Athletic Training

Athletic Training Degree

Program Goals and Objectives

The mission of the Department of Athletic Training is to develop students into competent allied healthcare professionals in the field of Athletic Training. The program will provide, through a liberal arts based education, the didactic and clinical experiences that will foster an environment of serving others while employing the principles of professional excellence, ethical leadership and social responsibility. Successful completion of this program will allow the student to sit for the BOC examination.

Goals

1. To fulfill the competencies in athletic training as identified by the BOC Role Delineation Study
2. To graduate with a degree in athletic training (BSAT)
3. To provide students with the necessary background to successfully complete the BOC examination
4. To provide the students with the opportunity to develop the critical thinking, evidence based decision-making, and communication skills needed for a career in Athletic Training.
5. To promote acceptable standards of ethical conduct and professionalism.
6. To continually seek the highest quality in instruction, clinical experience, and professional growth.
7. To create an environment consistent with quality health care for the athletes/patients in the clinical setting.

Department Program Student Learning Outcomes

1. Athletic training students will be able to demonstrate advancing clinical proficiency emphasizing sound principles of clinical research and critical thinking skills culminating into a system of quality patient care.
2. Athletic Training students and graduates will be prepared to make a difference in the world by demonstrating the common values and behaviors of the athletic training profession while employing professional excellence, ethical leadership and social responsibility.
3. Graduates will be prepared for a career in athletic training and/or graduate study or employment in related allied healthcare professions.

Central Methodist University's CAATE (Commission on Accreditation of Athletic Training Education) accredited undergraduate program in athletic training is designed to prepare students for the Board of Certification Examination (BOC) and to prepare students for an entry level career in the prevention, evaluation, treatment, and rehabilitation of athletic injuries. The program will provide, through a liberal arts based education, the didactic and clinical experiences required and set forth by CAATE.

Prospective students must first be accepted for admission to Central Methodist University, indicate athletic training as a potential degree, and schedule a campus visit and interview with the athletic training program director and staff. Admission to the athletic training program is competitive and requires that each applicant complete a pre-professional program in order to be eligible for formal admission to the athletic training education program (professional program). Review the Athletic Training Education Program’s [technical standards](https://www.centralmethodist.edu/academics/catalog/clas-catalog/majors-courses/athletic-training.pdf).

Students who desire a degree in Athletic Training but who have an ACT of < 21 will be admitted to the Pre-Health Professions track instead of pre-AT. Students who are admitted to CMU via the Academic Standards and Admissions Committee are required to be categorized initially as "undeclared." Any student who is academically successful in meeting the admission requirements to pre-AT (at the completion of the freshman year for AT) will be eligible for admission to AT. Students unsuccessful in achieving or maintaining the academic level required to participate in the AT program have this additional exit option of an Associate of Science degree that can be built from courses already taken (See catalog section under Allied Health).

Pre-Professional Program (LEVEL I)

Before a student can be considered for formal admission to the athletic training education program, the following pre-professional (level 1) requirements must be met:

1. Completion of the following coursework with a grade of “C” or above: BI101, BI102, BI107 and a grade of "B" or above in AT123, AT103, AT213/214.
2. Completion of 100-300 hours of clinical observation under the direct supervision of a certified athletic trainer (clinical evaluation is 30% of weight in selection formula). Note*: The pre-professional observation hours will not count toward the clinical hours required for graduation.

3. Maintain a residential GPA of 3.0 (40% of weight in selection formula).
4. Complete program application materials (essay is 5% of weight in selection formula).
5. Submit current college transcripts.
6. Submit 3 letters of recommendation (5% of weight in selection formula).
7. Formal interview by selection committee (20% of weight in selection formula).

Application deadline is March 1 for fall semester consideration into professional program (second year). Candidates will be notified of their status by April 1. Only those students who have been formally admitted to the program will be allowed to take advanced course work and clinical experience. Students denied may reapply in the following spring semester.

Health requirements. Immunization Policy of CMU requires students enrolled at Central Methodist University for the first time to have documented proof of measles immunity, a recent tetanus/diphtheria booster, and complete a questionnaire screening for tuberculosis. This documentation is required prior to class attendance.

Student’s applying to the Athletic Training program must provide vaccination records for Measles, Mumps, and Rubella (MMR), Tetanus, and submit proof of or waiver of Hepatitis B vaccination. Students failing to show proof of MMR, Tetanus, and Hepatitis B vaccinations may be admitted to the ATP but will not be allowed to start clinical rotations until proof is confirmed. Immunizations for Hepatitis A, Meningococcal, and an annual flu vaccine is highly recommended for all ATP students. It is possible that a particular facility may require additional screening requirements before being allowed to begin a clinical observation/rotation. Students must be aware that exemptions for any reason may affect clinical rotation placement. The situation could occur where the student would be unable to complete the clinical course and thus be unable to complete the requirements of the AT program. Students must provide proof of a physical examination to ensure that they are physically capable of handling the duties required to complete the competencies for athletic training knowledge and skill acquisition.

CMU has a chapter of the Athletic Training Student Organization (ATSO) (advisors: Profs. Wade Welton and Jill Pratte).

Levels II, III, and IV

In addition to the curriculum requirements, each student must complete clinical hours under the direct supervision of a certified athletic trainer/clinical instructor within the Central Methodist University athletic training program. The following are clinical experience classes: AT101, AT102, AT201, AT202, AT301, AT312 and AT302. Prior to performing off-campus clinical rotations, students may be required to purchase individual student professional liability coverage. Each clinical satisfies one or more sections of the following clinical experiences:

1. One season of Football.
2. Two CMU intercollegiate team experiences dealing with lower extremity injuries. i.e. Basketball, Soccer.
3. Two CMU intercollegiate team experiences dealing with upper extremity injuries. i.e. Softball, Baseball.
4. A general medical experience rotation.
5. One semester at an affiliated high school setting.
6. One semester with a rehabilitation clinic.
7. CMU morning treatment and rehabilitation.

Please see CMU Athletic Training Handbook for more specific program details.

Retention Policy - Program levels II, III, and IV

1. **Clinical**: Preceptors will assess the student's performance each semester. Each student will be evaluated on a 5 point system and must receive a 70% in order to continue to the next clinical. Students who fail to make 70% will be placed on a one-semester probation. If not satisfied within the allotted time, then the student may be dismissed from the program.
2. **Didactic**: The student must maintain a residential grade point average of 3.0, and earn a "C" or above in Human Anatomy, Chemistry, Biology 101 and 102, Human Physiology, and Anatomy/Kinesiology. Failure to comply with guidelines is grounds for probation of dismissal from the program.
3. The student must earn a grade of "B" in all Athletic Training (AT) courses. Grades are not "rounded:" a grade of 79.8% is not rounded to 80% and is posted as a "C". Should a student receive a grade of less than B for any one AT course, s/he must present a petition to the Athletic Training Admissions Committee for permission to repeat the course in the next available offering. Each petition should outline a plan of action designed to improve that student's potential for success in the repeated course. Students are required to follow the Athletic Training Curriculum sequence for the BSAT. Courses are only offered in specific semesters/terms. If a student is allowed to repeat a course, the student must wait until the next time the course is offered, on a space-available basis. Students who must repeat an AT course are allowed to complete all AT courses for the current semester/term; students are not allowed to progress to the next semester/term course sequence until they have passed all courses in the current semester.
4. Withdrawal from any AT courses other than for medical reasons is considered the same as being academically unsuccessful in that course for purposes of progression through the athletic training program. Should the student receive any second grade of less than B for any AT course, the second grade of less than a B will result in the student's dismissal from the athletic training program.

Transfer Policy

Students wishing to transfer to Central Methodist University and the athletic training program must apply for the program and follow the same selection process as other candidates. Transfer students must have their transcript evaluated by the Registrar's Office and the Athletic Training Program Director. Courses required in Level I may transfer from the student's original college or university as long as they are substantially the same in scope and content as similar courses offered at CMU. Levels II, III, and IV must be completed at CMU unless approved by the AT program director.

ATfees

Additional Fees

In addition to tuition, housing, books / supplies, and transportation costs (see Student Expenses for a breakdown of tuition and fees), students in the Athletic Training Program will incur additional expenses. The following is a breakdown of the most common costs:

1. Portfolio fee - $120 (Second Semester Freshman Year)
2. Sports Medicine/Athletic Training Fee - $75 per semester: This covers the program physical and AT 302 Clinical costs for ACES workshop.
3. Travel to and from clinical sites - varies (Senior Year)
4. Liability Insurance for clinical rotations - $40 (Senior Year)
5. Professional Memberships /CMU Student AT Association Fee - $30/$90.

NOTE: Fees are subject to change.

Non-Discriminatory Policy

It is the Athletic Training program policy that all decisions regarding recruitment and admissions shall be made without discrimination on the basis of race, color, age, disability, religion, sex, national origin, marital status, political affiliation, sexual orientation or other individual characteristics other than qualifications for the program, quality of performance, and conduct related to the program in accord with the university's policies, rules and applicable law.

Accreditation

The Central Methodist University Athletic Training Program is accredited by the Commission on Accreditation of Athletic Training Education (CAATE). Central Methodist University Athletic Training (CMUAT) has been accredited since 2001.

Athletic Training Courses

See related course listings under Allied Health.

AT101 Clinical Experiences in Athletic Training I. 2 hours. Under the direct supervision of a program-certified athletic trainer the student is responsible for providing total athletic training care for their assigned team. Clinical will be graded on performance evaluations, proficiency competency, and a semester paper. Prerequisite: formal admission to Athletic Training program. Fall.

AT102 Clinical Experiences in Athletic Training II. 2 hours. Under the direct supervision of a program-certified athletic trainer the student is responsible for providing total athletic training care for their assigned team. Clinical will be graded on performance evaluations, proficiency competency, and a semester paper. Prerequisite: AT101.

AT103 Introduction to Athletic Training. 3 hours. Introduction to the profession of athletic training; training and conditioning techniques; and nutritional and environmental considerations. Course enrollment is open only to pre-Athletic Training majors.

AT123 Care and Prevention of Athletic Injuries. 3 hours. Study of the proper methods for prevention, recognition, immediate care, and pathology for common sports related injuries and illnesses. Course enrollment is open only to pre-Athletic Training majors.

AT201 Clinical Experiences in Athletic Training III. 3 hours. Under the direct supervision of a program-certified athletic trainer the student is responsible for providing total athletic training care for their assigned team. Clinical will be graded on performance evaluations, proficiency competency, and a semester paper. Prerequisite: AT102.
evaluations, proficiency competency, and a semester paper. Prerequisites: AT102 and formal admission to Athletic Training program. Fall.

**AT202 Clinical Experiences in Athletic Training IV.** 3 hours. Under the direct supervision of a program-certified athletic trainer, the student is responsible for providing total athletic training care for their assigned team. Clinical will be graded on performance evaluations, proficiency competency, and a semester paper. Prerequisite: AT201. Spring.

**AT212 First Aid/Community CPR.** 2 hours. This course provides certification for first aid and CPR. Fall.

**AT213 First Aid/Community CPR Lab.** 1 hour. Clinical class designed to provide practice of skills and proficiencies learned in PE212. Prerequisite: Concurrent enrollment in PE212. Fall.

**AT301 Clinical Experiences in Athletic Training V.** 3 hours. Under the direct supervision of a program-certified athletic trainer, the student is assigned a high school rotation. Clinical will be graded on performance evaluations, proficiency competency, and a semester paper. Prerequisite: AT201. Fall.

**AT302 Clinical Experiences in Athletic Training VI.** 3 hours. Under the direct supervision of a program-certified athletic trainer, the student is assigned a sports medicine clinic and emergency room rotation. Clinical will be graded on performance evaluations, proficiency competency, and a semester paper. Prerequisite: AT201.

**AT306 Therapeutic Modality Techniques.** 3 hours. Study of the skills in the use of therapeutic modalities including cold, heat, water, sound, electricity and massage in addition to the procedures, both written and verbal, for their use in treating injuries. Prerequisites: AT123 and concurrent enrollment in AT307. Fall.

**AT307 Therapeutic Modality Techniques Lab.** 1 hour. Clinical class designed to provide practice of skill and proficiencies in Therapeutic Modalities. Prerequisites: AT123 and concurrent enrollment in AT306. Fall.

**AT308 Rehabilitation Techniques I.** 2 hours. Study of the basic components of a comprehensive rehabilitation program including the therapeutic goals and objectives, selection of modality and exercise, methods of evaluating and recording rehabilitation progress and return to competition. Prerequisite: AT123 and concurrent enrollment in AT309. Fall.

**AT309 Rehabilitation Techniques Lab I.** 1 hour. Clinical class designed to provide practice of skills and proficiencies of rehabilitation techniques. Prerequisite: AT123 and concurrent enrollment in AT308. Fall.

**AT310 Rehabilitation Techniques II.** 2 hours. Course designed to study more detailed components of a rehabilitation program, concentrating on specific protocols for upper and lower extremity rehabilitation. Prerequisites: AT308/309 and concurrent enrollment in AT311.

**AT311 Rehabilitation Techniques Lab II.** 1 hour. Clinical class designed to provide practice of skill and proficiencies from Rehabilitation Techniques II lecture. Prerequisite: AT308/309 and concurrent enrollment in AT310.

**AT312 Athletic Training Surgical Clinical.** 1 hour. Orthopedic surgery clinical with emphasis on observing a surgery, reviewing medical literature abstracts, and writing/presenting a rehabilitation case study at the end of the semester. Prerequisites: AT306 and AT308.

**AT320 Organization and Administration of Athletic Training.** 3 hours. Skills necessary related to maintaining the athlete’s athletic training records, inspecting athletic training facilities to ensure compliance with mandated safety standards, purchasing of and caring for equipment and supplies, establishing procedures and policies for the daily operation of the athletic training room and establishing an emergency support and triage plan. Fall.

**AT326 Advanced Athletic Training–Lower Extremity Assessment.** 3 hours. Emphasis is on orthopedic evaluation techniques for the lower extremities as well as injury and illness assessment. Prerequisite: AT123 and concurrent enrollment in AT327.

**AT327 Advanced Athletic Training LE Lab.** 1 hour. Clinical class designed to provide practice of skills and proficiencies in lower extremity orthopedic evaluation. Prerequisite: AT123 and concurrent enrollment in AT326.

**AT328 Advanced Athletic Training – Upper Extremity Assessment.** 3 hours. Emphasis is on orthopedic evaluation techniques for the upper extremities as well as injury and illness assessment. Prerequisite: AT123 and concurrent enrollment in AT329. Fall.

**AT329 Advanced Athletic Training UE Lab.** 1 hour. Clinical class designed to provide practice of skills and proficiencies in upper extremity orthopedic evaluation. Prerequisite: AT123 and concurrent enrollment in AT328. Fall.
AT340 Pharmacology for Athletic Trainers. 3 hours. Introduction to basic medical concepts and related scientific information to provide a foundation in the prevention, recognition, assessment, management, and rehabilitation of sport related injuries and illness. Fall.

AT345 General Medical Assessment for Athletic Trainers. 3 hours. A study of the knowledge, skills, and values an athletic trainer must possess to assess general education conditions for the physically active. Course content to include: assessment of the trunk, chest, abdomen, lower axial spine, illnesses, skin conditions, and will teach the application of general medical assessment techniques used by health care providers. Prerequisites: AT326/327, AT328/329, BI205 and admission to the professional phase of the Athletic Training program.