Nebraska Wesleyan University

Health and Human Performance (Graduate)

Catalog

2025-2026

Majors, Minors & Degrees

Majors

1. Athletic Training (M.A.T.)

Courses

ATTR 5000 Fundamentals of Athletic Training

4 hours

A study of injuries common to athletic participants and the prevention and care of such injuries and application of the principles (e.g. taping, bracing, splinting, etc.) and techniques involved in the advanced administration of first aid, cardio-pulmonary resuscitation (CPR), and automated external defibrillators (AEDs). Students will earn American Red Cross certifications.

ATTR 5010 Athletic Training Clinical Experience I

1 hour

This course provides clinical experience supervised by a Clinical Preceptor in an athletic training setting. Emphasis will be placed on taping and wrapping of athletic injuries, protective equipment fitting and maintenance, emergency action plan implementation, and environmental related conditions.

ATTR 5020 Athletic Training Clinic Experience II

2 hours

This course provides clinical experience supervised by a Clinical Preceptor in an athletic training setting. Emphasis will be placed on taping and wrapping of athletic injuries and protective equipment fitting and maintenance, emergency action plan implementation, and environmental related conditions.

ATTR 5030 Athletic Training Clinical Experience III

2 hours

This course provides clinical experience supervised by a Clinical Preceptor in an athletic training setting. Emphasis will be placed on recognition and evaluation of lower extremity injuries, and therapeutic modalities.

ATTR 5040 Athletic Training Clinical Experience IV

1 hours

This course provides clinical experience supervised by a Clinical Preceptor in an athletic training setting. Emphasis will be placed on psychosocial intervention and referral and medical conditions and disabilities.

ATTR 5050 Athletic Training Clinical Experience V

2 hours

This course provides clinical experience supervised by a Clinical Preceptor in an athletic training setting. Emphasis is placed on rehabilitation and upper extremity evalution.

ATTR 5060 Athletic Training Clinical Experience VI

3 hours

This course provides clinical experience supervised by a Clinical Preceptor in an athletic training setting. Emphasis is placed on pharmacology, nutritional aspects of injury and illness, and health care administration and professional development.

ATTR 5100 Anatomical Dissection

2 hours

An anatomical dissection course that gives students the hands-on experience with skeletal, muscular, nervous systems, and special senses

ATTR 5330 Health Assessment

4 hours

This course will provide skills required to conduct a holistic health assessment through comprehensive analysis of a patient's health status across the age continuum. Topics include dermatological, cardiovascular, ear, nose and throat, neurological, respiratory, musculoskeletal, gastrointestinal, renal and urogenital, endocrine and metabolic systems, and psychological medical disorders.

ATTR 5350 Organization and Administration of Athletic Training

3 hours

This course is designed to help students learn organizational and administrative principles and apply them to the field of athletic training. It will address emergency care situations in respect to proper record keeping, facility management, and scheduling of medical staff and equipment. In addition, an in-depth exploration of the requirements set forth by OSHA and other federal agencies will be incorporated into each learning environment.

ATTR 5400 Physical Examination of Lower Extremity

4 hours

An in-depth study of the lower extremities including skills used to evaluate, treat and manage athletic injuries.

ATTR 5410 Physical Examination of Upper Extremity

4 hours

An in-depth study of the upper extremities including skills used to evaluate, treat and manage athletic injuries.

ATTR 5450 Therapeutic Modalities

4 hours

This course is designed to provide an overview of the theory, application, and knowledge of therapeutic modalities. The use of heat, cold, electrical, and other treatments (e.g. massage, manual therapy, etc.) will be explored.

ATTR 5510 Research and Statistics in Evidence-based Practice

2 hours

This course provides an introduction to research and statistics, including evidence-based practice. Students will develop an understanding of the research process and the rationales for basic behavioral statistics in the field of athletic training. Students will gain reading, writing, and practical skills to interpret, conduct, and communicate research.

ATTR 5520 Applied Research and Statistics in Athletic Training I

2 hours

Designed for graduate students to develop an understanding of the research process and the rationales for basic behavioral statistics in the field of athletic training. In this course, students will continue to learn about the research process, including evidence-based practice. This class will focus on developing skills to complete a systematic review. Students will present their work at the NWU Student Symposium.

ATTR 5530 Applied Research and Statistics in Athletic Training II

2 hours

This course is designed to help students advance their understanding of the research process and the rationales for basic behavioral statistics. This class will focus on developing skills to conduct a research study, analyze results, and complete the research paper. Students will prepare an abstract and presentation for a scientific meeting.

ATTR 5600 Rehabilitation of Athletic Injuries

4 hours

This course involves learning essential components of a rehabilitation program including principles of therapeutic exercises, rehabilitation techniques and special therapeutic techniques.

ATTR 5700 Pharmacology and Nutrition

3 hours

This course is designed to provide an extensive framework of knowledge through the study of medications and nutrition. Students will study drugs according to classifications including characteristics of typical drugs, their purposes, side effects, precautions or contraindications, and interactions and the recommendations to patients on nutrients.

ATTR 5980 Athletic Training Exam Prep

1 hours

This course is designed to provide a structured environment to prepare students to take the board of certification examination.

ATTR 5990 Athletic Training Graduate Seminar

1 hour

This course is designed to give athletic training students a specialty certification in clinical aspects of the profession.