

**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**

60 credits with a minimum 2.5 GPA, satisfaction of Stony Brook Curriculum outcomes, and the following Stony Brook courses or transfer equivalents:

- WRT 102 English composition (WRT)
- 3 credits of (ARTS)
- 3 credits of (HUM)
- 3 credits of introductory (SBS) social & behavioral sciences (PSY 103 Introduction to Psychology with a minimum grade of "C")
- 3 credits of intermediate or higher level (200-400) of social and behavioral sciences (SBS+)

The following courses require a minimum grade of "C":

- PSY 103 Introduction to Psychology (SBS)
- CHEM 131 General Chemistry IB (SNW)
- CHEM 133 General Chemistry Laboratory I (SNW)
- BIO 202 Fundamentals of Biology: Molecular and Cellular Biology (STEM+)
- BIO 204 Fundamentals of Scientific Inquiry in the Biological Sciences I
- PHY 121/123 Physics for the Life Sciences I/Lab (SNW)
- or PHY 113/115 Physics of Sport/Lab (SNW)
- BIO 203 Fundamentals of Biology: Cellular and Organ Physiology (STEM+)  
or HAN 202 Human Anatomy and Physiology for Health Science II (STEM+)
- MAT 125 Calculus A (QPS)
- AMS 102, AMS 110 or PSY 201 Statistics (QPS)
- HAN 312 Medical Terminology and Human Anatomy
- HAL 376 Introduction to Nutrition
- HAL 375 Supplement Use in Sports

The following courses require a minimum grade of “B”:

- HAL 210 Emergency Care of Athletic Injuries (CER)
- HAL 300 Kinesiology
- HAN 200 Human Anatomy and Physiology for Health Science I (SNW)  
or ANP 300 Human Anatomy (STEM+)
- HAL 205 Introduction to Athletic Training (GLO, CER)

In addition, students must have the following

- Certification in healthcare provider Cardiopulmonary Resuscitation (CPR)
- 50 observational hours with an athletic trainer

Stony Brook freshmen have the opportunity to declare athletic training as a lower division major by making an appointment with the program department chair. Students successfully completing the lower division component of the major are automatically advanced to the upper division professional program. Freshmen accepted into the lower division major must successfully complete 60 credits and program specific prerequisites by the end of the sophomore year, pass HAL 205 with a grade of “B+” or better, obtain a cumulative GPA of 2.75 and \*science GPA of 2.5, and meet the academic standards above.

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

### Sample Course Sequence for the Major in Athletic Training

A course planning guide for this major may be found here.

#### FRESHMAN

FALL	Credits
First Year Seminar 101	1
WRT 101	3
HAL 205	3
PSY 103 (SBS)	3
CHE 131 (SNW)	4
CHE 133 (SNW)	1
Total	15

SPRING	Credits
First Year Seminar 102	1
WRT 102	3
HAL 210	3
BIO 202 (STEM+)	3
MAT 125 (QPS)	3
PSY 201 or AMS 102 or AMS 110 Statistics (QPS)	3
Humanities (HUM)	3
Total	19

**SOPHOMORE**

<b>FALL</b>	<b>Credits</b>
HAN 200 (SNW) or ANP 300 (STEM+)	4
PHY 113/115 or PHY 121/123	4
BIO 204	2
HAL 376	2
Social and Behavioral Sciences (SBS+)	3
Total	15

<b>SPRING</b>	<b>Credits</b>
HAN 202 or BIO 203 (STEM+)	4
HAL 300 Kinesiology	4
HAN 312	3
HAL 375	2
Arts elective (ARTS)	3
Total	16

# 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