SPORTS MEDICINE (SMD)

College of Health Sciences

Courses

SMD 100. Foundations of Sports Medicine. 2 Credits.
An overview of the professions in the discipline of sports medicine.
Distance education offering may be available.
Typically offered in Fall.

SMD 204. First Aid for Health Professionals. 3 Credits.
LEC (3) LAB (2)
Prepares health professionals to meet emergencies requiring first aid. Includes First Responder
training.
Typically offered in Spring & Summer.

SMD 210. Psychosocial Perspectives of Sports/Recreational Injuries. 3 Credits.
Present active individuals with information on the incidence, prevention, and management
of sport/recreational injuries. In addition, the psychological impact and sociological factors
affecting health care delivery will be addressed. Taken together students will be better
prepared and more informed consumers of sport/recreational health care.
Typically offered in Fall, Spring & Summer.

SMD 212. Pathology & Eval Athletic Injury/Illness I. 3 Credits.
A presentation of the pathology, pharmacology, and management strategies relevant to
sports medicine. Emphasis will be on nonorthopaedic conditions commonly encountered in a
physically active population.
Pre / Co requisites: SMD 212 requires prerequisites of BIO 269 and SMD 312. Athletic Training
Majors only.
Distance education offering may be available.
Typically offered in Spring.

SMD 261. Surface Anatomy. 3 Credits.
Orientation to major anatomical landmarks and underlying structures.
Pre / Co requisites: SMD 261 requires prerequisites of BIO 259.
Typically offered in Fall & Spring.

SMD 271. First Aid and Athletic Training. 2 Credits.
A course designed to qualify students in First Aid and CPR, and to introduce the principles of
athletic injury prevention and management. For non majors only.

SMD 272. Athletic Training Techniques. 3 Credits.
A course designed to develop athletic training skills for beginning athletic training students.
Pre / Co requisites: SMD 272 requires prerequisite of SMD 100 or SMD 204.
Typically offered in Fall & Spring.

SMD 310. Therapeutic Modalities. 3 Credits.
Physical agents used in athletic training are presented with regard to the physics, physiological
effects, indications, contraindications, and progression.
Pre / Co requisites: SMD 310 requires prerequisite of SMD 312. Athletic Training Majors only.
Typically offered in Spring & Summer.

SMD 311. Therapeutic Exercise for Athletic Training. 3 Credits.
The principles, objectives, indications, contraindications, and progression of various exercise
programs used in the rehabilitation of athletic injuries are presented.
Pre / Co requisites: SMD 311 requires prerequisites of SMD 312. Athletic Training Majors only.
Typically offered in Fall & Summer.

SMD 312. Pathology/Evaluation of Athletic Injury/Illness II. 3 Credits.
A continuation of SMD 212 with emphasis on the pathology of injuries to the extremities
commonly seen in athletics and the techniques for their evaluation.
Pre / Co requisites: SMD 312 requires prerequisites of BIO 259, BIO 269. Athletic Training
Majors only.
Typically offered in Spring & Summer.

SMD 313. Pathology/Evaluation of Athletic Injury/Illness III. 3 Credits.
A continuation of SMD 312 with emphasis on the head, neck, and trunk.
Pre / Co requisites: SMD 313 requires prerequisite of SMD 312.
Typically offered in Fall & Summer.

SMD 315. Sports Injury Management I. 3 Credits.
Clinical experience of 200 or more hours with specific behavioral objectives in athletic
equipment selection and fitting, and the presentation of illness, injuries, and conditions.
Pre / Co requisites: SMD 315 requires co-requisites of SMD 311 and SMD 312 and SML 311.
Distance education offering may be available.
Typically offered in Fall.

SMD 316. Sports Injury Management II. 3 Credits.
Clinical experience of 200 or more hours with specific behavioral objectives in case study
presentations of injuries, illnesses, and/or conditions, and hospital emergency department
medical care.
Pre / Co requisites: SMD 316 requires co-requisite of SMD 310 and SMD 313 and SML 310.
Distance education offering may be available.
Typically offered in Spring.

SMD 361. Kinesiology. 3 Credits.
Basic Fundamentals of movement, articulation, and muscular actions; analysis of the related
principles of mechanics.
Pre / Co requisites: SMD 361 requires prerequisite of BIO 259 or KIN 241.
Typically offered in Fall.
Cross listed courses EXS 361, SMD 361.

SMD 414. History, Organization & Administration of Sports Medicine. 3 Credits.
A presentation of the historical and current perspectives of athletic training, including
techniques for organizing and administering athletic training programs.
Pre / Co requisites: SMD 414 requires prerequisite of SMD 315. Athletic Training majors only.
Gen Ed Attribute: Writing Emphasis.
Distance education offering may be available.
Typically offered in Fall.

SMD 417. Sports Injury Management III. 3 Credits.
Clinical experience of 200 or more hours with specific behavioral objectives in case study
presentations of injuries, illnesses, and/or conditions, plus group discussions of clinical
situations.
Pre / Co requisites: SMD 417 requires a prerequisite of SMD 316. Athletic Training majors only.
Distance education offering may be available.
Typically offered in Fall.

SMD 418. Sports Injury Management IV. 3 Credits.
Clinical experience of 200 or more hours and participation in critical reviews of sports
medicine research combined with seminars which afford interaction with various medical and
paramedical practitioners.
Pre / Co requisites: SMD 418 requires prerequisites of SMD 417. Athletic Training majors only.
Distance education offering may be available.
Typically offered in Fall.

SMD 420. Sports Medicine 1. 3 Credits.
This course introduces common orthopedic injuries to the lower extremity. Students will
learn anatomy, biomechanics, injury signs and symptoms which will allow for the recognition
and identification of orthopedic and neurological injuries. The course will also introduce the
theoretical and evidence based approach to the rehabilitation of lower extremity injuries.
Special emphasis is placed on understanding the physiological impact of injury on tissues,
recognition of the signs, symptoms, indications, contraindications for the evaluation and
rehabilitation of musculoskeletal and neurological injuries in the physically active. This course
is not intended to meet educational competencies required for athletic training. Majors only.
Pre / Co requisites: SMD 420 requires prerequisites of SMD 261, BIO 259, and BIO 269.
Distance education offering may be available.
Typically offered in Fall & Spring.
SMD 430. Sports Medicine 2. 3 Credits.
This course introduces common orthopedic injuries to the upper extremity, head, neck, spine, thorax and pelvis. Students will learn anatomy, biomechanics, injury signs and symptoms which will allow for the recognition and identification of orthopedic and neurological injuries. The course will also introduce the theoretical and evidence based approach to the rehabilitation of upper extremity, head, neck, spine, thorax and pelvis. Special emphasis is placed on understanding the physiological impact of injury on tissues, recognition of the signs, symptoms, indications, contraindications for the evaluation and rehabilitation of musculoskeletal and neurological injuries in the physically active. This course is not intended to meet educational competencies required for athletic training.
Pre / Co requisites: SMD 430 requires prerequisite of SMD 420. Majors only.
Distance education offering may be available.
Typically offered in Fall & Spring.

SMD 450. Capstone in Sports Medicine. 3 Credits.
This course is one of the final courses for students in the program. Learners will review, assess and then apply many of the concepts taught during the undergraduate program through the creation of a portfolio and senior capstone project. The purpose of the capstone project is to demonstrate achievement of the program level learning outcomes and engage in self-reflection and self-evaluation. The portfolio will also serve as a tangible artifact that houses acquired knowledge. An investigation of the job market in the field of Sports and Health will take place through career focused discussions and students will create a professional resume and cover letter.
Pre / Co requisites: Majors Only.
Typically offered in Spring.

SMD 454. Theories/Practices of Conditioning & Tng. 3 Credits.
Application of principles of physiology, psychology, and kinesiology for the design and use of conditioning programs for various sports.
Pre / Co requisites: SMD 454 requires prerequisites of EXS 380 and SMD 361.
Distance education offering may be available.
Typically offered in Fall.