Pre-Athletic Training

Athletic trainers (ATs) are highly qualified, multi-skilled health care professionals who collaborate with physicians to provide preventative services, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions. Athletic trainers work under the direction of a physician as prescribed by state licensure statutes. Athletic training encompasses the prevention, examination, diagnosis, treatment and rehabilitation of emergent, acute or chronic injuries and medical conditions. Athletic training is recognized by the American Medical Association (AMA), Health Resources Services Administration (HRSA) and the Department of Health and Human Services (HHS) as an allied health care profession.

Athletic Trainers can be found working in many settings, including public and private secondary schools, colleges and universities, professional and Olympic sports, independently owned youth sports facilities, physicians' practices (similar to nurses, physician's assistants, physical therapists, and other clinical healthcare professionals), rural and urban hospitals, hospital emergency rooms, urgent and ambulatory care centers, sports medicine clinics, police and fire departments and academies, branches of the military, and in the performing arts including professional and collegiate-level dance and music programs.

Pre-Athletic Training at UWEC

Pre-Athletic Training is a program of study, not an academic major. No specific academic major is required for pre-Athletic Training. The majority of students will choose one of the following majors in UWEC's Department of Kinesiology to complete their pre-Athletic Training requirements:

- Exercise Science & Rehabilitation Science

Admission Requirements:

Requirements will vary by school, due to differently-structured programs. Students should research and identify early which schools they plan to apply to, so that the undergraduate experience can be planned accordingly. Application to UWEC's Master's in Athletic Training program will require:

- A completed Bachelor's degree with any major from an accredited institution.
- Completion of all prerequisite courses.
- Competitive overall and science GPAs.
- Observational experience in Athletic Training (50- 100 hours).
- Letters of recommendation (at least one from a licensed Athletic Trainer).
- Completed application with Athletic Training Centralized Application Service (ATCAS).
- Face-to-face interview with UWEC Athletic Training faculty.

Required Pre-AT Courses for UWEC's Athletic Training program: (Admission requirements and prerequisites may differ for other school's programs, so it is important to check for specific requirements.)

Courses	Required Credits	Suggested UWEC Courses
Human Anatomy and Physiology	2 semesters	BIOL 214 and 314 (8cr)
General Chemistry	1 semester	CHEM 105 and CHEM 106 (5 cr)
Statistics	1 semester	MATH 246 (4 cr)

Physics	1semesters	PHYS 100 (4 cr) or PHYS 211 (5 cr)
Biomechanics	1 semester	KINS 304 (3 cr)
Exercise Physiology	1 semester	KINS 308 (3 cr)
Strength & Conditioning	1 semester	KINS 357 (3 cr)
Psychology	1 semester	PSYC 100 (3 cr)
Human Nutrition	1 semester	BIOL 196 (3 cr)

Recommended Courses: The following courses are recommended by some athletic training programs:

ENPH 450 Epidemiology	PSYC 230 Human Development
ENPH 225 Introduction to Public Health	PSYC 331 Child Psychology
KINS 275 Care & Prevention of Athletic Injuries	PSYC 332 Psychology of Adolescence
KINS 292 Coaching & Management Theory	

Graduate Record Exam (GRE): Although this exam is <u>not</u> required for application to UWEC's Athletic Training program, it may be required by other schools' programs. The exam consists of 3 sections, Verbal Reasoning, Quantitative Reasoning and Analytical Writing. It is often taken in the spring semester or summer following the junior year. Go to: http://www.ets.org/gre for more information on the GRE.

Suggested Pre-AT Curriculum: The following program is suggested for a student in any major. It is important that students work with a pre-AT advisor each semester. This is <u>one</u> example of how the pre-AT courses can be arranged. Courses will not necessarily be taken in this order. The order of courses taken will depend on the student's major.

Freshman year – Fall KINS 294 PSYC 100 LE & Major courses	**Freshman year – Spring** PHYS 100 or 211 CHEM 105 & 106 LE & Major courses
Sophomore year – Fall BIOL 214 KINS 304 BIOL 196 LE & Major courses	**Sophomore year – Spring** BIOL 314 MATH 246* KINS 308 Additional science course
Junior year – Fall KINS 357 LE & Major courses (Prepare for GRE)	**Junior year – Spring** LE & Major courses (Take GRE and apply to schools in summer)
Senior year – Fall Complete Major/Minor/LE Additional recommended courses	**Senior year – Spring** Complete Major/Minor/LE Additional recommended courses

 *Beginning course in mathematics depends on UWEC Mathematics Placement Exam score

UWEC Pre-AT Advisors:
Dr. Corey Hannah (hannahcm@uwec.edu)   Dr. Anita Huang (huangyul@uwec.edu)
Dr. Bob Stow (stowrc@uwec.edu)
See a Life & Health Sciences Academic Advisor in the Advising, Retention and Career Center

More Information:
Some schools in our region with graduate programs in Athletic Training:
- University of Wisconsin—Stevens Point
- University of Wisconsin—La Crosse

- Carroll University
- Carthage College
- Concordia University Wisconsin
- Marquette University
- University of Wisconsin—Green Bay
- University of Wisconsin—Milwaukee
- The College of St. Scholastica
- Winona State University
- For a list of all schools: https://caate.net/find-programs/

Visit the *Health Careers Center* in Schofield Hall 30 or at uwec.ly\hcc to learn more about healthcare, professional school applications, and Athletic Training programs.