**Athletic Training**

This major prepares students for a career as an athletic trainer in high school, college or professional settings or for work in other settings (such as sports medicine clinics, the military, industry, and fitness centers). The program is CAATE accredited and students are prepared for the Board of Certification exam upon graduation. Admission to the athletic training program is competitive and based on available departmental resources. Admission procedures and technical standards can be found at www.cycloneathletictraining.com (http://www.cycloneathletictraining.com).

**Mission**

We promote health and well-being by creating and disseminating knowledge about physical activity and active living. Through discovery, learning and engagement we improve the lives of citizens of Iowa, the United States and the world.

**Goals**

The department has identified the following goals to support this mission:

1. We seek to improve the lives of citizens of Iowa, the United States, and the world by the creation and dissemination of knowledge about physical activity and its relationship to health and well-being.
2. We prepare scholars and professionals in the study of physical activity at the undergraduate and graduate levels.
3. We educate the public and the University community in the scientific aspects of physical activity especially exercise, sport, and the role of movement throughout the lifespan.

**Undergraduate Study**

The Department of Kinesiology offers two Bachelor of Science degrees: Athletic Training and Kinesiology & Health. The undergraduate curriculum major/option is comprised of three components: general education, required departmental courses and the component courses. The intent of the general education component is to promote intellectual and personal growth and to prepare students for success in the basic, advanced and major/option components. Required courses provide an introduction to the field and fundamental principles of physical activity, fitness, health and disease.

**B.S. degree in Athletic Training**

Certified Athletic Trainers are allied medical health professionals who specialize in the prevention, assessment, treatment and rehabilitation of injuries to athletes and physically active individuals who are engaged in physical and athletic activities. To gain certification, candidates must graduate from a CAATE accredited athletic training education program and successfully pass the Board of Certification (BOC) examination. Many states also have licensure requirements to practice athletic training. The Athletic Training education program at Iowa State University, accredited since 2001, includes various athletic training clinical rotations including high school, physical therapy clinics, surgical observation experiences, and emergency room observation. The Athletic Training Program utilizes a competitive admission process for undergraduate students.

**Curriculum in Athletic Training**

This major prepares students for a career as an athletic trainer in high school, college or professional settings or for work in other settings (such as sports medicine clinics, the military, industry, and fitness centers). The program is CAATE accredited and students are prepared for the Board of Certification exam upon graduation. Admission to the athletic training program is competitive and based on available departmental resources. Admission procedures and technical standards can be found at www.cycloneathletictraining.com (http://www.cycloneathletictraining.com).

**Communication Proficiency**

In order to meet graduation requirements, all students must earn an average of C (2.0) or better in ENGL 150 and ENGL 250, with neither grade being lower than a C-. Students not meeting this condition must earn a C or better in an advanced writing course:

- **ENGL 220** Descriptive English Grammar 3
- **ENGL 302** Business Communication 3
- **ENGL 309** Report and Proposal Writing 3
- **ENGL 314** Technical Communication 3

**U.S. Diversity and International Perspectives**

In order to meet graduation requirements, all students must complete 3 cr. of course work in U.S. Diversity and 3 cr. in International Perspectives. See university approved list.

**General Education: Minimum of 38.5 credits required**

**Physical and Life Sciences: 8 cr. min required**

- **BIOL 255** Fundamentals of Human Anatomy 3
- **BIOL 255L** Fundamentals of Human Anatomy Laboratory 1
- **BIOL 256** Fundamentals of Human Physiology 3
- **BIOL 256L** Fundamentals of Human Physiology Laboratory 1

**Additional major-specific requirements are:**

- **PHYS 111** General Physics 5
- **CHEM 163** College Chemistry 4
- **CHEM 163L** Laboratory in College Chemistry 1
- **FS HN 167** Introduction to Human Nutrition 3

**Mathematics and Statistics: 2 cr. min required**

From the following:

- **MATH 140** College Algebra 2-3
- **MATH 145** Applied Trigonometry 2-3
- **MATH 143X** Preparation for Calculus 2-3
- **MATH 150** Discrete Mathematics for Business and Social Sciences 3

**Social Sciences: 9 cr. min required**

- **PSYCH 101** Introduction to Psychology 3
- **PSYCH 230** Developmental Psychology 3
- **Soc 134** Introduction to Sociology 3

**Humanities: 6 cr. min required**

Choose from department approved list.

**Communications: 12.5 cr. min required**

- **ENGL 150** Critical Thinking and Communication 3
- **ENGL 250** Written, Oral, Visual, and Electronic Composition 3
- **SP CM 212** Fundamentals of Public Speaking 3
- **LIB 160** Information Literacy 1
- **LIB 161** Technical Communication 1
- **ENGL 314** Technical Communication 3
- **ENGL 312** Business and Professional Speaking 3

**Program requirements:**

The following courses are required in all majors and options:

- **KIN 252** Disciplines and Professions in Kinesiology and Health 1
- **KIN 253** Orientation in Kinesiology and Health 1
- **KIN 258** Physical Fitness and Conditioning 2
- **KIN 358** Physiology of Exercise (*) 3
- **H S 350** Human Diseases (*) 3
- A grade of C- or better is required.

**Courses for Athletic Training Major**

This major prepares students for a career as an athletic trainer in high school, college or professional settings or for work in other settings (such as sports medicine clinics, the military, industry, and fitness centers). The program is CAATE accredited and students are prepared for the Board of Certification exam upon graduation. Admission to the athletic training program is competitive and based on available departmental resources. Admission procedures and technical standards can be found at www.cycloneathletictraining.com (http://www.cycloneathletictraining.com).

**Option Requirements:**

- **A TR 219** Clinical Practicum in Athletic Training 1
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<td>Basic Athletic Training</td>
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<td>Pre-Athletic Training Clinical Practicum</td>
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<td>A TR 222</td>
<td>Basic Athletic Training for Athletic Trainers</td>
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<td>KIN 266</td>
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**Total Credits**: 59.5-60.5

* A grade of C- or better is required.