Human Performance and Sport Studies

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The Department of Human Performance and Sport Studies offers the Master of Physical Education/Athletic Administration program at the Idaho State University – Pocatello campus. Additionally, all courses are available online for students outside of the Pocatello area. The Master of Science Athletic Training program is offered at the Idaho State University - Pocatello campus.

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Master of Physical Education/Athletic Administration

The MPE-AA Program is aligned with these sets of standards: The Idaho State University College of Education Standards for Advanced Professionals, the National Association for Sport and Physical Education (NASPE), and the North American Society for Sport Management (NASSM) Standards.

NASPE-NASSM Content Standards: The NASPE-NASSM standards for Master’s Degree Programs in Sport Management address eight specific areas that include the following: Management, Leadership, and Organization in Sport; Research in Sport; Legal Aspects of Sport; Marketing in Sport; Sport Business in the Social Context; Financial Management in Sport; Ethics in Sport Management; and Field Experience in Sport Management.

Student Learning Outcomes (SLOs) for the MPE-Athletic Administration are:

SLO #1: Students will apply specific content knowledge to find solutions to complex organizational issues within the sport setting.

SLO #2: Students will demonstrate socially responsible leadership grounded in the principles of diversity and inclusion, ethical decision making, and sustainable business practices.

SLO #3: Students will exhibit the ability to gather relevant information and critically examine the information through multiple analytical approaches.

SLO #4: Students will display the ability to synthesize information and devise viable solutions in complex organizational contexts within the sport setting.

SLO #5: Students will demonstrate exemplary communication both individually and in groups across written, oral, and technological platforms.

Master of Science in Athletic Training

The Master of Science in Athletic Training (MSAT) program is a professional degree designed to develop competent athletic training students who qualify to sit for the Board of Certification exam. The program is accredited by the Commission on Accreditation of Athletic Training Education (CAATE).

The overall objectives of the MSAT program are to teach the students in the following domains: Injury/Illness Prevention and Wellness Protection; Clinical Evaluation and Diagnosis; Immediate and Emergency Care; Treatment and Rehabilitation; and Organizational and Professional Health and Well-Being.

Student Learning Outcomes (SLOs) for the MS-Athletic Training are:

#1 Professional Competence
To provide high-quality educational experiences both clinically and didactically, preparing students for success on the Board of Certification’s national certifying exam

#2 Professional Ethics
To prepare graduates that practice with cultural competence and professional integrity

#3 Professional Decision Making
To promote the use of Evidence Based Practice for delivery of patient care

#4 Professional Development
To prepare graduates for employment in both traditional as well as non-traditional work environments associated with athletic health care

#5 Professional Interaction
To prepare Athletic Training Students to incorporate a positive working relationship with fellow students, athletic, and allied health community members

Athletic Training Courses

AT 6600 Foundations of Athletic Training: 3 semester hours. Survey of the profession of Athletic Training. Injury prevention, assessment, treatment, taping, and rehabilitation of common athletic injuries will be presented. Lab included.
AT 6600L Foundations of Athletic Training Lab: 1 semester hour. Foundations of Athletic Training. The lab component will provide practical application of athletic training skills, including basic taping and bracing techniques, acute and emergency management, stretching, and equipment fitting and removal. COREQ: AT 6600.

AT 6602 General Medical Assessment: 2 semester hours. This course addresses current medical issues that pertain to athletic training and the physically active. Content includes sports pharmacology, physiological considerations, common illnesses and special concerns.

AT 6602L Pathophysiology and General Medicine Lab: 1 semester hour. Pathophysiology and General Medical Conditions. This course will focus on the practical application of diagnostic and assessment techniques for general medical conditions. Students will use auscultation, palpation, urinalysis, diabetic screening tools, anthropometric measurements, and otoscopes and ophthalmoscopes and calculate reliability amount groups. Students will be able to use an evidence-based approach to identify, explain, and assess pathologies and apply these concepts in real-life scenarios. PREREQ: AT 6602

AT 6604 Continuum of Care I: Foot, Ankle, Lower Leg: 3 semester hours. This required course will focus on the key concepts of evaluation, diagnosis, and management of the foot, ankle, and lower leg sports-related injuries including physical examination, injury recognition, treatment, taping, bracing, and rehabilitation methods. Students will be able to use an evidence-based approach to identify, explain, and assess pathologies of musculoskeletal injuries in the lower extremity and apply these concepts in real-life athletic training scenarios. Lab included.

AT 6606 Continuum of Care II: Knee, Hip, Pelvis and Lumbar Spine: 5 semester hours. This required course will focus on the key concepts of evaluation, diagnosis, and management of knee, hip, pelvis, and lumbar spine sports-related injuries including physical examination, injury recognition, treatment, taping, bracing, and rehabilitation methods. Students will be able to use an evidence-based approach to identify, explain, and assess pathologies of musculoskeletal injuries in the lower extremity and apply these concepts in real-life athletic training scenarios. Lab included.

AT 6608 Continuum of Care III: Upper Extremity: 5 semester hours. This required course will focus on the key concepts of evaluation, diagnosis, and management of upper extremity sports-related injuries including physical examination, injury recognition, treatment, taping, bracing, and rehabilitation methods. Students will be able to use an evidence-based approach to identify, explain, and assess pathologies of musculoskeletal injuries to the upper extremity and apply these concepts in real-life athletic training scenarios. Lab included.

AT 6610 Continuum of Care IV: Head, Neck, Cervical and Thoracic Spine: 5 semester hours. This required course will focus on the key concepts of evaluation, diagnosis, and management of the head, face, cervical and thoracic spine sports-related injuries including physical examination, injury recognition, treatment, taping, bracing, and rehabilitation methods. Students will be able to use an evidence-based approach to identify, explain, and assess pathologies of musculoskeletal injuries to the head, face, cervical and thoracic spine and apply these concepts in real-life athletic training scenarios. Lab included.

AT 6612 Introduction to Therapeutic Modalities and Exercise: 2 semester hours. Introduction to the use of therapeutic modalities, tissue response to injury, and the foundations of rehabilitation in the athletic training setting. Using an evidence-based approach, students will focus on how therapeutic modalities can enhance the healing response along with concepts, protocols, and theories of rehabilitation. Lab included.

AT 6614 Interprofessional Relationships and Trends in Athletic Training: 3 semester hours. Through the use of current literature and content experts in the field, this three-credit course will provide advanced information regarding clinically relevant topics related to athletic training and sports medicine practice.

AT 6616 Introduction to Pharmacology in Athletic Training: 1 semester hour. Introduces principles of drug therapy across the lifespan and the use of drugs as they pertain to the health care of athletes and their effect on athletic competition. An emphasis on the knowledge, skills and values required of the Athletic Trainer on pharmacological applications, including indications, contraindications, precautions, interactions, documentation and governing regulations relevant to the treatment of injury and illness in athletic training.

AT 6640 Research Methods in Athletic Training: 3 semester hours. Interpretation of statistical procedures and research designs commonly used in athletic training research. Prepares students to conduct research projects related to the field of athletic training. PREREQ: Permission of instructor.

AT 6645 Organization and Administration of Athletic Training: 3 semester hours. This course is designed to expose students to the organization and administration concepts of athletic training. Content includes management, leadership, legalities, historical perspectives, motivation, and technology.

AT 6651 Capstone Assessment: 1-3 semester hours. There are three semesters of AT 6651 Capstone Assessment courses. Together they represent a comprehensive assessment of learning over time of the students. Capstone Assessment in Spring I requires the student to prepare and submit a research project to the Institutional Review Board. Capstone Assessment in Fall II requires abstract submissions to the Northwest Athletic Trainers’ Association and the National Athletic Trainers’ Association for their annual conferences. Capstone Assessment in Spring II requires a final written manuscript submission-ready to a peer-review journal, an oral project defense, and a final oral practical exam before an examining committee. Students must take this course in each of the last 3 semesters of the program (for a total of 3 credits) in order to graduate.

AT 6661 Clinical Education in Athletic Training I: 4 semester hours. This course is the first of four clinical experiences in the athletic training curriculum in order to develop and enhance the practical skills and knowledge necessary for clinical practice. Students will review and demonstrate lower extremity injury evaluations, foundational athletic training skills, and emergency management techniques. It includes a 2-week immersive experience in August during preseason.

AT 6662 Clinical Education in Athletic Training II: 3 semester hours. This course is the second of four clinical experiences in the athletic training curriculum in order to develop and enhance the practical skills and knowledge necessary for clinical practice. Students will review and demonstrate lower extremity injury evaluations, rehabilitative athletic training skills, and decision-making for return to play.

AT 6663 Clinical Education in Athletic Training III: 4 semester hours. This course is the third of four clinical experiences in the athletic training curriculum in order to further develop and enhance the practical skills and knowledge necessary for clinical practice. Students will review and demonstrate upper extremity injury evaluations, general medical athletic training skills, and evidence-based decision-making. It includes a 2-week immersive experience in August and continues throughout the fall semester.

AT 6664 Clinical Education in Athletic Training IV: 3 semester hours. This course is the final clinical experience in the athletic training curriculum in order to further develop and enhance the practical skills and knowledge necessary for clinical practice. Students will review and demonstrate head, neck and spine injury evaluations and evidence-based decision-making.
Human Perf and Sport Studies Courses

HPSS 5513 Sport in Cinema: 3 semester hours.
Investigate sport, and the treatment of sport, through the medium of modern cinema. Sport will be analyzed from the sociological, psychological, moral and ethical perspective of the filmmakers. Specific, evaluated graduate-level activities and/or performances are identified in the course syllabus.

HPSS 5514 Athletic Performance Nutrition: 3 semester hours.
Review of nutritional requirements and strategies for optimal human performance across the lifespan. Specific, evaluated graduate-level activities and/or performances are identified in the course syllabus. PREREQ: HPSS 3301 or permission of the instructor.

HPSS 5527 Personal Trainer Certification: 3 semester hours.
Theoretical knowledge and practical skills in preparation for national certification exam in personal training. Guidelines for instructing safe, effective and purposeful exercise; essentials for the client-trainer relationship, conducting health and fitness assessments, and designing and implementing appropriate exercise programming.

HPSS 5565 Organization and Administration of Intramural Sports: 3 semester hours.
Study of various methods of organizing and administering intramural sports programs on the junior high school, high school, and college levels.

HPSS 5573 Facility Planning and Designing: 3 semester hours.
Through examples and recognized theory, students gain understanding about the complexity involved in conceptualizing, constructing, promoting, managing and maintaining modern sport stadiums, arenas, domes and multi-purpose facilities and engage in practical experiences for designing, planning, implementing, and evaluating sporting events.

HPSS 5580 Coaching Problems: 1-3 semester hours.
Athletic control, eligibility, new coaching techniques, finances, safety measures, public relations, duties of coaches, managers, and officials. May be repeated for up to 4 credits. Specific, evaluated graduate-level activities and/or performances are identified in the course syllabus.

HPSS 5581 Coaching Clinic: 1 semester hour.
ISU is a sponsor of the annual Idaho Coaches Association Clinic held during the first week of August. Instruction offered in football, basketball, and other sports by coaches of national reputation. May not be applied to degree programs. May be repeated.

HPSS 5585 Independent Problems in Physical Education: 1-3 semester hours.
Individual work under staff guidance. Field and/or library research on specific physical education problems. May be repeated up to 6 credits.

HPSS 5591 Physical Education Workshop: 1-3 semester hours.
A critical analysis of one or more areas of physical education. Limited enrollment. May be repeated up to six credits.

HPSS 5594 Adapted Physical Activity: 3 semester hours.
History, philosophy, and the teaching/learning process in providing adapted physical activity in schools and community-based settings. Includes clinical experiences. PREREQ: BIOL 3301 or HPSS 2243; HPSS 3300 and HPSS 3362.

HPSS 5599 Experimental Course: 1-6 semester hours.
The content of this course is not described in the catalog. Title and number of credits are announced in the Class Schedule. Experimental courses may be offered no more than three times with the same title and content. May be repeated.

HPSS 6605 Leadership and Administration: 3 semester hours.
Development of leadership skills and the dynamics of group process relative to effective interpersonal relationship with special emphasis on Physical Education and Athletic programs and personnel needs.

HPSS 6610 Advanced Sport Psychology: 3 semester hours.
Designed to define, critique, and apply critical perspectives of sport and exercise psychology, including aggression theories, violence, cohesion, and social facilitation. Aspects of coaching theory and its application are included.

HPSS 6612 Advanced Sociology of Sport: 3 semester hours.
Social aspects of sport and society, with emphasis on the relationship between sport, culture, and ideology.

HPSS 6615 Philosophy and Principles of Athletics in Education: 3 semester hours.
The role of athletics in education, the function and organization of leagues and conferences of coaches, certification of coaches, ethics, and public relations.

HPSS 6620 Curriculum and Supervision: 3 semester hours.
Consideration of the physical education curriculum in public schools and in colleges and universities. Recent developments and current trends that influence the curriculum and supervision policies. Observation techniques, standards in judging instruction, the supervisory conference, cooperative supervision, basic foundation of curriculum construction, and lesson planning.

HPSS 6622 Survey of Prof Lit: 3 semester hours.
Identification and investigation of professional literature and its application to current and future directions of the field. Extensive reading and formal writing required. May be repeated.

HPSS 6625 Advanced Sport Marketing: 3 semester hours.
Introduction to the basic nature of marketing in sport and athletics as it relates to consumer behavior, research in sport marketing, defining the sport product, market segmentation, pricing, promotion, and public relations, and the legal aspects of sport/athletics.

HPSS 6631 Athletics and the Law: 3 semester hours.
A study of the administrative role relating to the regulation of athletic competition and athletic programs. A review of significant court cases dealing with sports law, with application to the school setting.

HPSS 6634 Sport Finance: 3 semester hours.
This course is designed to introduce students to the basics of finance and accounting in sport and athletics. Topics include (a) principles and theories of economics, (b) basics of accounting, (c) principles of budgeting, (d) financial reporting, (e) financing of facilities, and (f) economic impact of venues and events.

HPSS 6635 Management Aspects of Athletics: 3 semester hours.
Factors involved in the conduct of athletic events such as contracts, scheduling, travel, game management, crowd control, and the legal implications of athletics.

HPSS 6640 Research and Writing: 3 semester hours.
Analysis and interpretation of the basic principles of research and writing as they relate to physical education, athletics and allied fields of endeavor. Integration of research and writing procedures likely to have the greatest influence on programs and practices relating to the administration of P.E.D. programs.

HPSS 6648 Problems: 1-3 semester hours.
Individual and group study of problems in the areas of physical education and recreation. May be repeated to 6 hours credit.
HPSS 6649 Issues in PED and Athletic Administration: 3 semester hours.
A study of the current issues applicable to the administration of PED and athletics. Opportunities may be afforded for study within specialized areas. May be repeated up to 6 hours with departmental permission.

HPSS 6650 Thesis: 1-6 semester hours.
Thesis. 1-6 credits. May be repeated. Graded S/U.

HPSS 6651 Masters Project in PED and Athletics: 1-3 semester hours.
Master's Project. Maybe repeated. Graded S/U.

HPSS 6655 Internship: 1-3 semester hours.
Administration, supervision and operation of a P.E.D. or Athletic Program. Students work under the direction of a graduate faculty member and practicing administrator. May be repeated up to 6 credits. May be graded S/U.

HPSS 6658 Athletics in the West: 3 semester hours.
Field-based review of programs and topics related to physical education and athletic administration, including: tours of facilities in schools, colleges, and professional athletics; lessons and seminars with practitioners and scholars.

HPSS 6699 Experimental Course: 1-6 semester hours.
The content of this course is not described in the catalog. Title and number of credits are announced in the Class Schedule. Experimental courses may be offered no more than three times with the same title and content. May be repeated.