

## AT 160 Rehabilitation of Athletic Injuries

3 hours

Majors, Minors & Degrees:

**Majors**

Athletic Training (B.S.)

Departments/Programs:

Health and Human Performance

A course designed for those pursuing athletic trainer certification. This course involves learning fundamentals of evaluation and assessment of injuries inherent to athletics, as well as rehabilitation of these injuries. Also included is a study of injury mechanisms, treatment, and exercises.

One 1-hour lab per week.

*Prerequisite(s): AT-105, AT-106, AT-140, AT-141 and permission of instructor.*