ATHLETIC TRAINING

This major prepares students for a career as an athletic trainer in a variety of settings such as high school, college and professional settings. There are additional settings in sports medicine clinics, hospitals, military, industry, and in performing arts. The accredited program will prepare students 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 http://www.kin.hs.iastate.edu/programs/athletic-training/#program-information-and-requirements.

Iowa State University’s Athletic Training Program has transitioned to a Professional Master’s degree program. Undergraduate students will be enrolled in the 3+2 athletic training program with a 3-year Pre-Athletic Training undergraduate curriculum and a 2-year Masters of Athletic Training program in the Department of Kinesiology. Students with a B.S. or B.A. degree may apply directly to the Master’s program with completion of prerequisite coursework, program requirements, and observation hours. For more information, please contact the program director, Dr. Mary Meier, at mary@iastate.edu.

Mission

Athletic training is the art and science of the prevention, recognition, care, and rehabilitation of athletic injuries. It includes the organization and administration of athletic training education programs, as well as the education and counseling physically active individuals and athletes. The Iowa State University athletic training program provides high quality education striving to instill intellectual curiosity, evidence-based knowledge, and clinical skills essential for individual development. The athletic training program enrolls academically qualified students who represent diverse socio-economic levels, ethnic heritage and who provide a gender balance. The program faculty and clinical preceptors strive to prepare athletic training students to be productive and responsible citizens of the world and to foster affective, caring individuals to promote the profession of athletic training.

The Athletic Training faculty and clinical preceptors continually update educational curriculum to keep athletic training students current with field knowledge and to ensure the best possible undergraduate and graduate education in both the didactic and clinical settings.

Goals

1. We prepare athletic training students for the BOC Certification Exam.
2. We produce high quality athletic trainers prepared for employment in educational, clinical, and professional settings.
3. We promote professional and ethical conduct at all times.
4. We provide athletic training students equal opportunity to develop their skills both in the classroom and in the clinical settings.
5. We continually update the curricular offerings to provide the athletic training student current evidence based knowledge in the profession.
6. We provide high quality instruction in the classroom and clinical experiences.
7. We assist the athletic training student in gaining employment.
8. We promote the concept of establishing professional contacts by attending professional and educational meetings.
9. We foster an appreciation of athletic training as a component of sports medicine.
10. We foster the affective, caring side of athletic training.

Student Learning Objectives

1. Athletic training graduates will use effective communication skills.
2. Athletic training graduates will demonstrate competence in athletic training skills and knowledge.
3. Athletic training graduates will possess ethical, caring, professional attributes and behaviors as a health care professional.
4. Athletic training graduates will demonstrate effective critical thinking and problem-solving skills ensuring them of being an effective athletic trainer.
5. Athletic training graduates will demonstrate the ability to apply clinical skills and make evidence-based decisions to optimize patient outcomes.

UNDERGRADUATE STUDY

The Department of Kinesiology offers a Bachelor of Science degree in Kinesiology & Health. The B.S. in Athletic Training degree is only offered upon completion of the 3+2 B.S./M.A.TR. Athletic Training program. 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./M.A.TR. degree in Athletic Training

Certified Athletic Trainers are allied medical health care professionals who specialize in the prevention, assessment, diagnosis, emergency care, and treatment and rehabilitation of injuries. To gain certification as an athletic trainer, candidates must graduate from a CAATE accredited athletic training education program and successfully pass the Board of Certification (BOC) examination. In addition, most states have licensure requirements to practice athletic training. The ISU Athletic Training undergraduate education program has been CAATE accredited since 2001 and has transitioned to a Professional Master’s program. The Athletic Training program at Iowa State University includes various athletic training clinical rotations including high school settings, physical
therapy and hospital clinics, college and university settings, surgical and emergency room observations, and immersive clinical opportunities in orthopedic and non-orthopedic settings.

Curriculum in Athletic Training
This major prepares students for a career as an athletic trainer in high school, college, professional sport settings. Additional settings include sports medicine clinics, hospitals, military, industry, and with the performing arts. The 3+2 program prepares students for the Board of Certification exam upon graduation from the Master’s program. Admission to the Athletic Training Master’s degree program is competitive. Admission requirements for the Professional Master’s in Athletic Training program can be found at http://www.kin.hs.iastate.edu/graduate-programs/athletic-training/ (http://www.kin.hs.iastate.edu/programs/athletic-training/#program-information-and-requirements).

Curriculum in Athletic Training
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 302** Business Communication 3
- **or ENGL 314** Technical Communication
- **LIB 160** Introduction to College Level Research 1
- **SP CM 212** Fundamentals of Public Speaking 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
Physical and Life Sciences:
- **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:
- **CHEM 163** College Chemistry 4
- **or CHEM 177** General Chemistry I
- **CHEM 163L** Laboratory in College Chemistry 1
- **or CHEM 177L** Laboratory in General Chemistry I
- **FS HN 167** Introductory Human Nutrition and Health 3
- **PHYS 131 & 131L** General Physics I and General Physics I Laboratory 4-5
- **or PHYS 115** Physics for the Life Sciences

Mathematics and Statistics:
From the following:

- **MATH 140** College Algebra
- or **MATH 141**: Preparation for Calculus
- or **MATH 144**: Applied Trigonometry
- or **MATH 161**: Calculus I

From the following:

- **STAT 101** Principles of Statistics
- or **STAT 104** Introduction to Statistics

Social Sciences: 9 cr. min required
- **PSYCH 101** Introduction to Psychology 3
- or **PSYCH 230** Developmental Psychology
- **SOC 134** Introduction to Sociology 3

Humanities: 6 cr. min required
Choose from department approved list.

Communications:
- **ENGL 150** Critical Thinking and Communication 3
- **ENGL 250** Written, Oral, Visual, and Electronic Composition 3
- **LIB 160** Introduction to College Level Research 1
- **SP CM 212** Fundamentals of Public Speaking 3

One of the following 3

- **ENGL 302** Business Communication
- or **ENGL 314** Technical Communication
- or **SP CM 312** Business and Professional Speaking

Program requirements:
The following courses are required in all majors and options:

- **H S 110** Personal and Consumer Health 3
- **H S 350** Human Diseases (*) 3
- **KIN 252** Introduction to the Discipline of Kinesiology 1
- **KIN 253** Orientation and Learning Community in Kinesiology and Health 1
- **KIN 258** Principles of Physical Fitness and Conditioning 2
- **KIN 358** Exercise Physiology (*) 3
- **KIN 359** Exercise Physiology Lab 1

* A grade of C- or better is required.

Courses for Athletic Training Major
Option Requirements:
- **A TR 219** Anatomy Clinical Practicum 1
- **A TR 220** Basic Athletic Training 2
- **A TR 221** Pre-Athletic Training Clinical Practicum 1
- **A TR 223** Preseason Clinical Experience Practicum 1
### Athletic Training

**KIN 355**  Biomechanics (*)  3

**KIN 365**  Sport Psychology (*)  3

**KIN 366**  Exercise Psychology  or

**KIN 480**  Functional Anatomy  3

Electives  3

---

*A grade of C- or better is required.

**Athletic Training B.S./Masters (B.S./M.A.T.R.) Degree**

Sample Five-Year Plan

#### First Year

<table>
<thead>
<tr>
<th></th>
<th>Fall Credits</th>
<th>Spring Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>A TR 218</td>
<td>0.5 A TR 218</td>
<td>0.5</td>
</tr>
<tr>
<td>BIOL 255*</td>
<td>3 BIOL 211 or 212</td>
<td></td>
</tr>
<tr>
<td>BIOL 255L*</td>
<td>1 BIOL 211L or 212L</td>
<td></td>
</tr>
<tr>
<td>ENGL 150</td>
<td>3 BIOL 256**</td>
<td>3</td>
</tr>
<tr>
<td>H S 110</td>
<td>3 BIOL 256L**</td>
<td>1</td>
</tr>
<tr>
<td>KIN 252</td>
<td>1 FS HN 167</td>
<td>3</td>
</tr>
<tr>
<td>KIN 253</td>
<td>1 SOC 134</td>
<td>3</td>
</tr>
<tr>
<td>LIB 160</td>
<td>1 STAT 101 or 104</td>
<td>3-4</td>
</tr>
<tr>
<td>PSYCH 101</td>
<td>3</td>
<td></td>
</tr>
</tbody>
</table>

**16.5**  **17.5-18.5**

#### Second Year

<table>
<thead>
<tr>
<th></th>
<th>Fall Credits</th>
<th>Spring Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>A TR 220*</td>
<td>2 A TR 217**</td>
<td>1</td>
</tr>
<tr>
<td>A TR 221*</td>
<td>1 A TR 219</td>
<td>1</td>
</tr>
<tr>
<td>CHEM 163</td>
<td>4 KIN 258</td>
<td>2</td>
</tr>
<tr>
<td>or 177</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CHEM 163L</td>
<td>1 MATH 140, 143, 145, or 165</td>
<td>3-4</td>
</tr>
<tr>
<td>or 177L</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ENGL 250</td>
<td>3 PHYS 115 or 131 and 131L</td>
<td>4-5</td>
</tr>
<tr>
<td>Humanities</td>
<td>3 SP CM 212</td>
<td>3</td>
</tr>
</tbody>
</table>

**15**  **16-17**  **6**

#### Third Year

<table>
<thead>
<tr>
<th></th>
<th>Fall Credits</th>
<th>Spring Credits</th>
<th>Summer Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>A TR 223*</td>
<td>1 A TR 328**</td>
<td>1 A TR 501</td>
<td>1</td>
</tr>
<tr>
<td>A TR 228*</td>
<td>2 H S 350</td>
<td>3 A TR 502</td>
<td>3</td>
</tr>
<tr>
<td>A TR 229*</td>
<td>1 KIN 365 or 366</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ENGL 302, 314, or SP CM 312</td>
<td>3 KIN 372</td>
<td>3 A TR 520</td>
<td>1</td>
</tr>
<tr>
<td>FS HN 367</td>
<td>1 KIN 480 or B M S 448</td>
<td></td>
<td></td>
</tr>
<tr>
<td>KIN 355</td>
<td>3 PSYCH 460</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>KIN 358</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>KIN 359</td>
<td>1</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Apply for admission to the AT/MATR program in December. Acceptance into the program is required before spring of the third year.

#### Fourth Year

<table>
<thead>
<tr>
<th></th>
<th>Fall Credits</th>
<th>Spring Credits</th>
<th>Summer Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>A TR 505*</td>
<td>3 A TR 513**</td>
<td>3 A TR 515</td>
<td>2</td>
</tr>
<tr>
<td>A TR 510*</td>
<td>3 A TR 522**</td>
<td>1 A TR 523</td>
<td>1</td>
</tr>
<tr>
<td>A TR 519*</td>
<td>3 A TR 529**</td>
<td>3 A TR 539</td>
<td>1</td>
</tr>
<tr>
<td>A TR 521*</td>
<td>1 A TR 545**</td>
<td>3 A TR 560</td>
<td>3</td>
</tr>
<tr>
<td>KIN 501**</td>
<td>3</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**10**  **13**  **7**

#### Fifth Year

<table>
<thead>
<tr>
<th></th>
<th>Fall Credits</th>
<th>Spring Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>A TR 550</td>
<td>2 A TR 524**</td>
<td>1</td>
</tr>
<tr>
<td>A TR 559*</td>
<td>5 A TR 569**</td>
<td>5</td>
</tr>
<tr>
<td>A TR 570*</td>
<td>3 A TR 575**</td>
<td>3</td>
</tr>
<tr>
<td>KIN 515</td>
<td>3</td>
<td></td>
</tr>
</tbody>
</table>

**13**  **9**

---

*  A grade of C- or better is required.
Optional experiences: A TR 549A and A TR 549B Athletic Training Clinical Education Study Abroad (3 credits).

* Fall Only Course

** Spring Only Course

Planned course offerings may change, and students need to check the online Schedule of Classes each term to confirm course offerings: https://classes.iastate.edu/.

Humanities, Social Science, International Perspectives, and US Diversity courses: https://kin.hs.iastate.edu/current-students/academics/resources-and-registration/

This sequence is only an example.

Students who have already completed, or will complete, a B.A. or B.S. degree from an accredited institution and who have completed necessary prerequisite course work and other admission requirements can apply for the Master's in Athletic Training program. More information on the admissions requirements and application can be found here: https://kin.hs.iastate.edu/graduate-students/graduate-program/masters-in-athletic-training/admissions-requirements-application/.