

# DEPARTMENT OF PHYSICAL EDUCATION, WELLNESS, AND SPORT

## COLLEGE OF EDUCATION

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### Faculty

Linn M. Stranak (1980). University Professor of Physical Education and Department Chair. B.S., Union University; M.S., University of Kentucky; D.A., Middle Tennessee State University. Additional study, United States Sports Academy.

Jonathan Allen (2012). Clinical Coordinator and Assistant Professor of Athletic Training. B.S. and M.A., Ball State University. Additional Study, Rocky Mountain University of Health Professions.

Matt Brunet (2004). Associate Professor of Sport Management. B.S., Indiana Wesleyan University; M.A., Wayne State University; Ed.D., Union University.

Mark Campbell (1996). Assistant Professor of Physical Education and Head Women's Basketball Coach. B.S., David Lipscomb University; M.Ed., Union University.

Kelly Elliott (2004). Assistant Professor of Physical Education. B.A., King College; M.A., East Tennessee State University; M.Ed., University of Louisville.

Jennifer Farroll (2010). Director of Athletic Training Education and Associate Professor of Athletic Training. B.S., University of Central Florida; M.S., University of South Carolina; Ed.D., Union University.

Gary Johnson (1994). Professor of Physical Education and Head Cross Country Coach. B.S., Union University; M.S., University of Memphis; D.A., Middle Tennessee State University.

David Niven (1999). Assistant Professor of Physical Education, Wellness and Sport and Head Men's Basketball Coach. B.S.E.,

Knowing education is a continuous process, the program creates and maintains an environment through movement experiences where values clarification and experiential learning occur; leadership develops; a serving attitude,



170. Medical Terminology (2) F, S via web

An introduction to medical terminology for those interested

in careers in allied health care. Students will learn word

roots, combining forms used to describe anatomy, and the use of word

331. Methods and Materials for Recreation Leaders (3)  
F—As Needed

Practical methods and resources for recreation practitioners. Attention will be given to conducting recreational programs, creativity, and a variety of recreation projects.

333. Principles of Health and Fitness Instruction (3) F

Introduces health/fitness and sports medicine professionals to the practice of health and fitness instruction. Theories and principles of health and fitness lifestyle management techniques used to become a certified health/fitness instructor or personal fitness trainer will be the primary focus.

340. Sport Marketing (3) F

Prerequisite: MKT 328.

Basic marketing concepts in the sports industry. Fundamental techniques of advertising, sales, promotion, fund-raising, and journalism will be explored in relation to sports.

342. Facilities and Equipment Management in Physical Education and Sport (3) F

Planning of areas and facilities related to physical education, recreation, and athletics. The course addresses topics related to selecting, purchasing, and maintaining equipment.

343. Sport Law (3) F

Tort and contract law as it applies to sports industry. Investigation of case law dealing with marketing the athlete, amateur sports, sports injuries and liabilities, sex discrimination in sports, drug screening, and rights and responsibilities of managing the athlete.

350. Educational Games, Rhythms and Sports (2) S

Exploration of instructional methods and techniques used in a variety of physical activities including rhythmic activities, individual sports and team sports, specifically emphasizing sequencing for proper motor skill development, game rules and strategies for lifetime and recreational pursuits.

351. Coaching Football (2) F—Odd Years

Modern techniques of coaching and training in the sport of football.

352. Coaching Basketball (2) F—Even Years

Theory and practice in the fundamentals of men's and women's basketball designed to benefit teachers going into the coaching field.

353. Coaching Baseball (2) S—Odd Years

Modern techniques of coaching and training in the sport of baseball.

354. Coaching Volleyball and Softball (2) S—Even Years

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425. Current Issues in Sport (3) F

Contemporary trends and controversial issues in sport with an emphasis on finance, management, ethics, sociology, marketing and legal issues. Includes an ongoing review of sports business journals and publications as well as event coverage.

431. Church Ministry Internship/Field Experience (3)  
As Needed

A full semester in a local church recreation program, YMCA or FCA. The student will direct a lock-in, organize a day camp program, survey for recreation needs, conduct a special recreation day, etc. The student will keep a log of his/her activity, write a major paper and spend 6 hours per week on sites.

433. Strength, Conditioning, and Human Performance (3) F

Strength and conditioning practices that supplement the science learned in exercise physiology and kinesiology. This class is designed to prepare students for gaining certification in ACSM, NSCA, or personal fitness.

435. Intern (1-6) F, S, or Accel. Su, W, Su (1-4)

Internship opportunities under appropriate supervision for a specified time, with specific requirements determined by the department supervisor(s). 35 clock hours internship experience required for each hour of credit. One credit hour must be done on campus. Prerequisite: Junior standing and consent of the department.

461. Exercise Testing and Prescription (3) S

Corequisite: PEWS 415.

A study of the controlled use of exercise to evaluate the fitness level, especially the cardiovascular function of persons, specifically those in middle and older age groups. Emphasis will be placed on the scientific basis of recommending exercise programs as a prevention of heart disease. Concepts of exercise testing and prescription will follow the guidelines of the American College of Sports Medicine.

# Athletic Training Major and Program

## Mission Statement

The mission of Union's Athletic Training Education Program is to challenge its students to become highly effective allied health care professionals and leaders in the Christian community, incorporating both professional and spiritual growth in their life plans. Union incorporates into the foundation of education the equally important components of being C

The Union University athletic training student will study in a Christ centered atmosphere that challenges students to develop spiritually and intellectually so they can serve professionally in their community as Certified Athletic Trainers and become spiritual leaders in the church. Union University's athletic training students are exposed to a dynamic scholastic environment that fuses the medical sciences with Christian faith, ethics and accountability in a variety of clinical settings including intercollegiate athletics, high school athletics, orthopedic, physical therapy and general medicine venues, and other allied health care communities.

## Curriculum

### Accreditation

The Athletic Training Program of Union University is accredited by the Commission on Accreditation of Athletic Training Education (CAATE).

### Admission Requirements

- All applicants must apply, be accepted and admitted to Union University.

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## Course Offerings in Athletic Training (AT)

( ) Hours credit; F–Fall; W–Winter; S–Spring; Su–Summer

### 170. Taping and Risk Management (1) F

An introduction to basic taping, preparation, wrapping and casting techniques that are common practice in athletic training and sports medicine. Content is based upon the 4th Edition Nation Athletic Trainer's Association Education Competencies/Risk Management and Injury Prevention domain.

### 318. Advanced Injury Management (3) S

Prerequisite: PEWS 218

Advanced preparation for triaging, treating, managing and rehabilitating chronic and acute athletic injuries that occur in sport and physical activity. The course focuses on specific etiologies, signs, symptoms, immediate care, conservation management and surgical implications of injury and disease processes to the orthopedic anatomy. Course content is based on the 4th Edition Nation Athletic Trainer's Association Education Competencies in the categorical domain of Risk Management and Injury Prevention.

### 350. Administration and Management Strategies in Athletic Training (3) F

An introduction to the administrative and management strategies incorporated in professional, intercollegiate, secondary school and clinical athletic training professional settings. Topics include policies and procedures, legalities in sports medicine, health care code, ethical codes of conduct and standards of reasonable care, and compliance with OSHA and HIPAA in allied health care.

### 360. Therapeutic Modalities (3) S

Prerequisite: PEWS 218.

This course introduces the student to the various thermal, mechanical and electrical agents/modalities that are used in athletic health care and physical therapy to promote healing and rehabilitation. The class consists of lecture and lab based instruction of the use the electrical stimulation, cryo/thermotherapy, hydrotherapy, ultrasound, traction, therapeutic massage, biofeedback, and compression therapy.

### 361. Evaluation I: Upper Body, Spine and Extremities (3) F

Prerequisite: PEWS 218. Corequisite: BIO 221

An introduction to the evaluation process which includes the identification, medical assessment, management, treatment



## Clinical Courses

Each clinical course carries out a modular approach to the development of clinical skills for athletic training education per the NATA Athletic Training Education Competencies for Athletic Training Education Programs, Fourth Edition.