



Department of Health and Human Performance

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Athletic Training in the Department of Health and Human Performance is designed to prepare students for a career as a certified athletic trainer (ATC). By completing the course of study students will have the necessary requirements to sit for the Board of Certification for Athletic Trainers (BOC) examination. This program is accredited by the Commission on Accreditation of Athletic Training Education (CAATE).

Athletic training is an allied health care profession. As such, students pursuing this course of study must possess strong academic skills. An extensive background in the exercise sciences is essential. They must also possess the physical ability to perform tasks necessary to assess injuries and to provide emergency care and treatment to injured athletes. Individuals must also have the personal communication skills needed to effectively elicit information from injured or ill athletes. Certified athletic trainers (ATCs) work with high school, university, professional and even Olympic sports teams. They also work in clinics, hospitals and other sport and/or rehabilitation venues.

Undergraduate Program:

The Athletic Training Program (ATP) is a sequential, lock-stepped program, with 120 hours of coursework required for the degree. The first two semesters of a student's program are focused on core curriculum courses. Students begin taking athletic training courses the first semester of their sophomore year.

Students interested in transferring to RU in Athletic Training should pursue prerequisite courses including:

- MATH 137 (MTH 158)
- BIOL 105 (BIO 101)
- BIOL 310 (BIO 141/231)
- BIOL 311 (BIO 142/232)
- PSYC 121 (PSY 200)
- STAT 200 (MTH 157, 240 or 241)
- HLTH 200 (HLT 116)
- CHEM 101 (CHM 101 or 111) or
CHEM 120 (CHM 121 AND 122)

In addition to the required courses, students may wish to get additional certifications such as lifeguard, emergency medical technician, or strength and conditioning specialist (CSCS).

Clinical Experience:

Students in the athletic training program have access to different types of clinical experiences consistent with CAATE accreditation guidelines. Students will have the opportunity to work with team and individual sports, male and female sports and with athletes of various ages. Clinical sites include high schools, universities, clinical settings and physicians offices. Upon graduation student will have over 800 hours of clinical experiences.

Admission to Athletic Training Program:

Admission to the athletic training program is competitive, and a maximum of 20 students will be admitted each year. Applications for admission are due on November 15th of each year. Minimum requirements for admission include a 2.75 cumulative GPA, and a grade of "C" or better in HLTH 200, BIOL 105 and ATTR 150. Other requirements can be found on the athletic training web page. It is possible that qualified applicants will not be offered program admission. Complete admissions information can be found on the programs website.

Additional Resources:

National Athletic Trainer's Association
(www.nata.org)
Board of Certification (www.bocatac.org)
Virginia Athletic Trainers' Association
(<http://www.vata.us/>)
Mid-Atlantic Athletic Trainers' Association
(<http://maata.shuttlepod.org/>)



Athletic Training Sample 4 Year Plan

2014-2015

% Must be taken in designated semester. Courses in **Bold** are required in Core Curriculum.

Fall Semester		Spring Semester	
Freshman Year	Cr.	Freshman Year	Cr.
%University Core A: Core 101	3	%University Core A: Core 102	3
University Core B: Math 137	3	University Core B: BIOL 105	4
CHEM 101 or CHEM 120	4	University Core B: Humanities or V-P Arts	3
College Core B: HLTH 200	3	University Core B: Psychology 121	3
College Core A: US Perspectives	3		
	Total		Total
	16		13
Sophomore Year	Cr.	Sophomore Year	Cr.
%University Core A: Core 201	3	%University Core A: Core 202	3
%ATTR 150: Fund. of Athletic Training	1	ESHE 201: Intro to Athletic Injuries	3
HLTH 320: HLTH and Safety Foundations	3	%ATTR 205: Intro to Athletic Training Skills	2
%BIOL 310: Human Structure & Function I	4	%ATTR 225: Practicum I	1
University Core B: Humanities or V-P Arts	3	%BIOL 311: Human Structure & Function II	4
		ESHE 350: Sport Psychology	3
		%ATTR 333: AT Skill Assessment	1
At the end of semester apply to Athletic Training Program	Total		Total
	14		17
Junior Year	Cr.	Junior Year	Cr.
ATTR 250: Practicum II	3	%ATTR 325: Practicum III	3
%ATTR 323: Assess. of Athletic Injuries I	3	%ATTR 335: Seminar in Athletic Training	2
ESHE 390: Kinesiology	3	%ATTR 340: General Medical Conditions	3
College Core B: STAT 200	3	%ATTR 345: General Medical Rotation	1
ESHE 305: Strength and Conditioning	3	%ATTR 422: Assess. of Athletic Injuries II	3
%ATTR 333: AT Skill Assessment	1	%HLTH 465: Exercise, Perform, & Nutrition	3
		%ATTR 333: AT Skill Assessment	1
	Total		Total
	16		16
Senior Year	Cr.	Senior Year	Cr.
%ATTR 355: Practicum IV	4	%ATTR 425: Org & Admin AT programs	3
%ATTR 365: Therapeutic Exercise	4	%ATTR 430: Senior Seminar	3
%ATTR 420: Therapeutic Modalities	4	College Core A: Global Perspectives	3
ESHE 392: Exercise Physiology	3	College Core B : Human, VPA, FORL	3
%ATTR 333: AT Skill Assessment	1	Elective credits (if BIOL 322 taken)	2
	Total		Total
	16		15

All programs in the College of Education and Human Development are routinely under review to meet state, federal and accreditation requirements. Therefore, this program is subject to change for students entering fall 2015.