

ATHLETIC HEALTH CARE (BA)

The Health, Wellness, and Exercise Science Department offers a major in Athletic Health Care to prepare students for a career in allied health and sports medicine.

Entrance Requirements

1. Formal acceptance to Benedictine College; declare Athletic Health Care as an academic major.
2. Successful completion of prerequisites: EXSC-2210 First Aid & Personal Safety and EXSC-2263 Care & Prevention of Athletic Injuries.
3. Current CPR and First Aid certificate. Separate fee may be required.
4. A cumulative GPA of 2.75.
5. Completion of at least 30 hours of athletic health care observation and a written recommendation for admission to the AHC major from a current Benedictine College certified/licensed athletic trainer or other health care provider.
Both of these requirements will be completed during the ATHC-2212 Beginning Athletic Health Care Practicum.
6. Completed application to the AHC major.
7. A completed health history and physical exam must be on file with the school nurse.
8. Students are responsible for having malpractice insurance. Laboratory fees from the clinical practicum courses will be used to pay for this insurance.
9. Students with disabilities can request reasonable accommodations.
10. Students must have a reliable source of transportation to travel to off-campus clinical rotations. Students are also responsible for any travel expenses or insurance needs for their source of transportation.

In addition to the above-mentioned requirements for admission, students must meet requirements for continued enrollment.

Transfer students must complete at least 40% of their major course work at Benedictine College to receive a B.A. in Athletic Health Care.

Program Mission

The mission of the Athletic Health Care Program is to provide a high-quality education in health, wellness, and exercise science within a community of faith and scholarship. We prepare our students in the clinical skills necessary to practice athletic health care or pursue postgraduate education.

Program Outcomes

1. Graduates will have the ability to perform an injury assessment for an acute and chronic injury that involves the upper extremity and lower extremity.
2. Graduates will have the ability to select a modality to be used in the treatment of injuries and be able to apply that modality.
3. Graduates will have the ability to select exercises to be used in the rehabilitation of upper and lower extremity injuries and be able to demonstrate those exercises.
4. Graduates will have the ability to identify contemporary athletic health care professions and engage in serve learning opportunities in connection with some of them including the ability to interact with people of diverse backgrounds and experiences as colleagues, clients, and students.

Program Requirements

The following list of courses are required for this major:

Code	Title	Hours
EXSC-2209	Personal & Community Health	2
EXSC-2210	First Aid & Personal Safety	2
EXSC-2263	Care & Prevention of Athletic Injuries	3
ATHC-2212	Beginning Athletic Health Care Practicum	3
ATHC-2213	Beginning Athletic Health Care Practic 2	3
ATHC-2325	Medical Terminology & Conditions	2
EXSC-3303	Basic Nutrition	3
ATHC-3312	Intermediate Athletic Health Care Prac I	3
ATHC-3313	Intermediate Athlet Trng Clin Practic 2	3
EXSC-3357	Tests & Measure Health & Exsc Science	3
ATHC-3361	Therapeutic Exercise & Rehabilitation	3
ATHC-3362	Therapeutic Modalities	4
ATHC-3364	Evaluation & Recognition Athlet Injuries	3
ATHC-3374	Recognit & Evaluat Low Extrm Athl Injury	3
EXSC-3366	Physiology of Exercise	3
EXSC-3380	Kinesiology & Biomechanical Analysis	3
ATHC-4406	Administration of Athletic Health Care	2
ATHC-4407	Pharmacology in Athletic Health Care	2
ATHC-4412	Advc Athl Hlth Care Prctm I	3
ATHC-4413	Advc Ath Hlth Care Practicum 2	3
ATHC-COMP	Senior Comprehensive Exam	0
BIOL-2242	Human Anatomy & Physiology I (auxiliary requirement)	4
BIOL-2243	Human Anatomy & Physiology II (auxiliary requirement)	4

With advance approval students may take four of the six required Clinical Practicum courses needed for graduation.

Students must complete the courses necessary for general education requirements. Athletic Health Care majors must also complete an appropriate swimming course, or pass the proficiency test.

Students must be formally accepted into the Athletic Health Care (AHC) major. Applications and other supporting documents are available from the director of the Athletic Health Care major or Department Chair. Applicants must satisfy the following entrance requirements before the deadline (December 1 of the semester enrolled in ATHC-2212 Beginning Athletic Health Care Practicum) to be accepted into the major. Only those students who have been accepted are allowed to enroll in the remaining practicum courses:

Code	Title	Hours
ATHC-2213	Beginning Athletic Health Care Practic 2	3
ATHC-3312	Intermediate Athletic Health Care Prac I	3
ATHC-3313	Intermediate Athlet Trng Clin Practic 2	3
ATHC-4412	Advc Athl Hlth Care Prctm I	3
ATHC-4413	Advc Ath Hlth Care Practicum 2	3

Suggested Sequence of Courses for a Bachelor of Arts Degree in Athletic Health Care

Course	Title	Hours
Freshman Year		
First Semester		
GNST-1000	BC Experience	1
ENGL-1010	English Composition	3
EXSC-1115	Wellness for Life	1
EXSC-2210	First Aid & Personal Safety	2
EXSC-2263	Care & Prevention of Athletic Injuries	3
Person and Community Foundation		3
Electives		2
Hours		15
Second Semester		
EXSC-2209	Personal & Community Health	2
Electives		2
Historical Foundation		3
Natural World Foundation		4
Aesthetic Foundation		3
Oral Communication		3
Hours		17
Sophomore Year		
First Semester		
ATHC-3374	Recognit & Evaluat Low Extrm Athl Injury	3
ATHC-2212	Beginning Athletic Health Care Practicum	3
BIOL-2242	Human Anatomy & Physiology I	4
THEO-1100	Introduction to Theology	3
EXSC-3303	Basic Nutrition	3
Hours		16
Second Semester		
ATHC-3364	Evaluation & Recognition Athlet Injuries	3
ATHC-3362	Therapeutic Modalities	4
ATHC-2213	Beginning Athletic Health Care Practic 2	3
BIOL-2243	Human Anatomy & Physiology II	4
ATHC-2325	Medical Terminology & Conditions	2
Hours		16
Junior Year		
First Semester		
EXSC-3357	Tests & Measure Health & Exsc Science	3
EXSC-3380	Kinesiology & Biomechanical Analysis	3
ATHC-3312	Intermediate Athletic Health Care Prac I	3
PHIL-1750	Principles of Nature	3
Foreign Language		4
Fitness Activity or Swimming Course		1
Hours		17
Second Semester		
ATHC-3361	Therapeutic Exercise & Rehabilitation	3
EXSC-3366	Physiology of Exercise	3
ATHC-3313	Intermediate Athlet Trng Clin Practic 2	3
Faith Foundation		3

Foreign Language		4
Hours		16
Senior Year		
First Semester		
ATHC-4406	Administration of Athletic Health Care	2
ATHC-4407	Pharmacology in Athletic Health Care	2
ATHC-4412	Advc Athl Hlth Care Proctm I	3
Philosophical Inquiry Foundation		3
Historical Foundation		3
Mathematical Reasoning		3
Hours		16
Second Semester		
ATHC-4413	Advc Ath Hlth Care Practicum 2	3
Aesthetic Foundation		3
Philosophical Inquiry Foundation		3
Electives		3
Faith Foundation		3
ATHC-COMP	Senior Comprehensive Exam	0
Hours		15
Total Hours		128