

## Program Overview: Bachelor of Science, Athletic Training



### About This Major . . .

The Athletic Training (AT) Program is a five-semester clinical program, usually completed from the spring of the sophomore year through the senior year. The AT Program is accredited by the Commission on Accreditation of Athletic Training Education (CAATE). Students in the AT Program receive a variety of clinical education experiences, both on and off campus, in addition to their course work. These experiences prepare them to either enter the workforce upon graduating or to pursue an advanced degree. Recent graduates have accepted jobs at the high school and collegiate level, in orthopedic clinics, and as graduate assistants while working towards masters and clinical doctorate degrees. During the same time frame, graduates of the AT Program have an 75% first-time pass rate on the Board of Certification exam. Overall pass rate over the last 3 years is greater than 88%. By adding in regular athletic training club activities, students within the AT Program have a very robust experience while working towards becoming an athletic trainer.

Admission into the AT Program is competitive and admission into Colorado Mesa University does not guarantee admission into the AT Program. The AT Program ensures the highest quality of education by offering collective learning experiences that enable the student to successfully challenge the Board of Certification examination and pursue numerous career paths as a certified athletic trainer.

**All CMU baccalaureate graduates are expected to demonstrate proficiency in critical thinking, communication fluency, quantitative fluency, and specialized knowledge/applied learning.**

In addition to these campus-wide student learning outcomes, graduates of this major will be able to:

1. Select appropriate prevention and health promotion strategies.
  - Example: Students apply prophylactic taping, wrapping, and bracing.
2. Evaluate pathologies common to an athletic population in a correct and efficient manner.
  - Example: Students demonstrate their ability to evaluate pathologies throughout the human body and present them as a case to their preceptor.
3. Design therapeutic interventions to maximize a patient's participation and health-related quality of life.
  - Example: Student design rehabilitation programs for a number of different pathologies, each focused on a full return to activity.
4. Select and integrate appropriate psychosocial techniques into a patient's treatment program, recognizing when and how to refer where necessary.
  - Example: Students participate in an oral practical exam with a standardized patient who is suffering from a psychosocial condition.
5. Demonstrate the ability to clearly communicate specialized knowledge.
  - Example: Students write a research paper over a topic of their choosing.

### Program Highlights:

#### Club

The Athletic Training Club meets bi-monthly. Club activities focus on the socialization into the athletic training profession and help athletic training students navigate the challenges of becoming an athletic trainer.

#### Internships

Athletic training students complete on average 20 – 25 hours per week in a clinical assignment while matriculating in the Athletic Training Program. These hours serve to meet accreditation standards while providing excellent hands on learning.

#### Careers

Certified athletic trainers gain employment in a variety of settings including but not limited to: high school/college athletic programs, professional sport programs, outpatient physical therapy/sports medicine clinics, industrial/corporate settings, and the military.

#### Graduate School

Athletic Training Program graduates are prepared to seek advanced degrees in athletic training, and with additional course work, other allied health professions including physical therapy, physician assistant, occupational therapy, and medicine.



## Program Requirements

A student must follow CMU graduation requirements by completing 120 semester credit hours, including 40 credits of coursework at the 300+ level. See the “Undergraduate Graduation Requirements” in the catalog for additional graduation information. Students should work closely with a faculty advisor when selecting and scheduling courses prior to registration. In general, CMU’s programs of study are based on two curriculum groups:

### 1. Essential Learning

CMU’s Essential Learning program provides the foundation of skills and information that cuts across all fields of study and the support for advanced concepts that students will later encounter in their majors. Before moving into work at the 300+ level, students complete the Maverick Milestone and its co-requirement, Essential Speech. This pair of courses is a capstone experience where students integrate what they have learned from their foundation courses by making connections among diverse areas of knowledge. The capstone is also an opportunity for students to work with disparate ideas, a critical skill expected of all CMU graduates that will aid them in solving the complex and unscripted problems they will encounter in their personal, professional, and civic lives.

### 2. What You Will Study in This Major. . .

#### Foundational Courses

- Probability and Statistics
- Human Anatomy and Physiology I and Lab
- Human Anatomy and Physiology II and Lab

#### Athletic Training Major Requirements

- History and Philosophy of Sport and Physical Education
- Applications of Physical Fitness and Exercise Prescription
- Prevention and Care of Athletic Injuries
- Introduction to Clinical Athletic Training
- Principles of Evaluation and Assessment
- First aid and CPR/AED for the Health Care Provider, or Medical First Responder
- Physiology of Exercise and Lab
- Anatomical Kinesiology
- Field Experience in Athletic Training I, II
- Clinical Experiences in Athletic Training I, II, III, IV, V
- Biomechanics and Lab
- Upper Body Injury Assessment
- Lower Body Injury Assessment
- Sports Nutrition
- Rehabilitative Exercises
- Therapeutic Modalities
- Medical Conditions and Pharmacology in Sports

#### Electives

Graduate or professional schools with Athletic Training, Physical Therapy (PT), Occupational Therapy (OT), and Physician Assistant (PA) programs often have their own unique prerequisites that are not part of the athletic training major requirements. For example, General Physics is required for most graduate physical therapy programs. Students should check the prerequisites required for the specific schools to which they plan to apply for admission. The prerequisites could include any or all of the following:

- General Biology and Lab
- General Chemistry I, II
- General Physics I, II
- Organic Chemistry
- Biochemistry
- Medical Terminology
- Abnormal Psychology
- Cell Biology
- Trigonometry
- Calculus
- Microbiology
- Pathophysiology

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For more information about this major, go to: <http://www.coloradomesa.edu/kinesiology/degrees.html> or contact the Academic Department Head for Kinesiology, 230 Maverick Center, 970.248.1715.