

DEPARTMENT OF REHABILITATION, HEALTH AND WELLNESS

Members of the Department of Rehabilitation, Health and Wellness have expertise across multiple aspects of human health, fitness, injury prevention and rehabilitation; faculty members are active in aspects of fitness, healthcare and education at the state, regional and national level. Faculty members collaborate with other healthcare educators across the School of Health Sciences, School of Medicine and School of Nursing to deliver an interprofessional educational experience.

The Department offers classes to the broader campus community in areas of Fitness, Leisure and Wellness (FLW) and collaborates with the Department of Health Science in offering the Minor in Nutrition. The department is not currently accepting new students into its BS in Athletic Training nor into its Dual-Degree BS in Athletic Training/DPT (4+3) program.

- Bachelor of Science in Athletic Training (<http://catalog.qu.edu/health-sciences/rehabilitation-health-wellness/athletic-training-bs/>) **not currently accepting new students**
- Minor in Nutrition (<http://catalog.qu.edu/health-sciences/rehabilitation-health-wellness/nutrition-minor/>)

Athletic training encompasses the prevention, examination, diagnosis, treatment and rehabilitation of emergent, acute or chronic injuries and medical conditions. Athletic training is recognized by the American Medical Association (AMA), Health Resources Services Administration (HRSA) and the Department of Health and Human Services (HHS) as an allied health care profession.

Athletic trainers (ATs) are highly qualified, multiskilled healthcare professionals who collaborate with physicians to provide preventive services, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions. Athletic trainers work under the direction of a physician as prescribed by state licensure statutes.

At Quinnipiac, the program in athletic training emphasizes practical clinical experience along with a strong foundation in anatomy and physiology, nutrition and fitness and conditioning, among other subjects. The program values personal responsibility and critical decision-making in the development of high-quality, patient-centered care. Students work with student-athletes from Quinnipiac's Division I volleyball, soccer, field hockey, cross country, tennis, basketball and ice hockey teams as well as athletes in local high schools and community-based healthcare settings, all under the supervision of certified athletic trainers and other licensed healthcare providers.

Fitness, Leisure and Wellness

Program Contact: Debora H. Lavigne (debora.lavigne@qu.edu)
203-582-7943

Quinnipiac's School of Health Sciences offers courses that promote and encourage personal growth in the areas of fitness, leisure and wellness. In keeping with the school's mission, the courses are dedicated and focused on the development of the entire person with the goal of encouraging the essential habits of lifetime fitness, leisure and wellness. Classes take place on both the Mount Carmel and York Hill campuses,

as well as at off-campus locations. See FLW course descriptions (<http://catalog.qu.edu/courses-undergraduate/flw/>) for a detailed list of offerings.