



PROFESSIONAL DEVELOPMENT CENTER

2017

COURSE CATALOG

100 sheets / 200 pages  
College Ruled

**I**t's a reporting year, so it's the perfect time to take advantage of your 10 free CEU credits. NATA is the premier provider of continuing education for athletic trainers, and the \$150 worth of free credits you receive with your NATA membership can be used toward the majority of the 250+ courses offered in the Professional Development Center. Those free credits expire Dec. 31, so don't let them go to waste. If you used your free CEU credits to purchase a course this year, you have one calendar year from the date of purchase to take that course. (Note: Any CEU credits that were moved over from the previous Quiz Center when the PDC launched in November 2016 will expire Dec. 31, so make sure to take your courses before then to receive the full value of that member benefit.)

Did you know the Professional Development Center was revamped in late 2016 and is more helpful than ever? The PDC offers a broad variety courses for your learning needs. Courses are sortable by keyword, category, domain, level and type, making it easy to find exactly what you're looking for. Our system makes it easy for you to track your continuing education in one place, allowing you to import external certificates to your complete course information so you can see a more comprehensive view of your professional development. Visit [www.nata.org/professional-development-center](http://www.nata.org/professional-development-center) to see these exciting new features for yourself!

*The Professional Development Center is always growing and evolving, but the following is a list of courses offered as of Aug. 30, 2017.*

# PROFESSIONAL DEVELOPMENT CENTER

## 2017 COURSE CATALOG

### KEY:

( ) = number of CEUs

JAT = Journal of Athletic Training

SH = Sports Health

### CATEGORY A COURSES

#### DOMAIN 1: INJURY/ILLNESS PREVENTION AND WELLNESS

#### ESSENTIAL

- Biopsychosocial Method for Efficiency and Compassion in Rehabilitation and Sport/Exercise Yoga Prescription (Module 1) (1)
- Athletic Pubalgia: Biomechanical and Neuromuscular Considerations (0.75)
- Athletic Training and Environmental Sustainability (1)
- Bridging the Gap Between Emergency Medicine and Athletic Training: Planning for Emergencies and Catastrophic Events (1)
- Cartilage Health and Sports Participation: A Lifetime View (2)
- Commotio Cordis: Sudden Cardiac Death in Athletics (1)
- Detecting, Managing and Preventing Disordered Eating in Athletes (1)
- Exertional Rhabdomyolysis: Considerations for the Athletic Trainer (1)
- Fuel Up! Using Current Trends in Sports Nutrition to Enhance Performance (1)
- Islam & Athletics: Providing Culturally Competent Care for Muslim Athletes (0.75)
- National Athletic Trainers' Association Position Statement: Updated Lightning Safety for Athletics and Recreation (1)
- Prevention of Pediatric Overuse Injuries: The NATA Position Statement (1)
- Sport-related Concussion (1)
- The "3 P's of Practice": Yoga for Preventing Practitioner Burnout, Promoting Professional Growth and Improving Patient Outcomes (Module 3) (1)
- Using the Professional Yoga Therapy Model of Assessment in Clinical & Wellness Practices (Module 2) (1)

#### ADVANCED

- 3 Things All Sports Medicine Professionals Should Know About Nutrition (1)
- Achieving Structural Balance; Neurophysiology, Stability and Joint Function in Practice (Module 7) (1)
- All the Roid Rage – What Every AT Should Know About Anabolic-Androgenic Steroids (1)
- Ankle Taping: New Innovations and Related Research (1)
- An Update on Achilles Tendon Management in Conventional and Integrative (Yoga) Medicine (Module 10.7) (0.75)
- An Update on ACL Rehabilitation in Conventional and Integrative (Yoga) Medicine (Module 10.2) (1)
- An Update on Conventional and Integrative Medicine for Management & Prevention of Osteoarthritis (Module 10.6) (1)
- An Update on Shoulder Complex Rehab in Conventional and Integrative (Yoga) Medicine (Module 10.3) (1)
- Applied Biomechanics in Yoga for Achieving Safety, Stabilization, Motor Control and Support (Module 6) (1)
- Aquatic Training for Lower Extremity Injuries (2)
- Athletic Training as a Physician Extender – Introduction (3.5)
- Biomechanical and Critical Role of Core Musculature for Optimal Integrated Function Throughout the Entire Kinetic Chain (1.75)
- Current Trends in Assessment of Fitness and Performance (1.25)
- Emergency Preparedness (2)
- Evidence Based Athletic Training (3)
- From the Locker Room to Emergency Room: Assessing and Managing Thoracic Disease and Trauma (5)
- Getting Functional: Lower Extremity Workshop (8)
- Heat Illnesses: Current Evidence-Based Medicine for the Medical Professional (1)
- Immature ACL (1)
- Infectious Diseases (3)

- JAT Vol. 48 CEU Questions  
*Six separate courses, each worth 5 CEUs*
- JAT Vol. 49 CEU Questions  
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- JAT Vol. 50 CEU Questions  
*12 separate courses, each worth 5 CEUs*
- Monitoring Weight and Body Composition for the Adolescent and Collegiate Athletes: An Examination of Clinical Methods (1)
- NATA Position Statement: Anabolic-Androgenic Steroids (1)
- NATA/NWCA Assessor Training: Optimal Performance Calculator
- Neurophysiology in Meditation & Awareness (Module 4) (3)
- Non-Catastrophic Cervical Spine Injuries (3)
- Nutrition and Weight Management: Putting Theory into Practice (1)
- Ocular and Orbital Pathologies (2)
- Outcomes Following Lateral Ankle Sprains: Update and Challenges (1.25)
- Performance-Enhancing Drugs: Anabolic-Androgenic Steroids: What Does the Evidence Suggest? (1)
- Preventing Sudden Death During Collegiate Conditioning Sessions: The 2012 Task Force Recommendations (1)
- Preventing Sudden Death in Collegiate Conditioning Sessions (1)
- Rhabdomyolysis in a Trained Cyclist (1)
- S.H. Vol. 5 CEU Questions  
*Six separate courses, each worth 0.5 CEUs*
- S.H. Vol. 6 CEU Questions  
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- S.H. Vol. 7 CEU Questions  
*Six separate courses, each worth 0.5 CEUs*
- S.H. Vol. 8 CEU Questions  
*Six separate courses, each worth 0.5 CEUs*
- S.H. Vol. 9 CEU Questions  
*Two courses, each worth 0.5 CEUs*
- Special Considerations in the Care of the Soccer Athlete (1.5)
- Spinal Kinematic Movement & Safety: An Update on Conventional & Integrative (Yoga) Medicine (Module 10.4) (1)
- Sport Concussion: From Bench to Bedside (1.25)



- Streamlining Orthopaedic Assessment: Using the Biopsychosocial Yoga Model (Module 10.1) (1)
- Systemic Compensations for Sacroiliac Joint Dysfunction (1)
- The Baseball and Windmill Softball Pitch: Pitching Mechanics and Injury Prevention From the Lower Extremity (1.25)
- The Minimalist Approach: Using Yoga for Rehabilitation of the Foot (Module 10.5) (1)
- The Neurological Evidence for Muscle Cramping (1)
- Yogic Respiration for Optimal Patient Outcomes (Module 5) (1)
- Your Role as an Athletic Trainer in the Corporate Workplace (1)

## DOMAIN 2: CLINICAL EVALUATION AND DIAGNOSIS

### ESSENTIAL

- A Biopsychosocial Method for Efficiency and Compassion in Rehabilitation and Sport/Exercise Yoga Prescription (Module 1) (1)
- Athletic Pubalgia: Biomechanical and Neuromuscular Considerations (0.75)
- Commonly Missed Foot and Ankle Complaints (1)
- Commotio Cordis: Sudden Cardiac Death in Athletics (1)
- Concussion Evaluation: Baseline Values vs. Detecting, Managing and Preventing Disordered Eating in Athletes (1)
- Exertional Rhabdomyolysis: Considerations for the Athletic Trainer (1)
- Islam & Athletics: Providing Culturally Competent Care for Muslim Athletes (0.75)
- Juvenile Osteochondritis Dissecans (1)
- Silent But Violent: How to Sniff Out and Prevent Brain Injuries (1)
- Sport-related Concussion (1)
- The “3 P’s of Practice”: Yoga for Preventing Practitioner Burnout, Promoting Professional Growth and Improving Patient Outcomes (Module 3) (1)
- Using the Professional Yoga Therapy Model of Assessment in Clinical & Wellness Practices (Module 2) (1)

### ADVANCED

- ACL Avulsion and Tibial Spine Fracture in Youth Athletes (1)
- Adding Movement Screen to Your Assessment Protocol: Examining the Different Systems (1)
- Anatomy of a Running Shoe (1.25)
- An Overview of Muscle Energy Concepts as Applied to Lumbar Spine Dysfunction (2)
- An Update on Achilles Tendon Management in Conventional and Integrative (Yoga) Medicine (Module 10.7) (0.75)
- An Update on ACL Rehabilitation in Conventional and Integrative (Yoga) Medicine (Module 10.2) (1)
- An Update on Conventional and Integrative Medicine for Management & Prevention of Osteoarthritis (Module 10.6) (1)
- An Update on Shoulder Complex Rehab in Conventional and Integrative (Yoga) Medicine (Module 10.3) (1)
- Applied Biomechanics in Yoga for Achieving Safety, Stabilization, Motor Control and Support (Module 6) (1)
- Assessment of Abdominal Injuries (1.5)
- Athletic Hydration – Maximizing Health and Performance (1)
- Athletic Training as a Physician Extender – Introduction (3.5)
- Beyond the Basics of Clinical Outcomes Assessment: Selecting Appropriate Patient-Rated Outcome Measures for Patient Care (0.5)
- Central Nervous System Alterations Following Ankle Joint Pathology: Mechanisms and Interventions (AC Joint Mechanisms and Management Techniques) (1)
- Chronic Exertional Compartment Syndrome (0.5)
- Clinical Techniques to Quantify Scapular Upward Rotation (0.75)
- Compensatory Muscle Activation and Movement Due to Anterior Knee Pain (1)
- Concussion Update: The Silent Epidemic (1)

- Current Trends in Assessment of Fitness and Performance (1.25)
- Educational Tools and Clinically-Based Assignments to Infuse the EBP Competencies Throughout Your Curriculum (0.5)
- Elbow Injuries in the Throwing Athlete (0.5)
- Evidence Based Athletic Training (3)
- Exercise and Fibromyalgia: What We Know Now (1)
- From the Locker Room to Emergency Room: Assessing and Managing Thoracic Disease and Trauma (5)
- Hand Injuries in Athletics (1)
- Heat Illnesses: Current Evidence-Based Medicine for the Medical Professional (1)
- Immature ACL (1)
- Incorporating the NATA Concussion Position Statement into Clinical Practice (6)
- Infectious Diseases (3)
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- Knowledge Translation: Is it the Key to Developing Effective Evidence-Based Clinicians? (0.5)
- Management of Scapular Dyskinesis Concurrent with Shoulder Pathology (0.75)
- Managing Type II Diabetes (1)
- Manual Therapy Techniques for the Shoulder (7)
- Muscle Energy Techniques for the Sacroiliac Joint (15)
- Muscle Energy Techniques for the Thoracic Spine and Ribs (5)
- NATA Position Statement: Anabolic-Androgenic Steroids (1)
- NATA/NWCA Assessor Training: Optimal Performance Calculator (3)
- National Stress Fracture Registry (1.25)
- Neurodynamics and Pain: Examination and Treatment (1.5)
- Neurophysiology in Meditation & Awareness (Module 4) (1)



# PROFESSIONAL DEVELOPMENT CENTER

## 2017 COURSE CATALOG

- Non-Catastrophic Cervical Spine Injuries (3)
- Novel Treatment Techniques for Lateral Ankle Sprains and Ankle Instability: Module 1 (1)
- Nutrition and Weight Management: Putting Theory into Practice (1)
- Ocular and Orbital Pathologies (2)
- Orthopedic Special Tests: The Proof, Specificity and Sensitivity (1)
- Outcomes Following Lateral Ankle Sprains: Update and Challenges (1.25)
- Patient-Centered Athletic Training: Issues in Clinical Practice, Research and Education (0.75)
- Review of Throwing Injuries and Elbow Fracture Patterns in Young Athletes (1)
- Rhabdomyolysis in a Trained Cyclist (1)
- S.H. Vol. 5 CEU Questions  
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- S.H. Vol. 8 CEU Questions:  
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- S.H. Vol. 9 CEU Questions  
*Two courses, each worth 0.5 CEUs*
- Special Considerations in the Care of the Soccer Athlete (1.5)
- Special Test Evidence in the Practice of Athletic Training (1)
- Spinal Kinematic Movement & Safety: An Update on Conventional & Integrative (Yoga) Medicine (Module 10.4) (1)
- Sport Concussion: From Bench to Bedside (1.25)
- Strategies for Assessing Clinical Reasoning in Athletic Training Education (0.75)
- Syndesmotom Ankle Sprains (2)
- Systemic Compensations for Sacroiliac Joint Dysfunction (1)
- The Injured Worker, Why Do an FCE (1)
- The Intricacies of the Elusive Lisfranc Sprain (1.5)
- The Minimalist Approach: Using Yoga for Rehabilitation of the Foot (Module 10.5) (1)
- Unraveling the "Tendinitis" Myth: Embracing the Tendinopathy Paradigm (1)

- Yogic Respiration for Optimal Patient Outcomes (Module 5) (1)

### OTHER

- Medial Tibial Stress Syndrome: Cadaveric Association with Symptoms and Treatment Options (0.75)

### DOMAIN 3: IMMEDIATE AND EMERGENCY CARE

### ESSENTIAL

- Athletic Pubalgia: Biomechanical and Neuromuscular Considerations (0.75)
- Bridging the Gap Between Emergency Medicine and Athletic Training: Planning for Emergencies and Catastrophic Events (1)
- Cold Sprays and Vapocoolants in Athletic Training (0.75)
- Commonly Missed Foot and Ankle Complaints (1)
- Commotio Cordis: Sudden Cardiac Death in Athletics (1)
- Detecting, Managing and Preventing Disordered Eating in Athletes (1)
- Emergency Planning in Athletics (1)
- Exertional Rhabdomyolysis: Considerations for the Athletic Trainer (1)
- If Direct Pressure Fails: Evidence for the Use of Tourniquets to Control External Bleeding in the Pre-Hospital Setting (1)
- National Athletic Trainers' Association Position Statement: Updated Lightning Safety for Athletics and Recreation (1)
- Sport-related Concussion (1)
- The Emergency Action Plan: Are You Ready to Roll? (1.75)

### ADVANCED

- ACL Avulsion and Tibial Spine Fracture in Youth Athletes (1)
- Advances in Equipment Removal, On Field Management of Cervical Spine Injuries (1)
- Applied Biomechanics in Yoga for Achieving Safety, Stabilization, Motor Control and Support (Module 6) (1)

- Considerations for Covering Alpine Events: A U.S. Ski Team Athletic Trainer's Perspective (1)
- Dual-Task Paradigms: Advances in Concussion Management (1)
- Electrocardiography in Pre-participation Physical Exams: Challenges, Costs and Controversies (1)
- From the Locker Room to Emergency Room: Assessing and Managing Thoracic Disease and Trauma (5)
- Heat Illnesses: Current Evidence-Based Medicine for the Medical Professional (1)
- Incorporating the NATA Concussion Position Statement into Clinical Practice (6)
- JAT Vol. 48 CEU Questions  
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- Key Components in the Acute Management of the Cervical Spine-Injured Athlete (1)
- Management of the Acute Anterior Shoulder Dislocation: On and Off the Field (1.5)
- Managing Type II Diabetes (1)
- Neurophysiology in Meditation & Awareness (Module 4) (1)
- Ocular and Orbital Pathologies (2)
- Orthopedic Special Tests: The Proof, Specificity and Sensitivity (1)
- Outcomes Following Lateral Ankle Sprains: Update and Challenges (1.25)
- Preparing for August in January: Putting Your Heat Policy into Action (1)
- Preventing Sudden Death During Collegiate Conditioning Sessions: The 2012 Task Force Recommendations (1)
- Preventing Sudden Death in Collegiate Conditioning Sessions (1)
- Rhabdomyolysis in a Trained Cyclist (1)
- S.H. Vol. 5 CEU Questions  
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- S.H. Vol. 8 CEU Questions  
*Six separate courses, each worth 5 CEUs*
- S.H. Vol. 9 No. 01 CEU Questions  
*Two courses, each worth 0.5 CEUs*
- Sport Concussion: From Bench to Bedside (1.25)
- Syndesmotic Ankle Sprains (2)
- Using Simulation to Test the Emergency Action Plan (0.75)
- Yogic Respiration for Optimal Patient Outcomes (Module 5) (1)

#### DOMAIN 4: TREATMENT AND REHABILITATION

##### ESSENTIAL

- A Biopsychosocial Method for Efficiency and Compassion in Rehabilitation and Sport/Exercise Yoga Prescription (Module 1) (1)
- Acute Muscle Injury: Relieving the “Strain” in Your Clinical Practice with Evidence Based Solution (1)
- Athletic Pubalgia: Biomechanical and Neuromuscular Considerations (0.75)
- Cold Sprays and Vapocoolants in Athletic Training (0.75)
- Commonly Missed Foot and Ankle Complaints (1)
- Correct Use of Therapeutic Ultrasound (1.25)
- Detecting, Managing and Preventing Disordered Eating in Athletes (1)
- Fuel Up! Using Current Trends in Sports Nutrition to Enhance Performance (1)
- Prevention of Pediatric Overuse Injuries: The NATA Position Statement (1)
- Sport-related Concussion (1)
- The “3 P’s of Practice”: Yoga for Preventing Practitioner Burnout, Promoting Professional Growth and Improving Patient Outcomes (Module 3) (1)
- Using Psychological Intervention in the Three Phases of Injury Rehabilitation (0.5)
- Using the Professional Yoga Therapy Model of Assessment in Clinical & Wellness Practices (Module 2) (1)
- What is the Latest in Iontophoresis? (1)

##### ADVANCED

- ACL Avulsion and Tibial Spine Fracture in Youth Athletes (1)
- All the Roid Rage – What Every AT Should Know About Anabolic-Androgenic Steroids (1)
- An Evidence-Based Approach to Ankle Rehabilitation: A Hip Check (0.75)
- An Overview of Muscle Energy Concepts as Applied to Lumbar Spine Dysfunction (2)
- An Update on Achilles Tendon Management in Conventional and Integrative (Yoga) Medicine (Module 10.7) (0.75)
- An Update on ACL Rehabilitation in Conventional and Integrative (Yoga) Medicine (Module 10.2) (1)
- An Update on Conventional and Integrative Medicine for Management & Prevention of Osteoarthritis (Module 10.6) (1)
- An Update on Shoulder Complex Rehab in Conventional and Integrative (Yoga) Medicine (Module 10.3) (1)
- Applied Biomechanics in Yoga for Achieving Safety, Stabilization, Motor Control and Support (Module 6) (1)
- Applying Motor Control Theory to Patient-Centered Care- Insight into Chronic Ankle Instability (0.75)
- Aquatic Training for Lower Extremity Injuries (2)
- Are Modalities Effective in Athletic Training? (1)
- Athletic Hydration – Maximizing Health and Performance (1)
- Athletic Training as a Physician Extender – Introduction (3.5)
- Chronic Exertional Compartment Syndrome (0.5)
- Closing the Chain on Shoulder Rehabilitation and Injury Prevention (1.25)
- Collaborative Goal-Setting to Enhance Rehabilitation Adherence and Outcomes (1.5)
- Compensatory Muscle Activation and Movement Due to Anterior Knee Pain (1)
- Concussion Rehabilitation: A New Spin on Return-to-Play Management (1.25)

- Concussion Update: The Silent Epidemic (1)
- Concussions in the Classroom: Facilitating Academic Concussion Management (1)
- Elbow Injuries in the Throwing Athlete (0.5)
- Evaluation and Treatment of Hand and Wrists Sports Injuries – Beyond the Basics (1)
- Evidence Based Athletic Training (3)
- Evidence-Based Use of Interactive Video Games (0.75)
- Exercise and Fibromyalgia: What We Know Now (1)
- From the Locker Room to Emergency Room: Assessing and Managing Thoracic Disease and Trauma (5)
- Getting Functional: Lower Extremity Workshop (8)
- Heating Up Patient Outcomes with Shortwave Diathermy (1)
- Immature ACL (1)
- Implementing Neuromuscular Training of the Hip and Trunk Strength Training to Reduce the Risk of ACL Injuries (1)
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- JAT Vol. 50 CEU Questions  
*12 separate courses, each worth 5 CEUs*
- Management of Scapular Dyskinesis Concurrent with Shoulder Pathology (0.75)
- Managing Type II Diabetes (1)
- Manual Therapy Techniques for the Shoulder (7)
- Muscle Energy Techniques for the Sacroiliac Joint (15)
- Muscle Energy Techniques for the Thoracic Spine and Ribs (5)
- NATA Position Statement: Anabolic-Androgenic Steroids (1)
- Near-Infrared Laser as a Complementary Therapy During Recovery from Musculoskeletal Soft Tissue Injuries (1.25)
- Neurodynamics and Pain: Examination and Treatment (1.5)
- Neurophysiology in Meditation & Awareness (Module 4) (1)

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## 2017 COURSE CATALOG

- Non-Catastrophic Cervical Spine Injuries (3)
- Novel Treatment Techniques for Lateral Ankle Sprains and Ankle Instability: Module 1 (1)
- Novel Treatment Techniques for Lateral Ankle Sprains and Ankle Instability: Module 2 (1)
- Novel Treatment Techniques for Lateral Ankle Sprains and Ankle Instability: Module 3 (1)
- Nutrition and Weight Management: Putting Theory into Practice (1)
- Orthopedic Special Tests: The Proof, Specificity and Sensitivity (1)
- Outcomes Following Lateral Ankle Sprains: Update and Challenges (1.25)
- Plyometric Training for the Throwing Athlete (0.75)
- REAP: The Benefits of Good Concussion Management (1.5)
- Resolving Movements Dysfunctions After Shoulder Injury (1)
- Review of Throwing Injuries and Elbow Fracture Patterns in Young Athletes (1)
- Rhabdomyolysis in a Trained Cyclist (1)
- S.H. Vol. 5 CEU Questions  
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- Separated Shoulder and Clavicle Fractures – Biomechanical Considerations and Treatment Options (1)
- Spinal Kinematic Movement & Safety: An Update on Conventional & Integrative (Yoga) Medicine (Module 10.4) (1)
- Standing Shoulder Mobilization for the Overhead Athlete (1.5)
- STOP! Incorporating Deceleration Techniques into Rehab (1)
- Streamlining Orthopaedic Assessment: Using the Biopsychosocial Yoga Model (Module 10.1) (1)

- Syndesmotom Ankle Sprains (2)
- Systemic Compensations for Sacroiliac Joint Dysfunction (1)
- The Lymphatic System: It's Components, It's Function and the Evidence Addressing the Impact of Therapeutic Interventions (0.75)
- The Minimalist Approach: Using Yoga for Rehabilitation of the Foot (Module 10.5) (1)
- The Use of Clinical Prediction Rule in the Treatment of the Cervical, Thoracic and Lumbar Spine: A Manual Therapy Approach (4.25)
- Therapeutic Interventions for Pain: Where Have We Been, Where Are We Going? (1.5)
- Yogic Respiration for Optimal Patient Outcomes (Module 5) (1)

### OTHER

- Top 10 Mistakes Made With Ultrasound (1)

### DOMAIN 5: ORGANIZATIONAL AND PROFESSIONAL HEALTH AND WELL-BEING

### ESSENTIAL

- Bridging the Gap Between Emergency Medicine and Athletic Training: Planning for Emergencies and Catastrophic Events (1)
- Creative Financing for High School Athletic Training Programs – Getting and Keeping Funding for Your Program (1)
- Culturally Competent Care in Athletic Training (1)
- Detecting, Managing and Preventing Disordered Eating in Athletes (1)
- Developing Critical Thinking Skills in Athletic Training Students (1)
- Developing Synergistic Relationships Between Clinical Instructors and Athletic Training Education Programs (1)
- Evidence Based Practice for Athletic Trainers: Everyone Benefits (1)
- Islam & Athletics: Providing Culturally Competent Care for Muslim Athletes (0.75)
- Leadership Education as a Way to Enhance Clinical Practice (1)
- Medical Billing for Athletic Trainers (1)
- Professional Ethics for Athletic Trainers: Practical Strategies for Challenging Dilemmas: Module 1 (1)

- Professional Ethics for Athletic Trainers: Practical Strategies for Challenging Dilemmas: Module 2 (1)
- Silent But Violent: How to Sniff Out and Prevent Brain Injuries (1)
- The Business of Athletic Training Education: What is Your Bottom Line? (1)
- The Business of Athletic Training: Creating Business Opportunities – Customers, Comfort and Creation (3Cs) (1)
- The Business of Athletic Training: Creating Business Opportunities – Documentation & Marketing (0.75)
- The Business of Athletic Training: Evolution of the Business of Athletic Training (1)
- The Business of Athletic Training: Intro to Lean & Six Sigma in Healthcare (1)
- The Business of Athletic Training: Managing and Leading Your Team (1)
- The Young Professionals Guide to Career Longevity as a Certified Athletic Trainer (1.25)

### ADVANCED

- An Update on Achilles Tendon Management in Conventional and Integrative (Yoga) Medicine (Module 10.7) (0.75)
- An Update on ACL Rehabilitation in Conventional and Integrative (Yoga) Medicine (Module 10.2) (1)
- An Update on Conventional and Integrative Medicine for Management & Prevention of Osteoarthritis (Module 10.6) (1)
- An Update on Shoulder Complex Rehab in Conventional and Integrative (Yoga) Medicine (Module 10.3) (1)
- Application of Outcomes Scales (0.75)
- Athletic Trainers as Medical Coordinators – Aces in Their Places (0.75)
- Athletic Training as a Physician Extender – Introduction (3.5)
- Beyond the Basics of Clinical Outcomes Assessment: Selecting Appropriate Patient-Rated Outcome Measures for Patient Care (0.5)



- Beyond Traditional O&A: How New Healthcare Administration Competencies Provide Opportunity for Advancing the Profession (0.75)
  - Communicating Confidence (1)
  - Considerations for Covering Alpine Events: A US Ski Team Athletic Trainer's Perspective (1)
  - Dealing with Difficult Coaches, Administrations and Colleagues: Strategies for the High School, Collegiate and Clinical Industrial Athletic Trainer to Manage Difficult Work Relationships (1)
  - Developing and Utilizing Authentic Outcome Assessment Plans to Measure Student Learning (0.75)
  - Digital Video Integration into Athletic Training Practice (1.5)
  - Discipline with Dignity: Strategies for Building and Not Destroying Students (1)
  - Documentation for Athletic Trainers: What Should We Document? How Do We Document? (0.75)
  - Educational Tools and Clinically-Based Assignments to Infuse the EBP Competencies Throughout Your Curriculum (0.5)
  - Effective Leadership Strategies for Managing an Athletic Training Department (0.75)
  - Emergency Preparedness (1)
  - Ethics Across the Curriculum: An Innovative Model for Athletic Training Education (1.25)
  - Finding Context Using a Multifactorial Evidence Model in Clinical Practice and Research (The PCL Model) (1)
  - Fostering Supervised Autonomy in Athletic Training Students (1.75)
  - From Book to Practice: Integrating Cultural Competency Education Across the Curriculum (0.75)
  - Hopes and Hurdles: Developing a Service Learning Course in Athletic Training Education (0.5)
  - JAT Vol. 48 CEU Questions  
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  - Keeping the Athletic Trainer Out of Court (1)
  - Knowledge Translation: Is it the Key to Developing Effective Evidence-Based Clinicians? (0.5)
  - Leading Change: Through the Whitewaters (1)
  - Maximizing Patient Care and Financial Margin is Possible! How You Can Implement an Evidence Based Staffing Model Using Athletic Trainers in Any Sports Medicine Practice (1)
  - Monitoring Weight and Body Composition for the Adolescent and Collegiate Athletes: An Examination of Clinical Methods (1)
  - NATA Position Statement: Anabolic-Androgenic Steroids (1)
  - NATA/NWCA Assessor Training: Optimal Performance Calculator (3)
  - NIH NRSA Fellowship Grants: Keys to Submitting a Competitive Application (1)
  - Patient-Centered Athletic Training: Issues in Clinical Practice, Research and Education (0.75)
  - Performance-Enhancing Drugs: Anabolic-Androgenic Steroids: What Does the Evidence Suggest? (1)
  - Professional Ethics for Athletic Trainers: Practice Strategies for Challenging Dilemmas: Module 3 (1)
  - S.H. Vol. 5 CEU Questions  
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  - S.H. Vol. 8 CEU Questions  
*Six separate courses, each worth 0.5 CEUs*
  - S.H. Vol. 9 CEU Questions  
*Two courses, each worth 0.5 CEUs*
  - So You Think You Are Practicing Legally (1.75)
  - Spinal Kinematic Movement & Safety: An Update on Conventional & Integrative (Yoga) Medicine (Module 10.4) (1)
  - Strategies for Assessing Clinical Reasoning in Athletic Training Education (0.75)
  - Strategies for Teaching Evidence-Based Practice Concepts in Athletic Training Education (1)
  - Streamlining Orthopaedic Assessment: Using the Biopsychosocial Yoga Model (Module 10.1) (1)
  - Systematic Reviews: An Evidence-Based Approach to Answering Clinical Questions (1)
  - Technology Use in Athletic Training Education (1)
  - The (Controversial) Future of Doctoral Education in Athletic Training Education (0.5)
  - The Clinician as Educator: Learning Dynamics in Clinical Settings (1)
  - The Efficiency and Effectiveness of Utilizing Athletic Trainers as Physician Extenders in an Orthopedic or Sports Medicine Practice (1)
  - The Financial Impact of Athletic Trainers on Hospitals, Orthopedic Practices and the Community (1)
  - The Game Changer: The Importance of Diversity in Your Setting (1.25)
  - The Instructor as "Designer" and "Assessor" of Learning (0.75)
  - The Minimalist Approach: Using Yoga for Rehabilitation of the Foot (Module 10.5) (1)
  - Utilizing the High School as a Research Laboratory: Tips for Conducting Successful Epidemiology, Injury Prevention and Outcomes Studies (1.25)
  - When Will My Athlete Be Back to Play? Survival Analyses Applied to Sports Injury Surveillance (1.25)
- OTHER**
- Ethical Leadership: Awareness, Action and Reflection (1)
- CATEGORY D COURSES**
- ESSENTIAL**
- S.H. Vol. 4 CEU Questions  
*Six separate courses, each worth 0.5 CEUs*



# PROFESSIONAL DEVELOPMENT CENTER

## 2017 COURSE CATALOG



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### ADVANCED

- S.H. Vol. 3 #4 CEU Questions: July/ August 2011 (0.5)
- S.H. Vol. 3 #6 CEU Questions: November/ December 2011 (0.5)

### OTHER

- JAT Vol. 41 CEU Questions  
*Four separate courses, each worth 5 CEUs*
- JAT Vol. 42 CEU Questions  
*Four separate courses, each worth 5 CEUs*
- JAT Vol. 43 CEU Questions  
*Six separate courses, each worth 5 CEUs*
- JAT Vol. 44 CEU Questions  
*Six separate courses, each worth 5 CEUs*
- JAT Vol. 45 CEU Questions  
*Six separate courses, each worth 5 CEUs*
- JAT Vol. 46 CEU Questions  
*Six separate courses, each worth 5 CEUs*
- JAT Vol. 47 CEU Questions  
*Six separate courses, each worth 5 CEUs*
- S.H. Vol. 1 CEU Questions  
*Five separate courses, each worth 0.5 CEUs*
- S.H. Vol. 2 CEU Questions  
*Six separate courses, each worth 0.5 CEUs*
- S.H. Vol. 3 CEU Questions  
*Four separate courses, each worth 0.5 CEUs*

### EBP COURSES

#### DOMAIN 1: INJURY/ILLNESS PREVENTION AND WELLNESS

### ESSENTIAL

- Evidence-Based Practice in Athletic Training, Level 2 (3)

### ADVANCED

- Hip Arthroscopy for Labral Tears and Femoral Acetabular Impingement: The Latest in Post-Surgical Rehabilitation (1.25)
- JAT Vol. 51 CEU Questions  
*10 separate courses, each worth 5 CEUs*
- Respiratory Influences on Core Stability (1)

### OTHER

- Concussion as a Public Health Issue (1.25)

#### DOMAIN 2: CLINICAL EVALUATION AND DIAGNOSIS

### ESSENTIAL

- Evidence-Based Practice in Athletic Training, Level 2 (3)

### ADVANCED

- Integrating Patient-Centered Outcome Measures into Clinical Practice and Education (0.75)
- JAT Vol. 51 CEU Questions  
*10 separate courses, each worth 5 CEUs*
- Respiratory Influences on Core Stability (1)

### OTHER

- Concussion as a Public Health Issue (1.25)
- Dehydration Causes Muscle Cramping: Myth or Fact? (1)

#### DOMAIN 3: IMMEDIATE AND EMERGENCY CARE

### ESSENTIAL

- Evidence-Based Practice in Athletic Training, Level 2 (3)

### ADVANCED

- JAT Vol. 51 CEU Questions  
*10 separate courses, each worth 5 CEUs*

### OTHER

- Acute Skin Trauma: Evidence for Clinical Practice (1.5)
- Concussion as a Public Health Issue (1.25)
- Dehydration Causes Muscle Cramping: Myth or Fact? (1)

#### DOMAIN 4: TREATMENT AND REHABILITATION

### ESSENTIAL

- Evidence-Based Practice in Athletic Training, Level 2 (3)

### ADVANCED

- Hip Arthroscopy for Labral Tears and Femoral Acetabular Impingement: The Latest in Post-Surgical Rehabilitation (1.25)

Integrating Patient-Centered Outcome Measures into Clinical Practice and Education (0.75)

- JAT Vol. 51 CEU Questions  
*10 separate courses, each worth 5 CEUs*
- Respiratory Influences on Core Stability (1)

### OTHER

- Aligning the Interests of Clinicians, Educators & Researchers to Promote Evidence-Based Practice (1.75)
- Clinical Gait Evaluation and Progressive Rehabilitation After Lower Extremity Injury: How to Prepare for Return to Activity (2.25)
- Dehydration Causes Muscle Cramping: Myth or Fact? (1)

#### DOMAIN 5: ORGANIZATIONAL AND PROFESSIONAL HEALTH AND WELL-BEING

### ESSENTIAL

- Does Heat Applied to a Musculoskeletal Injury Improve Outcome? And, if so, What is the Optimal Method of Applying Heat? (0.75)
- Evidence-Based Practice in Athletic Training, Level 1, Part 1, Modules 1-6 (2)
- Evidence-Based Practice in Athletic Training, Level 1, Part 2, Modules 7-10 (1.5)
- Evidence-Based Practice in Athletic Training, Level 2 (3)

### ADVANCED

- Developing and Utilizing Clinical Outcomes Databases in Clinical Practice (1.25)
- JAT Vol. 51 CEU Questions  
*10 separate courses, each worth 5 CEUs*

### OTHER

- Foundational Concepts of Clinical Outcomes Assessments and Strategies for Implementation (1.5)
- Nuts & Bolts: A Practical Guide to Collecting Patient Outcomes (1.75)