



**COLLEGE OF GRADUATE STUDIES
BRIDGEWATER STATE UNIVERSITY
BRIDGEWATER, MA 02325**

MASTER'S DEGREE IN ATHLETIC TRAINING

REQUIRED COURSEWORK:

Total number of credits is **51**.

*Due to the 2020 CAATE Standards, we expect the graduate credit amount to increase to **57** credits for the incoming class of 2022

Students are welcome to take elective credits if you want dual certification in strength and conditioning (NSCS).

*COURSE #	COURSE NAME	DATE TAKEN
ATTR 511 or PHED 511	Research Methods Research Methods in Physical Education	
ATTR 528	Introduction to Diagnostic Medical Imaging	
ATTR 530	Law and Policy in Athletic Medicine	
ATTR 538	Applied Functional Anatomy	
ATTR 539	Management of Head, Neck and Spinal Conditions	
ATTR 540	Management of Lower Extremity Conditions	
ATTR 541	Management of Upper Extremity Conditions	
ATTR 542	Therapeutic Exercise	
ATTR 543	Pharmacology	
ATTR 546	General Medical Conditions	
ATTR 550	Therapeutic Modalities	
ATTR 551	Orthopedic Interventions	
ATTR 560	Psychological Intervention and Patient Care	
ATTR 561	Level I Clinical Experience in Athletic Training	
ATTR 562	Level II Clinical Experience in Athletic Training	
ATTR 563	Level III Clinical Experience in Athletic Training	
ATTR 564	Level IV Clinical Experience in Athletic Training	
ATTR 565	Level V Clinical Experience in Athletic Training	
ATTR 590	Administration in Athletic Training	
	*Clinical Immersion	

*Detailed Descriptions of the above courses on the last pages.

PLAN OF STUDY

First Year

SUMMER I	SUMMER II	FALL	SPRING
ATTR 511 (3)	ATTR 539 (3)	ATTR 540 (3)	ATTR 541 (3)
ATTR 538 (3)	ATTR 561 (3)	ATTR 562 (3)	ATTR 542 (3)
		ATTR 550 (3)	ATTR 563 (3)
			ATTR 546 (3)
6 credits	6 credits	9 credits	12 credits

Second Year

SUMMER I	SUMMER II	FALL	SPRING
ATTR 590 (3)		ATTR 564 (3)	ATTR 560 (3)
ATTR 551 (3)		ATTR 528 (1)	ATTR 565 (3)
		ATTR 530 (1)	*Clinical Immersion (3)
		ATTR 543 (1)	
		*Clinical Immersion (3)	
6 credits		9 credits	9 credits

UNIVERSITY EXIT REQUIREMENT

All candidates will be required to show evidence of a culminating experience by successfully completing one of the following:

- ATTR 501 - Athletic Training Project under the guidance of an advisor
- ATTR 502 - Research with an oral defense
- Departmental comprehensive examination**
- Board of Certification (BOC) national examination

CLINICAL EXIT REQUIREMENTS

All candidates will be required to complete both immersive experiences during their last year at clinical

- 10 week immersive experience
- 4 week immersive experience with a capstone presentation

**Please see the [Graduate Academic Policies](#) section of this catalog for additional information regarding comprehensive examinations.

COUSE DESCRIPTIONS

([Click here](#) for the link to the BSU Course Catalogue website)

ATTR 511 - Research Methods

(3 credits) Cross Listed with PHED 511

This course will develop competencies needed to both produce and consume research in athletic medicine and allied areas. In the development of a research proposal, students will gain an understanding of such research techniques as problem formulation, literature review, sampling, hypothesis construction, research design, instrumentation and data analysis. Offered fall semester.

PHED 511 - Research Methods in Physical Education

(3 credits) Cross Listed with ATTR 511

This course will develop competencies needed to both produce and consume research in physical education and allied areas. In the development of a research proposal, students will gain an understanding of such research techniques as problem formulation, literature review, sampling, hypothesis construction, research design, instrumentation and data analysis. Offered fall semester.

ATTR 528 - Introduction to Diagnostic Medical Imaging

(1 credit)

This course provides an overall view of diagnostic medical imaging describing its relationship to radiology and its part in athletic medicine. Radiographic image as well as MRI image assessment as it relates to orthopedic pathology will also be discussed. Offered spring semester.

ATTR 530 - Law and Policy in Athletic Medicine

(1 credit)

This course provides the health care practitioner an understanding of the legal system through the lens of a health care provider. Risk management, including the duties imposed on athletic trainers, documentation requirements for an effective risk management program, and development of a strategic plan for risk management will be highlighted. Offered spring semester.

ATTR 538 – Applied Functional Anatomy

(3 credits)

This course presents the principles of movement control, biomechanics, muscle and joint physiology, and joint structure that govern normal function. These principles are applied to the upper and lower extremities as well as the spine. Normal posture and gait are also explored. This course emphasizes normal function. Provides foundational understanding of deviations from normal and how they lead to pathological function. Offered summer session.

**ATTR 539 - Management of Head, Neck and Spinal Conditions
(3 credits)**

This course is an intensive study into orthopedic injury and pathology as it relates to the neck and spine. Additionally, injury and pathology related to the head, face and internal injuries are presented. Students must be able to demonstrate knowledge of joint and muscular musculoskeletal anatomy, incidence rates and intervention connected to the pathology and management of specific injuries and conditions associated to the head, neck, spine, face and internal injury. This course will also focus on psychomotor skills related to the evaluation, management, treatment and prevention of orthopedic and neuromuscular injuries to the head and spine. Two hours of lecture and two hours of laboratory weekly. Offered summer session.

**ATTR 540 - Management of Lower Extremity Conditions
(3 credits)**

The course will focus on a critical analysis of sport-related injuries and conditions that may affect the lower extremity in physically active individuals. The application of joint and musculoskeletal anatomy will be utilized to assess the various joints and body regions of the lower extremity to determine the appropriate management of these sport-related conditions. Two hours of lecture and two hours of laboratory weekly.

**ATTR 541 - Management of Upper Extremity Conditions
(3 credits)**

The course will focus on a critical analysis of sport-related injuries and conditions that may affect the upper extremity in physically active individuals. The application of joint and musculoskeletal anatomy will be utilized to assess the various joints and body regions of the upper extremity to determine the appropriate management of these sport-related conditions. Two hours of lecture and two hours of laboratory weekly. Offered fall semester.

**ATTR 542 - Therapeutic Exercise
(3 credits)**

This course is a comprehensive analysis of therapeutic exercise in a sports medicine environment. Topics discussed include the healing process and pathophysiology of a musculoskeletal injury, goals of rehabilitation, flexibility and strength-training methods and protocol, aquatic therapy, pharmacological considerations during rehabilitation, psychological considerations and specific rehabilitation techniques for the various body segments. Two hours of lecture and two hours of laboratory weekly.

**ATTR 543 - Pharmacology
(1 credit)**

This course is designed to provide the student with an overview of pharmacology and how it relates to orthopedic and general medical pathologies. Therapeutic medications, supplements, performance enhancing drugs and drug testing protocols will be discussed. Offered spring semester.

ATTR 546 - General Medical Conditions**(3 credits)**

This course will provide the knowledge, skills, and values an entry-level athletic trainer must possess to recognize, treat and refer, when appropriate, general medical conditions and disabilities seen in athletes and others involved in physical activity. Two hours of lecture and two hours of laboratory weekly. Offered spring semester.

ATTR 550 - Therapeutic Modalities**(3 credits)**

This course will focus on the relationship of the electromagnetic and acoustic spectra, the principles of electricity, and non-mechanical modalities in the treatment of sports-related injuries and conditions. A two-hour lecture and two hour laboratory session will provide an opportunity for students to learn the indications, contraindications, application protocols and record keeping associated with patient care.

ATTR 551 - Orthopedic Interventions**(3 credits)**

This course will discuss advanced orthopedic intervention strategies and techniques related to treating musculoskeletal dysfunction. The content focuses on theoretical knowledge, validation and techniques of manual treatments for both acute and chronic musculoskeletal dysfunction as well as neuromuscular pain. The course will outline background to soft tissue dysfunction and explain chain reactions that occur as part of such dysfunction. Intervention, treatment guidelines as well as clinical reasoning for conditions across the life span will be discussed. Two hours of lecture and two hours of laboratory weekly. Offered fall semester.

ATTR 560 - Psychosocial Intervention and Patient Care**(3 credits)**

The goal of this course is to assist the practitioner in mastering competencies related to the psychosocial intervention and referral domain. Students will develop skills and gain knowledge that will assist them to recognize, intervene, and refer, when appropriate, patients exhibiting socio-cultural, mental, emotional, psychological and behavioral disorders and concerns.

ATTR 561 - Level I Clinical Experience in Athletic Training**(3 credits)**

This clinical class will introduce the athletic training student to the clinical aspect of the athletic training profession. Observational hours will focus on the traditional athletic training work environment and will be augmented with an intensive seminar on basic practices necessary to become a successful athletic trainer.

**ATTR 562 - Level II Clinical Experience in Athletic Training
(3 credits)**

This clinical class will introduce the athletic training student to basic and intermediate skills and techniques used in the athletic training profession. Through appropriate clinical rotations, students will learn competencies under the direction of a certified athletic trainer. The experience will be augmented with regular seminars on issues and topics pertinent to the entry-level professional.

**ATTR 563 - Level III Clinical Experience in Athletic Training
(3 credits)**

This clinical class will introduce the athletic training student to intermediate and advanced skills and techniques used in the athletic training profession. Through appropriate clinical rotations, students will learn clinical competencies under the direction of a certified athletic trainer. The experience will be augmented with regular seminars on issues and topics pertinent to the entry-level professional.

**ATTR 564 - Level IV Clinical Experience in Athletic Training
(3 credits)**

This clinical class will focus on the learning over time process of demonstrating competence in the cognitive, psychomotor and affective domains in athletic training. Under the direction of a certified athletic trainer, students will begin to demonstrate mastery of specific competencies. The experience will be augmented with regular seminars on issues and topics pertinent to the entry-level professional.

**ATTR 565 - Level V Clinical Experience in Athletic Training
(3 credits)**

This clinical class will culminate the learning over time process of demonstrating competence in the cognitive, psychomotor and affective domains in athletic training. The clinical experience will be enhanced with seminars pertinent to the entry-level professional.

**ATTR 590 - Administration in Athletic Training
(3 credits)**

This course is a study of various topics involved in the management of an athletic training facility including program management, human resource management, financial management, facility design and planning, informational management, public relations, insurance and legal considerations in athletic training. Standards and practices of the athletic training professional will also be discussed. These experiences are developed through lectures, demonstrations and discussions with professionals in the field including athletic trainers, physicians, physician assistants and lawyers. Offered alternate years.

Standard 15 A program's athletic training clinical experiences and supplemental clinical experiences provide a logical progression

Standard 16 The clinical education component is planned to include at least one athletic training immersive clinical experience.

Standard 17 A program's clinical education component is planned to include clinical practice opportunities with varied client/patient populations. Populations must include clients/patients

- Throughout the lifespan (for example, pediatric, adult, elderly),
- Of different sexes,
- With different socioeconomic statuses,
- Of varying levels of activity and athletic ability (for example, competitive and recreational, individual and team activities, high- and low-intensity activities),
- Who participate in nonsport activities (for example, participants in military, industrial, occupational, leisure activities, performing arts).

Standard 58 Incorporate patient education and self-care programs to engage patients and their families and friends to participate in their care and recovery.

Standard 70 Evaluate and manage patients with acute conditions, including triaging conditions that are life threatening or otherwise emergent. These include (but are not limited to) the following conditions:

- Cardiac compromise (including emergency cardiac care, supplemental oxygen, suction, adjunct airways, nitroglycerine, and low-dose aspirin)
- Respiratory compromise (including use of pulse oximetry, adjunct airways, supplemental oxygen, spirometry, meter-dosed inhalers, nebulizers, and bronchodilators)
- Conditions related to the environment: lightning, cold, heat (including use of rectal thermometry)
- Cervical spine compromise
- Traumatic brain injury
- Internal and external hemorrhage (including use of a tourniquet and hemostatic agents)
- Fractures and dislocations (including reduction of dislocation)
- Anaphylaxis (including administering epinephrine using automated injection device)
- Exertional sickling, rhabdomyolysis, and hyponatremia
- Diabetes (including use of glucometer, administering glucagon, insulin)
- Drug overdose (including administration of rescue medications such as naloxone)
- Wounds (including care and closure)
- Testicular injury
- Other musculoskeletal injuries

Standard 80 Develop, implement, and assess the effectiveness of programs to reduce injury risk.

Standard 92 Develop, implement, and revise policies that pertain to prevention, preparedness, and response to medical emergencies and other critical incidents.

Immersive clinical experience: A practice-intensive experience that allows the student to experience the totality of care provided by athletic trainers.