

# Health & Human Perform Courses

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## **HHPA 140 - Concepts of Athletic Training**

Hours: 1

An introduction to prevention and acute care of activity related injuries and illnesses. Specific topics will include injury prevention strategies; emergency first aid and acute care; and environmental considerations.

## **HHPA 214 - Preventive Techniques in Athletic Training**

Hours: 1

Students will learn taping, wrapping, and padding techniques used to support and prevent athletic injuries. Techniques for making and applying special preventative pads and splints as well as fitting of protective equipment will be taught. Course fees and lab fees are listed in the current course schedule.

## **HHPA 259 - Lower Extremity Injury Assessment**

Hours: 3

A study of the knowledge, skills, and values an athletic trainer must possess to assess and evaluate injured athletes and other physically active individuals. Content areas to include the following: pathology and on and off-field assessment procedures for the foot, ankle, knee, thigh/hip, and lumbar spine. Prerequisites: Prerequisites: BSC 251 or BSC 2401 or HHPK 290 with a minimum grade of C or instructor approval.

## **HHPA 260 - Lower Extremity Injury Assessment Lab**

Hours: 1

This lab course is designed to teach general and specific assessment and evaluation techniques for the foot, ankle, knee, thigh/hip, and lumbar spine. Pathology and on-field assessment procedures will also be taught. Prerequisites: BSC 251 or BSC 2401 or HHPK 290 with a minimum grade of C or instructor approval. Corequisites: HHPA 259.

## **HHPA 339 - Therapeutic Rehabilitation**

Hours: 3

A study of knowledge, skills and values an athletic trainer or health care provider must possess to plan, apply, document and evaluate the efficacy of therapeutic exercises and rehabilitation programs. Scientific theories and application principles will be discussed. Content areas include: basic rehab concepts, therapeutic exercise parameters, general and specific therapeutic rehabilitation applications. Prerequisites: BSC 251 or BSC 2401 or HHPK 290 with a minimum grade of C or instructor approval. Students must have and maintain a 2.5 overall GPA in order to take 300- and 400- level classes in the program.

## **HHPA 340 - Therapeutic Rehabilitation Lab**

Hours: 1

Students will learn the application of therapeutic exercises and rehab equipment. Indications, contraindications and legal implications of applying therapeutic rehabilitation programs will be taught. Course fees and lab fees are listed in the current course schedule. Prerequisites: BSC 251 or BSC 2401 or HHPK 290 with a minimum grade of C or instructor approval, 2.5 GPA. Students must have and maintain a 2.5 overall GPA in order to take 300- and 400- level classes in the program. Corequisites: HHPA 339.

## **HHPA 369 - Upper Extremity Injury Assessment**

Hours: 3

A study of the knowledge, skills and values an athletic trainer must possess to assess and evaluate injured athletes and other physically active individuals. Content areas to include: pathology, on and off-field assessment procedures for the head, neck, spine, shoulder, elbow, forearm, hand, and wrist. Prerequisites: Prerequisites: BSC 251 or BSC 2401 or HHPK 290 with a minimum grade of C or instructor approval, 2.5 GPA. Students must have and maintain a 2.5 overall GPA in order to take 300- and 400- level classes in the program.

## **HHPA 370 - Upper Extremity Injury Assessment Lab**

Hours: 1

This lab course will teach the general and specific assessment and evaluation techniques for the head, neck, spine, shoulder, elbow, forearm, hand, and wrist. Pathology and on-field assessment procedures will also be taught. Prerequisites: Prerequisites: BSC 251 or BSC 2401 or HHPK 290 with a minimum grade of C or instructor approval, 2.5 GPA. Students must have and maintain a 2.5 overall GPA in order to take 300- and 400- level classes in the program. Corequisites: HHPA 369.

## **HHPA 441 - Therapeutic Modalities**

Hours: 3

A study of knowledge, skills and values an athletic trainer or health care provider must possess to plan, apply, document and evaluate the efficacy of therapeutic modalities. Scientific theories and application principles will be discussed. Content areas include: cold, heat, ultrasound, electrical stimulation, traction, and manual therapy techniques. Prerequisites: Prerequisites: 2.5 GPA.

**HHPA 442 - Therapeutic Modalities Lab**

Hours: 1

A study of application of therapeutic physical modalities and other therapeutic agents applied to treat injuries. Indications, contraindications, and legal implication will be taught. Course fees and lab fees are listed in the current course schedule. Prerequisites: Prerequisites: 2.5 GPA. Corequisites: HHPA 441.

**HHPA 489 - INDEPENDENT STUDY**

Hours: 1-4

Independent Study. One to four semester hours. Individualized instruction/research at an advanced level in a specialized content area under the direction of a faculty member. May be repeated when the topics vary. Prerequisite: consent of athletic training program director.

**HHPA 497 - SPECIAL TOPICS**

Hours: 1-4