

# ATHLETIC TRAINING

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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](mailto: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: 3-4

MATH 140	College Algebra	
or MATH 141	Preparation for Calculus	
or MATH 142	Applied Trigonometry	
or MATH 161	Calculus I	

From the following: 3-4

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 31	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
KIN 373	Biomechanics and Motor Control Laboratory	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
KIN 355	Biomechanics (*)	3
KIN 365	Sport Psychology (*)	3
or KIN 366	Exercise Psychology	
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

Fall	Credits	Spring	Credits
A TR 218	0.5	A TR 218	0.5
BIOL 255*	3	BIOL 211 or 212	3
BIOL 255L*	1	BIOL 211L or 212L	1
ENGL 150	3	BIOL 256**	3
H S 110	3	BIOL 256L**	1
KIN 252	1	FS HN 167	3
KIN 253	1	SOC 134	3
LIB 160	1	STAT 101 or 104	3-4
PSYCH 101	3		
	<b>16.5</b>	<b>17.5-18.5</b>	

#### Second Year

Fall	Credits	Spring	Credits
A TR 220*	2	A TR 217**	1
A TR 221*	1	A TR 219	1
CHEM 163 or 177	4	KIN 258	2
CHEM 163L or 177L	1	MATH 140, 143, 145, or 165	3-4
ENGL 250	3	PHYS 115 or 131 <i>and</i> 131L	4-5

Humanities Choice/US Diversity	3	SP CM 212	3
Psych Choice	3	Humanities Choice/International Perspectives	3
	<b>17</b>		<b>17-19</b>

#### Third Year

Fall	Credits	Spring	Credits	Summer	Credits
A TR 223*	1	A TR 328**	1	A TR 501	1
A TR 228*	2	H S 350	3	A TR 502	3
A TR 229*	1	KIN 365 or 366	3	A TR 509	1
ENGL 302, 314, or SP CM 312	3	KIN 372	3	A TR 520	1
FS HN 367	1	KIN 373	1		
KIN 355	3	KIN 480 or B M S 448	3-4		
KIN 358	3	PSYCH 460	3		
KIN 359	1				

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

	<b>15</b>		<b>17-18</b>	<b>6</b>
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#### Fourth Year

Fall	Credits	Spring	Credits	Summer	Credits
A TR 505*	3	A TR 513**	3	A TR 515	2
A TR 510*	3	A TR 522**	3	A TR 523	1
A TR 519*	3	A TR 529**	3	A TR 539	2
A TR 521*	1	A TR 545**	3	A TR 560	3
		KIN 501**	3		
	<b>10</b>		<b>13</b>	<b>8</b>	

**Fifth Year**

<b>Fall</b>	<b>Credits</b>	<b>Spring</b>	<b>Credits</b>
A TR 550		2 A TR 524**	1
A TR 559*		4 A TR 569**	5
A TR 570*		3 A TR 575**	3
H S 564		3	
<b>12</b>		<b>9</b>	

**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/>.