

**Major in Athletic Training (HAL)****School of Health Technology and Management**

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**Athletic Training**

The Stony Brook University (SBU) Athletic Training Program (ATP), offered by the School of Health Technology and Management (SHTM), is accredited by the Commission on Accreditation of Athletic Training Education (CAATE).

The program is designed for students interested in becoming an Athletic Trainer (AT). Athletic Trainers are healthcare professionals who collaborate with physicians to optimize activity and participation of patients and clients. As member of the sports medicine team Athletic Trainers specialize in the prevention, clinical diagnosis and intervention of emergency, acute and chronic medical conditions involving impairment, functional limitations and disabilities. Athletic Training is recognized by the American Medical Association (AMA) as a healthcare profession.

Athletic trainers' work settings can include high schools, colleges, universities, professional sports teams, hospitals, rehabilitation clinics, physicians' offices, corporate and industrial institutions, the military, and the performing arts.

The student's comprehensive professional preparation is directed toward the development of specified competencies in the following content areas: Evidence-Based Practice, Prevention and Health Promotion, Clinical Examination and Diagnosis, Acute Care of Injury and Illness, Therapeutic Interventions, Psychological Strategies and Referral, Healthcare Administration, and Professional Development and Responsibility. Formal instruction involves teaching of required subject matter in structured classroom, clinical, and laboratory environments. All students are required to fulfill their clinical education requirements under the direct supervision of a preceptor. Clinical education provides the student with authentic, real-time opportunities to practice and integrate athletic training knowledge, skills, and clinical abilities, including decision-making and professional behaviors required of the profession in order to develop proficiency as an Athletic Trainer.

The curriculum prepares students for the Board of Certification (BOC) examination. Upon passing this examination, an individual may apply for certification by the New York State Education Department Office of Professions. In addition to the baccalaureate degree, the school's Certificate of Professional Achievement in Athletic Training is awarded upon satisfactory completion of all required course work.

**Pre-Application Requirements for the major in Athletic Training**

1. 3 credits of English composition: WRT 102
2. 6 credits in the arts and/or humanities, excluding studio, skills, and techniques courses

**The program requires candidates to successfully complete each of the following courses with a grade of C or higher:**

3. 6 credits of social and behavioral sciences: PSY 103 and one other social and behavioral science course
4. 4 credits of chemistry with labs: CHE 131/CHE 133
5. 8 credits of biology with labs (to include one course in human physiology): BIO 202, BIO 204, BIO 203 or HAN 202
6. 4 credits of physics with labs : PHY 121/123 or PHY 113/115
7. 3 credits of math: MAT 125
8. 3 credits of statistics: AMS 102 or PSY 201
9. 3 credits of Medical Terminology and Human Anatomy: HAN 312
10. 2 credits of Supplement Use in Sports: HAL 375
11. 2 credits of Nutrition: HAL 376

**The program also requires candidates to successfully complete each of the following courses with a grade of B or higher:**

- HAL 205 Introduction to Athletic Training
- HAL 210 Emergency Care of Athletic Injuries
- HAL 300 Kinesiology
- ANP 300 Human Anatomy or HAN 200 Human Anatomy

Notes:

1. CPR at the professional level
2. 50 observational hours with an athletic trainer
3. 2.50 cumulative g.p.a
4. Stony Brook freshmen are eligible to declare athletic training care as a major. These students must meet with the Program Chair. In addition to the requirements listed above, students in this four-year program must successfully complete HAL 205 Introduction to Athletic Training with a grade of B+ or higher and have a cumulative GPA of 2.75 and a science GPA of 2.5.

For more information, please visit <http://healthtechnology.stonybrookmedicine.edu/programs/at/admissions/requirements>

# 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*

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*

### 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