with the opportunity to apply concepts of program administration and risk management as they relate to the delivery of athletic health care. Topics include, but are not limited to, pre-participation examinations, athletic training clinic design, budgeting, emergency action planning, human resources management, and the legislative issues facing entry-level Athletic Trainers.
Academic Level: Graduate
Enrollment is limited to students with a major in Athletic Training or Athletic Training.

Enrollment is limited to Graduate level students.

ATC 602 Athletic Training Clinical Rotation III (1 Credit Hours)
This is the third of five courses designed to provide students with essential knowledge and clinical skills in athletic training. This course serves as the introduction of the students' immersive experience. The immersive clinical experience is a practice-intensive experience that allows the student to experience the totality of care provided by athletic trainers. Under the direct supervision of a preceptor, students are introduced to, allowed to practice, and evaluated on clinical skills relating to the prevention, assessment, and management of athletic and orthopedic injuries. Clinical integration occurs through clinical experience rotations in various practice settings.
Academic Level: Graduate

ATC 605 Manual Therapies in AT (3 Credit Hours)
Advanced athletic training course that focuses on the ways in which human anatomy and injury mechanisms are affected by the use of manual therapies such as massage, joint mobilizations, myofascial release, and positional release. Special attention will be given to indications and contraindications for each modality, as well as how it fits into the larger treatment plan. Laboratory included.
Academic Level: Graduate
Enrollment is limited to students with a major in Athletic Training or Athletic Training.

ATC 608 Diagnostic Techniques in Athletic Training (1 Credit Hours)
This course is designed to provide the learner with an in-depth exposure to advanced diagnostic techniques such as radiography, computed tomography, magnetic resonance imaging, and ultrasonography. Students will have the opportunity to learn about the imaging process and the effects on body tissues. In addition, specific imaging skills will be introduced as well as how to interpret results.
May be repeated for credit.
Academic Level: Graduate
Enrollment is limited to students with a major in Athletic Training or Athletic Training.

ATC 610 Graduate Seminar in AT (2 Credit Hours)
Objectives of this course include preparation for the Board of Certification examination (e.g., test-taking strategies and practice questions), preparation for entry-level employment (e.g., resume/cover letter construction, salary negotiation and financial planning, and interviewing skills), an introduction to the regulatory agencies for Athletic Training, and a major focus on professional development and evidence-based practice.
Academic Level: Graduate
Enrollment is limited to students with a major in Health Sci-Athletic Train 3+2, Athletic Training, Health Sciences 3+2 or Athletic Training.

ATC 625 Psychosocial Interv in AT (3 Credit Hours)
This course provides an overview of the major areas of research and application in the areas of Sport Psychology and psychosocial interventions as they relate to athletes and patients. Current theories related to motivation, coping, stress management, and the recognition and referral of common psychological conditions such as eating disorders and anxiety/depression will be discussed. The connections between sport performance and psychology will be investigated with a focus on maximizing performance and enhancing rehabilitation during times of injury.
Academic Level: Graduate
Enrollment is limited to students with a major in Athletic Training or Athletic Training.

ATC 630 Immersive Clinical Rotation I (6 Credit Hours)
The immersive clinical rotation is practice-intensive and allows the student to experience the totality of care provided by athletic trainers. Under the supervision of a preceptor, students are introduced to, allowed to practice, and evaluated on clinical skills relating to the prevention, assessment, and management of athletic and orthopedic injuries. Clinical integration occurs in various traditional and emerging practice settings.
Academic Level: Graduate
Enrollment is limited to students with a major in Athletic Training or Athletic Training.

ATC 645 Directd Stdy Athletic Training (1-9 Credit Hours)
Permission of Program Director and Instructor Required.
May be repeated for credit.
Academic Level: Graduate
Enrollment is limited to students with a major in Athletic Training or Athletic Training.

ATC 650 Athletic Training Clinical Practicum IV (6 Credit Hours)
The immersive clinical rotation is practice-intensive and allows the student to experience the totality of care provided by athletic trainers. Under the supervision of a preceptor, students are introduced to, allowed to practice, and evaluated on clinical skills relating to the prevention, assessment, and management of athletic and orthopedic injuries. Clinical integration occurs in various traditional and emerging practice settings.
Academic Level: Graduate
Enrollment is limited to students with a major in Athletic Training or Athletic Training.

ATC 655 Graduate Capstone in Athletic Training (1 Credit Hours)
This is a one-credit course designed to provide the graduate student with the opportunity to work closely with a faculty mentor to develop and refine a clinical case study in athletic training that culminates in a formal poster and oral presentation.
Academic Level: Graduate