Department of Health and Human Performance

Dr. Matt Laurent
Department of Health and Human Performance
Wisdom Gym, Room 108A
Box T-0370
Stephenville, Texas 76402
2544595343
laurent@tarleton.edu

The **Department of Health & Human Performance (HHP)** offers the following graduate degree:

- **Master of Science in Athletic Training (MSAT)** is an entry-level professional degree program designed specifically for students who have not obtained the national Board of Certification in athletic training. This degree is for students who have completed a bachelor degree in Kinesiology or a related field, and now wish to pursue a degree in athletic training. The major objectives of the MSAT are to prepare students to make impactful contributions in the global healthcare community, develop decision-making skills through critical analysis, and prepare students for successful completion of the national Board of Certification exam.

Information for the Master of Science in Athletic Training (MSAT)

Students must be accepted into the MSAT and the graduate school prior to beginning coursework. All students start coursework during the summer session. The program follows a healthcare cohort model, and the designated course sequence must be followed. The degree requires a combination of coursework and clinical rotations. Students must make a "C" or better in all coursework. Refer to the MSAT website for more information.

Master of Science in Athletic Training

Required Courses		
ATRN 5351	Athletic Training Techniques	3
ATRN 5452	Therapeutic Interventions	4
ATRN 5453	Orthopedic Assessment I	4
ATRN 5454	Orthopedic Assessment II	4
ATRN 5455	Therapeutic Exercise	4
ATRN 5356	Evidence Based Practice & Research	3
ATRN 5458	General Medical Assessment	4
ATRN 5363	Orthopedic Assessment III	3
ATRN 5359	Trends in Athletic Training	3
ATRN 5360	Healthcare Administration	3
ATRN 5361	Empowering Success	3
ATRN 5362	Cultural Experiences in Global Healthcare	3
KINE 5383	Fitness and Wellness Applications in Athletic Training	3
ATRN 5191	Clinical I	1
ATRN 5192	Clinical II	1
ATRN 5194	Clinical IV	1
ATRN 5293	Clinical III	2
Total Hours		49

Assistant professors

- Dr. Andi Green
- Dr. Andy Wolfe

Associate professor

- Dr. Jennifer Lancaster

Professors

- Dr. Matt Laurent
- Dr. Kayla Peak
- Dr. Joe Priest
- Dr. Steve Simpson

Athletic Training Courses

ATRN 5191. Clinical I. 1 Credit Hour (Lecture: 0 Hours, Lab: 9 Hours).
Clinical I is designed to allow integration and evaluation of athletic training competencies and proficiencies in a clinical environment under the supervision of an approved preceptor. Clinical settings for hands on, supervised experience might include (but is not limited to) university, high school, clinic/outreach, hospital, industrial, or military. Prerequisite: ATRN 5351.

ATRN 5192. Clinical II. 1 Credit Hour (Lecture: 0 Hours, Lab: 9 Hours).
Clinical II is designed to allow integration and evaluation of athletic training competencies and proficiencies in a clinical environment under the supervision of an approved preceptor. Clinical settings for hands on, supervised experience might include (but is not limited to) university, high school, clinic/outreach, hospital, industrial, or military. Prerequisites: ATRN 5191, 5452, 5453.

ATRN 5194. Clinical IV. 1 Credit Hour (Lecture: 0 Hours, Lab: 9 Hours).
Clinical IV is designed to allow integration and evaluation of athletic training competencies and proficiencies in a clinical environment under the supervision of an approved preceptor. Clinical settings for hands on, supervised experience might include (but is not limited to) university, high school, clinic/outreach, hospital, industrial, or military. Prerequisites: ATRN 5293, 5458, 5360.

ATRN 5293. Clinical III. 2 Credit Hours (Lecture: 0 Hours, Lab: 18 Hours).
Clinical III is designed to allow integration and evaluation of athletic training competencies and proficiencies in a clinical environment under the supervision of an approved preceptor. Clinical settings for hands on, supervised experience might include (but is not limited to) university, high school, clinic/outreach, hospital, industrial, or military. This course provides students the opportunity to experience fall two-a-day workouts with an assigned setting. Prerequisite: ATRN 5356.

ATRN 5351. Athletic Training Techniques. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).
An overview and practice of basic athletic training techniques used for the prevention and care of injuries to the physically active patient. Prerequisite: Acceptance into the MSAT degree program.

ATRN 5356. Evidence Based Practice & Research. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).
This course addresses the role of research in the athletic training profession including conducting research, research sources utilization and dissemination, and principles of evidence based practice. This class will help you learn to take challenging clinical issues and apply a step by step process of evidence based practice in order to find solutions. Prerequisites: ATRN 5454, ATRN 5455, ATRN 5192.

ATRN 5357. Leadership in Athletic Training. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).
This course is designed to instruct and develop leadership skills in athletic training. Prerequisites: ATRN 5454, ATRN 5455, ATRN 5192.

ATRN 5359. Trends in Athletic Training. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).
Students will learn about and discuss current trends and issues within the athletic training profession. Prerequisites: ATRN 5458, ATRN 5360, and ATRN 5293.

ATRN 5360. Healthcare Administration. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).
Overview of administrative principles related to the operation of an athletic training program and healthcare facility. Prerequisite: Co or pre-requisite of ATRN 5356.

ATRN 5361. Empowering Success. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).
This course is an integrative learning experience drawing on all previous coursework in order to complete a project that is impactful in the healthcare community. Additionally, students are required to register and prepare for their BOC certification exam as part of this course. Prerequisites: ATRN 5458, ATRN 5360, and ATRN 5293.

ATRN 5362. Study Abroad/Cultural Healthcare. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).
This course is designed to allow a cultural healthcare experience abroad. Students may be exposed to non-Western medical techniques or assist in teaching prevention and care techniques to coaches/athletes in third-world countries. Locations and experiences will vary by year.

ATRN 5363. Orthopedic Assessment III. 3 Credit Hours (Lecture: 3 Hours, Lab: 3 Hours).
The study and integration of orthopedic assessment techniques to distinguish axial skeletal injuries common to the physically active patient. Posture and gait analysis are also applied to the assessment process. Prerequisites: ATRN 5453 and ATRN 5354.

ATRN 5452. Therapeutic Interventions. 4 Credit Hours (Lecture: 4 Hours, Lab: 4 Hours).
Investigation of the scientific principles and the application of therapeutic modalities and pharmacological agents in athletic training. Includes therapeutic purposes, indications, contraindications, and adverse effects. Prerequisite: ATRN 5351.

ATRN 5453. Orthopedic Assessment I. 4 Credit Hours (Lecture: 4 Hours, Lab: 4 Hours).
The study and integration of orthopedic assessment techniques to distinguish lower extremity injuries common to the physically active patient. Posture and gait analysis are also applied to the assessment process. Prerequisite: ATRN 5351.

ATRN 5454. Orthopedic Assessment II. 4 Credit Hours (Lecture: 4 Hours, Lab: 4 Hours).
The study and integration of orthopedic assessment techniques to distinguish upper extremity and spinal injuries common to the physically active patient. Prerequisites: ATRN 5452, ATRN 5453, and ATRN 5191.

ATRN 5455. Therapeutic Exercise. 4 Credit Hours (Lecture: 4 Hours, Lab: 4 Hours).
The theory and application of therapeutic exercise tools and techniques in the rehabilitation of injuries to the physically active patient. Prerequisites: ATRN 5452, ATRN 5453, and ATRN 5191.

ATRN 5458. General Medical Assessment. 4 Credit Hours (Lecture: 4 Hours, Lab: 4 Hours).
This course provides an understanding of injury, illness and/or disease of various body systems (including cardiovascular, gastrointestinal, dermatological, neurological, etc). The course includes discussion of diagnostics and interventions, as well as participation considerations for physically active patients. Prerequisite: ATRN 5356.

Kinesiology Courses

KINE 5086. Problems. 1-6 Credit Hours (Lecture: 0 Hours, Lab: 1-6 Hours).
Directed study of selected problems in Kinesiology.

KINE 5088. Thesis. 1-6 Credit Hours (Lecture: 1-6 Hours, Lab: 0 Hours).
Students are required to successfully complete a thesis under the direction and supervision of their thesis chair and committee members. The thesis will require a minimum of two semesters of work and possibly more depending upon their topic and design, thus students will be allowed to register for three hours each semester. The thesis option is designed for students that want to gain extensive experience in research and/or greater knowledge about a specific topic area. It is also designed for those that anticipate more advanced research (e.g., Ph.D.). Upon completion of their work there is a thesis defense. This course is scheduled when the student begins the thesis. No credit is given until the thesis is completed. Thesis hours only count toward the degree if and only if the thesis is complete and approved by the committee and the College of Graduate Studies. Prerequisite: KINE 5303.

KINE 5301. Readings in Kinesiology. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).
A study of published reports and research in the field of Kinesiology.

KINE 5302. Advanced Psychological Aspects of Sports. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).
This course is designed to help students both learn and apply practical and theoretical information as it relates to psychology of sport. Mental training skills that can enhance athletic performance will be included. Additional areas include stress, motivation, goal-setting, leadership, imagery, and self-efficacy.

KINE 5303. Research in Kinesiology. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).
The course is designed to prepare students for research publication and presentation within the Kinesiology discipline.

KINE 5304. Principles of Sport Organization. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).
This course is designed to teach the functions of organization and management in a sport context as well as traditional and contemporary principles and theories thereof.

KINE 5305. Administration of Athletics. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).
A study of the administrative functions of directors of athletic programs. Liability laws, financial administration, personnel, public relations, and state laws governing athletic programs will be explored.

KINE 5306. Health Trends in Sport Administration. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).
A study of the critical health issues and considerations related to sport administration. Topics include classical and contemporary issues and considerations related to mitigating health risks for sports teams, coaching and support staff, and spectators in sport and ancillary facilities.

KINE 5310. Social Psychology in Sports. 3 Credit Hours (Lecture: 3 Hours, Lab: 3 Hours).
This course gives students a basic overview of sports psychology, covering aspects such as confidence, focus, mental training, visualization, peak performance, and the mind-body connection. It also examines the differences between group and individual sports and the mindsets of the prototypical athletes who engage in them. Prerequisite: Graduate standing.

KINE 5312. Contemporary Issues in Sports Medicine. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).
An overview and study of contemporary issues as related to Sports Medicine.

KINE 5313. Administrative Practices in Sports Medicine. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).
An examination and application of administrative practices related to Sports Medicine.

KINE 5314. Special Topics in Sports Medicine. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).
An overview and study of selected special topics as related to Sports Medicine.

KINE 5317. Leadership and Professional Development. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).
A course designed to prepare students for the leadership roles related to Kinesiology and Athletics. Issues in Professional development will also be examined.

KINE 5320. Exercise Physiology. 3 Credit Hours (Lecture: 3 Hours, Lab: 3 Hours).
Physiological responses to exercise are studied. Areas include metabolism, cardiorespiratory components, body composition, neuromuscular concepts, heat stress, applied nutritional aspects, and ergogenic aids.

KINE 5321. Contemporary Issues in Sport Management. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).
This course is an analysis of current issues in management strategies and the body of knowledge associated with pursuing a career in sport management. The course introduces the student to sport management career opportunities, problems within the profession and to sport principles as they apply to management, leadership style, communication, motivation and entrepreneurship.

KINE 5322. Sport Ethics. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).
This course is dually designed to assist students in self-evaluating and developing their moral and ethical reasoning skills. Students will learn to view situations common to the industry of sport through multiple ethical lenses to assess and understand the perspectives of others. Special consideration will be given to both the macro and micro ethical concepts of competition and fair play, doping and genetic enhancement in sport, gender and sexual equity and issues in the social ethics of sport. Contemporary case studies examining personal, social and organizational examples of application of legal and ethical principles will be utilized.

KINE 5323. Sport Marketing. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).
This course is designed to be an application of analytical concepts and principles to the development of effective strategies for solving sport marketing issues. Students learn the principles of organizing and promoting events and activities associated with the sport industry.

KINE 5324. Sport Sales. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).
This course will create informative and persuasive presentations, improve communication skills, establish alternative solutions for objections, and build strong customer relationships while informing them of the unique aspects and details involved in sports sales. Students will compose needs assessments, analyze prospective clients, gather information, develop effective time management, create customer profiles, and move prospective customers to clients.

KINE 5325. Exercise Prescription Through the Lifespan. 3 Credit Hours (Lecture: 2 Hours, Lab: 2 Hours).
Advanced course in clinical exercise testing and prescription relative to children, healthy adults, and diseases of the cardiovascular, pulmonary, metabolic, musculoskeletal, neuromuscular, and immunologic systems. It is designed to provide the student with a basic understanding of the pathophysiology and exercise responses in these populations and as related to the American College of Sports Medicine.

KINE 5326. Facilities in Kinesiology, Athletics, and Recreation. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).
Principles, terminology, and standards for planning, constructing, and maintaining kinesiology, athletic, and recreation facilities.

KINE 5328. Adapted Exercise and Sport. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).
A study of muscle re-education and the application of exercise to orthopedic, muscular, and neurological disorders. Principles of planning and directing adapted and therapeutic exercise and sport programs.

KINE 5329. Sport Finance. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).
This course examines the financial tools that sports managers use to run their sport businesses. As such, it explores traditional and innovative methods of revenue acquisition and financial management in sports organizations, the financial business structure of sports organizations, and the financial planning and forecasting processes that make organizations effective. Various other aspects of finance are discussed as they relate to sports organizations, including the time value of money, capital structuring, stocks and bonds, inventory management, and taxation.

KINE 5330. Teaching in Kinesiology. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).
This course is designed to introduce a variety of teaching styles, instructional practices, and pedagogical strategies for use within kinesiology and the higher education setting.

KINE 5333. Theory of Exercise Programming and Evaluation. 3 Credit Hours (Lecture: 3 Hours, Lab: 3 Hours).
This course is designed to teach students how to apply various theories of training and periodization, to aid in appropriately designing exercise programs. Additionally, students will learn to use modern technologies to track and evaluate athlete/client progress, leading to informed decisions for subsequent programming of exercise.

KINE 5335. Laboratory and Research Techniques in Exercise Science. 3 Credit Hours (Lecture: 3 Hours, Lab: 3 Hours).
This laboratory-based course is designed to provide students with a basic understanding of selected research methods used in the quantitative assessment of health, exercise tolerance, muscle metabolism, and training adaptations. Specifically, exercise physiology tests and procedures, laboratory guidelines, and supervision. Emphasis on choice and implementation of proper procedures; calibration; operation and maintenance of exercise physiology equipment. In addition, we will discuss decision making regarding test selection, data collection and organization procedures, and interpretation and reporting of exercise test results.

KINE 5336. Statistics in Kinesiology. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).
A study of descriptive and inferential statistical techniques used in a variety of health-related and athletic-related tests. Test construction, reliablility, validity, and objectivity methods will be studied.

KINE 5340. Motor Learning. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).
A survey of the theories and practical applications of human motor performance and achievement.

KINE 5342. Advanced Principles of Athletic Coaching. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).
The course is designed to present knowledge essential for coaching any level (youth, recreational, club, elite, and professional) athlete in any sport. Emphasis is on a comprehensive approach to the foundations and theories of coaching including development of a coaching philosophy, determining coaching objectives, coaching for character, coaching diverse athletes, motivational techniques, as well as, principles of teaching, physical training, and management.

KINE 5343. Law for Sport and Recreation. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).
This course examines legal issues related to the administration and management of athletic, and recreation programs. Issues include the area of tort, constitutional, contract, employment, and statutory law. Also discussed are the issues of intellectual property, products liability, and antitrust. Case law is used to illustrate the application of the law in everyday situations.

KINE 5370. History of Sport. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).
A survey of sport from the origins in Ancient Greece to the present. The emphasis on social and cultural developments that contributed to the growth of sport in the modern world.

KINE 5383. Fitness and Wellness Applications in Athletic Training. 3 Credit Hours (Lecture: 3 Hours, Lab: 3 Hours).
This course is designed to teach students how to instruct clients/patients in the principles of ergodynamics and their relationship to the prevention of illness and injury. Additionally, students will be exposed to various exercise and wellness programming concepts. Students will also learn how to administer and interpret results of fitness and wellness screenings.

KINE 5385. Seminar. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).
An overview and study of various topics related to Kinesiology.

KINE 5399. Internship. 3 Credit Hours (Lecture: 1 Hour, Lab: 7 Hours).
Supervised experience in related fields in Kinesiology.