

Master of Athletic Training Degree Course Descriptions

MATR 500 Clinical Experiences in Athletic Training I

Credit Hours: 1.0 Format: Traditional Instructional Method: Lecture/Lab

Guided and supervised clinical experiences in recognition, evaluation, disposition, treatment and rehabilitation of injuries to the physically active. This experience is completed in the NCC athletic training facilities and contracted affiliated settings. This course requires 100 clinical experience hours.

MATR 505 Clinical Experiences in Athletic Training II

Credit Hours: 1.0 Format: Traditional Instructional Method: Lecture/Lab

Guided and supervised clinical experiences in recognition, evaluation, disposition, treatment and rehabilitation of injuries to the physically active. This experience is completed in the NCC athletic training facilities and contracted affiliated settings. This course requires 100 clinical experience hours.

MATR 515 Foundations of Athletic Training

Credit Hours: 4 Format: Blended Instructional Method: Lecture/Lab

An introductory course to the profession of athletic training. Topics include history of athletic training, and an overview of the domains of athletic training. Lab skills include: taping/wrapping, and acute injury management skills.

MATR 525 Therapeutic Interventions in Athletic Training I

Credit Hours: 4 Format: Traditional Instructional Method: Lecture/Lab

A study of the theories and processes by which athletic trainers design physical rehabilitation programs for physically active individuals. Students will develop skill in identification of disabilities and the prescription of therapeutic interventions used to treat pain, manage inflammation, and influence range of motion.

MATR 530 Principles of Musculoskeletal and Medical Assessment

Credit Hours: 3 Format: Blended Instructional Method: Interactive Lab

An introduction to the assessment of musculoskeletal and medical injuries and conditions common in physically active individuals. Students will develop knowledge and skills related to palpation, auscultation, and assessment of joint range of motion, muscle length, strength, and neurologic function. Application of these techniques to formulate a comprehensive patient evaluation will be included.

MATR 535 Therapeutic Interventions in Athletic Training II

Credit Hours: 4 Format: Traditional Instructional Method: Lecture/Lab

A continued study of the theories and processes by which athletic trainers design physical rehabilitation programs for physically active individuals. Topics include resistance training, development of functional skills, and return to play strategies used in the management of musculoskeletal injuries and conditions. Students will also explore the topic of progressive rehabilitation from concussion.

MATR 540 Diagnosis and Management for Athletic Trainers II: Lower Extremity and Spine

Credit Hours: Format: Traditional Instructional Method: Lecture/Lab

A study of the anatomy, mechanism, etiology, pathology, evaluative techniques and initial management of injuries/conditions to the lower extremity and back. Concepts of evidence based practice will be incorporated throughout the course.

MATR 541 Diagnosis and Management for Athletic Trainers I: Upper Extremity, Head, and Neck

Credit Hours: 4 Format: Traditional Instructional Method: Lecture/Lab

A study of the anatomy, mechanism, etiology, pathology, evaluative techniques and initial management of injuries/conditions to the upper extremity, head, and neck. Concepts of evidence based practice will be incorporated throughout the course.

MATR 550 Medical Aspects of Athletic Training

Credit Hours: 4 Format: Traditional Instructional Method: Lecture/Lab

A study of the anatomy, mechanism, etiology, pathology, evaluative techniques and management of non-orthopedic conditions commonly experienced by physically active individuals. Topics include: skin conditions; systemic disease; conditions affecting the digestive system, the reproductive system, the endocrine system, the respiratory system and the cardiovascular system; and congenital conditions. Additional topics include pharmacologic and imaging strategies for management and diagnosis of conditions.

MATR 551 Administration and Management in Athletic Training

Credit Hours: 4 Format: Traditional Instructional Method: Interactive Group Activities

An examination of the methods and strategies in the planning, coordination and supervision of an athletic training program. Topics include professional development, leadership and ethics, program development and management, facility planning and management, record keeping/information management, insurance, legal issues, emergency planning and pre-participation examinations.

MATR 600 Clinical Experiences in Athletic Training III

Credit Hours: 1.0 Format: Traditional Instructional Method: Lecture/Lab

Guided and supervised clinical experiences in recognition, evaluation, disposition, treatment and rehabilitation of injuries to the physically active. This experience is completed in the NCC athletic training facilities and contracted affiliated settings. This course requires 100 clinical experience hours.

MATR 605 Clinical Experiences in Athletic Training IV

Credit Hours: 2.0 Format: Traditional Instructional Method: Lecture/Lab

Guided and supervised clinical experiences in recognition, evaluation, disposition, treatment and rehabilitation of injuries to the physically active. This experience is completed in the NCC athletic training facilities and contracted affiliated settings. This course requires 200 clinical experience hours.

MATR 610 Clinical Experiences in Athletic Training V: Immersive Experience

Credit Hours: 4.0 Format: Traditional Instructional Method: Lecture/Lab

Guided and supervised clinical experiences in recognition, evaluation, disposition, treatment and rehabilitation of injuries to the physically active. This experience is completed at an affiliated site for a

minimum of 4 weeks of full-time immersive experience. This course requires 400 clinical experience hours.

MATR 620 Principles of Nutrition and Strength and Conditioning for Athletic Training

Credit Hours: 3 Format: Online Instructional Method: Asynchronous Video
Lecture/Individual Reading/Group Discussion

A study of the use of nutritional and conditioning interventions to improve health and fitness in a physically active population. Topics include: application of behavioral change theories to health, pre-and post-event nutrition, nutritional interventions for the manipulation of body composition, fitness assessment strategies, and conditioning strategies for improved health and performance.

MATR 625 Psychosocial Aspects of Athletic Training Practice

Credit Hours: 4.0 Format: Blended Instructional Method: Lecture/Lab

A study of the psychological and social factors that affect physical activity and injury in a physically active population. Topics include: special populations, cultural competency in healthcare, psychology of injury and rehabilitation, and recognition and referral strategies for psychological conditions commonly treated by athletic trainers.

MATR 640 Special Topics in Athletic Training

Credit Hours: 2.0 Format: Traditional Instructional Method: Lecture/Lab

A topical course that relates professional behaviors of athletic trainers to selected topics. Topics will vary but will require the student to apply advanced athletic training skills to the management of conditions and cases in athletic training.

MATR 655 Decision Making in Athletic Training

Credit Hours: 4.0 Format: Online Instructional Method: Asynchronous Lecture/Discussion

Students will explore data-based decision making strategies in healthcare by applying principles of informatics, evidence-based practice, and patient-centeredness. Application of special test and imaging techniques for supporting clinical decision making will be incorporated.

MATR 655 Applied Research Project in Athletic Training

Credit Hours: 2.0 Format: Blended Instructional Method: Supervised Practicum

Students will design and implement a research project related to a domain of athletic training practice. Projects will be presented in the course and will demonstrate a relationship to improved patient care, patient outcomes, and/or efficiency of healthcare delivery.