

# HAL

## Athletic Training

### **HAL 205: Introduction to Athletic Training**

Introduction to the health care profession of athletic training. The course explores the history and development of the profession and the concept of the sports medicine team, as well as medical terminology. Students will be required to complete a 50 hour clinical observation. Open to west campus students.

*3 credits*

### **HAL 210: Emergency Care of Athletic Injuries**

Recognition and management of medical emergencies with emphasis on those conditions that are most commonly suffered by athletes. Successful completion of the course leads to Professional level Cardio-Pulmonary Resuscitation(CPR), Automated External Defibrillator (AED) and First Aid certification by the American Academy of Orthopedic Surgeons Emergency Care and Safety Institute. Open to west campus students.

*Advisory Prerequisite: HAL 205*

*3 credits*

### **HAL 300: Kinesiology**

The mechanical aspects of human motion and the structure and function of these motions in physically active individuals with or without pathological involvement. The student learns basic qualitative and quantitative clinical techniques used in identifying pathological movement. Open to west campus students.

*Pre- or corequisite: ANP 300 or HAN 200*

*4 credits*

### **HAL 375: Supplement Use for Sport Performance**

Course introduces the use of supplements in sport from a sports medicine and athletic training perspective. Discusses the advantages and disadvantages of using dietary supplements. Presents scientific research on recommended dosage and potential side effects. Both competitive and recreational athletes' needs and concerns are addressed. Upon completion of course, students should be able to evaluate and make recommendations about dietary supplements. Open to non HSC students.

*Prerequisite: BIO 101, BIO 150 or equivalent, or permission of instructor*

*2 credits*

### **HAL 376: Introduction to Nutrition**

Introduces students to fundamentals of nutritional science and food systems. Reviews dietary sources and functions of macro and micronutrients and the basic of their metabolism and impact on energy balance and common health problems. Explores types of food systems, including production, transformation, distribution, access and consumption and Explores the impact on the environment and human health. Discusses contemporary issues and controversies such as eating disorders, diet trends and sports nutrition. Open to west campus students

*2 credits*