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

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Athletic Training

The program is designed for students interested in becoming a Certified Athletic Trainer (ATC). The ATC works with physicians and other medical personnel, employers, patients, parents, guardians, and athletic personnel in the development and coordination of efficient and responsive health care delivery systems. Athletic trainers are integral members of the health care team in secondary schools, colleges and universities, professional sports programs, sports medicine clinics, corporate/industrial, and other health care settings.

The athletic trainer’s professional preparation is based on the development of specified educational competencies and clinical proficiencies. Through a combination of formal classroom and clinical instruction and clinical experience, the athletic trainer is prepared to provide health care within each of the following content areas: risk management and injury prevention; pathology of injuries and illnesses; clinical examination and diagnosis; acute care of injury and illness; pharmacology; therapeutic modalities; therapeutic and rehabilitative exercise; general medical conditions and disabilities; nutritional aspects of injury and illness; psychosocial intervention and referral; health care administration; and professional development and responsibilities. In addition, all students are required to fulfill their clinical education requirements under the direct supervision of an approved clinical instructor. Major emphasis is placed on the development of psychomotor skills in addition to cognitive knowledge. Required courses include practicum, laboratory, and clinical rotations. The curriculum prepares students for the Board of Certification, Inc. (BOC) examination. Upon passing this examination, an individual may apply for certification by the New York State Education Department Office of Professions.

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
3. 6 credits of psychology: PSY 103, PSY 201
4. 8 credits of chemistry with labs
5. 8 credits of biology with labs (to include one course in human physiology) Note: Students completing the courses at Stony Brook should take BIO 202, BIO 203, BIO 204)
6. 8 credits of physics with labs
7. 3 credits of math: MAT 125
8. CPR at the professional level
9. 50 observational hours with a certified athletic trainer
10. 2.50 cumulative g.p.a

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

For more information, please visit http://www.hsc.stonybrook.edu/shtm/index.cfm.
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. HAL 205 is recommended prerequisite. Open to west campus students.
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.
Corequisite: ANP 300
4 credits

HAL 375: Supplement Use in Sports
This course will cover the use of supplements in sport. You will learn the advantages and disadvantages to using dietary supplements. Scientific research on recommended dosage and potential side effects will be addressed. Although this course is taught primarily from a sports medicine and athletic training perspective, all allied healthcare providers and athletes interested in the topic will benefit from the course.
Prerequisite: BIO 101 or BIO 150 or equivalent or instructor permission
2 credits

HAL 376: Introduction to Nutrition
This course is designed to provide an understanding of basic nutrition science to students with a limited scientific background. Students will become familiar with the principles of diet planning, food labeling, biological functions and food sources of each nutrient, energy balance, weight management and physical activity; the role of nutrition in chronic disease development; nutrition throughout the life cycle and current nutrition-based controversies. Both the competitive athletes and everyday needs and concerns will be addressed. Upon completion of this course, you should be able to evaluate and make recommendations about diet plans and a healthy lifestyle.
Prerequisite: N/A
2 credits