

# HAL

## Athletic Training

### HAL 205: Introduction to Athletic Training

Introduction to the health care profession of Athletic Training. Explores the global historical development of the profession and the concept of the sports medicine team, as well as medical terminology. Students are required to complete a 50 hour clinical observation. Open to west campus students. G/P/NC grading option is not available.

**SBC:** CER, GLO

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. This course has an associated fee. Please see [www.stonybrook.edu/coursefees](http://www.stonybrook.edu/coursefees) for more information. Open to west campus students. G/P/NC grading option is not available.

*Advisory Prerequisite: HAL 205*

**SBC:** CER

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. G/P/NC grading option is not available.

*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 west campus students. G/P/NC grading option is not available.

*Prerequisite: BIO 101, BIO 150, BIO 201 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. G/P/NC grading option is not available.

2 credits