

**COURSE OUTLINE**  
**EXSC 110**  
**Introduction to Athletic Training**  
1 Semester Hours

**HOWARD COMMUNITY COLLEGE**

**Description**

This course is designed as an introduction to athletic training. The athletic trainer as an allied health care professional will be examined. The manual skills required in the profession will also be examined. (1 hour weekly)

**Overall Course Objectives**

Upon completion of this course the student will be able to:

1. Describe the profession of athletic training.
2. Identify the requirements for certification in athletic training.
3. Explain the competencies required for the athletic trainer.
4. Explain the role the athletic trainer plays in various settings including colleges, high schools, and professional athletic teams.

**Major Topics**

1. The role of the athletic trainer.
2. The certification process in athletic training
3. Skills and competencies required of the athletic trainer.

## **Course Requirements**

### Grading/exams:

Grading procedures will be determined by the individual faculty member but include the following:

- Attendance
- Participation
- Written tests

### Writing:

This class will require writing in its assignments and personalized stress management plan.

## **Other Course Information**