Athletic Training | Major

“Alvernia University has provided me with the knowledge and professional skills necessary for a career in athletic training. The professors invest themselves in your education to ensure the best learning and the classes are structured with the student in mind. Alvernia's mark has been left on me and I continue to carry the things I've learned with me through many different aspects of my life.” —Courtney Christman ’11, Graduate Student at Widener University, Doctorate of Physical Therapy

PROGRAM HIGHLIGHTS IN BRIEF

According to the National Athletic Trainers’ Association (NATA), a Certified Athletic Trainer is a highly educated and skilled professional specializing in athletic health care. In cooperation with physicians and other allied health personnel, the athletic trainer functions as an integral member of the athletic health care team in secondary schools, colleges and universities, sports medicine clinics, professional sports programs and other health care settings.

ACADEMIC QUALITY

Alvernia University's Athletic Training Education program is designed to prepare students to take the Board of Certification (BOC) exam. Students who fulfill the degree requirements of an accredited program are eligible to take the BOC exam. Once BOC certified, students are eligible to apply for Pennsylvania State Certification, or other individual state licensing. Alvernia's Athletic Training program is accredited by CAATE (Commission on Accreditation of Athletic Training Education). The commission is located at: 2201 Double Creek Drive, Suite 5006, Round Rock, TX, (512)-733-9700.

ADMISSION REQUIREMENTS

Admission requirements of the university must be met before students are able to declare athletic training as their major. Upon completion of the criteria listed below, students must then apply for acceptance to the program (forms available in athletic training program office).

- Completion of at least 24 credits with a minimum GPA of 2.5. Courses must include AT 101, 113, 222; BIO 107, 108, 117 and 118. (Department chair of the courses taken and Program Director of the athletic training major must approve comparable course work for transfer students.)
- Documentation of 50 directed observation hours.
- Formal application and essay, and two recommendation forms and a grade of “C” or better in all courses previously mentioned.
- Approval of the faculty athletic training selection committee. Entry is limited on a space available basis.

Selection criteria for admission into the Athletic Training Education program are available in the Program Director’s office and the Athletic Training Education Program Policy & Procedures Manual. Acceptance in the program allows students to continue with the athletic training curriculum. Students admitted into the Athletic Training major must maintain a 2.5 GPA. Students falling below these levels will be reviewed by the program director and placed on probation or possibly dismissed from the program.

CAREER OPPORTUNITIES

College/University Athletic Trainer
High School Athletic Trainer
Industrial Athletic Trainer
Professional Athletic Trainer

Military Settings
Orthopedic/Sports Medicine Clinics
Physician Extender
## CURRICULUM OVERVIEW

When students are formally admitted into the Athletic Training Education Program, they must meet the following requirements:

- Obtain specific immunizations: TB Test (yearly), Diphtheria Tetanus Booster, Measles, Mumps and Rubella and the series of Hepatitis B vaccinations.
- Maintain current certification in CPR and First Aid

During the student's junior and senior years, they complete a total of 800+ hours of field experience (200+ hours each semester). Students have over 20 different sites to choose where they complete their clinical experience—ranging from high schools and colleges to professional sports.

The following outlines a sample eight-semester sequence including courses required for an Athletic Training major. Liberal Arts requirements are placed in various semesters, but they can be interchanged with any semester.

### Semester 1 (15 Credits)
- **AT 101** Introduction to Athletic Training
- **COM 101** Composition and Research
- **BIO 107** Human Anatomy & Physiology
- **BIO 117** Human Anatomy & Physiology I Lab
- **COL 110** College Success Skills
- **Foreign Language**

### Semester 2 (17 Credits)
- **AT 113** Emergency Response
- **AT 222** Care and Prevention of Athletic Injuries
- **BIO 108** Human Anatomy & Physiology II
- **BIO 118** Human Anatomy & Physiology II Lab
- **PSY 101** Introductory Psychology
- **Foreign Language**

### Semester 3 (17 Credits)
- **AT 209** Therapeutic Modalities and Treatment Techniques
- **AT 250** Recognition and Eval of Athletic Injuries I
- **BIO 216** Nutrition
- **PSY 208** Human Development Across the Life Span
- **THE 105** Foundations of Theology

### Semester 4 (15 Credits)
- **AT 206** Therapeutic Exercise
- **AT 251** Recognition and Eval of Athletic Injuries II
- **BIO 211** Kinesiology
- **Communication**

### Semester 5 (15 Credits)
- **AT 301** Advanced Athletic Training Procedures
- **AT 310** Athletic Training Clinical I
- **AT 321** Strength & Conditioning Techniques for Rehabilitation Professionals
- **BIO 208** Neuroscience for Rehabilitation
- **History**
- **Elective**

### Semester 6 (15 Credits)
- **AT 311** Athletic Training Clinical II
- **AT 340** Organization and Administration of Athletic Training
- **PHI 105** Foundations of Philosophy
- **MAT 208** Introductory Statistics
- **Literature**

### Semester 7 (15 Credits)
- **AT 410** Athletic Training Clinical III
- **AT 433** Exercise Physiology
- **AT 445** Senior Capstone I
- **PED 304** Wellness for Life
- **THE 210** Medical Moral Theology

### Semester 8 (15 Credits)
- **AT 411** Athletic Training Clinical IV
- **AT 446** Senior Capstone II
- **BIO 405** Pharmacology
- **THE/PHI (200 or higher)**
- **ART/MUS**

### CONTACT INFORMATION

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