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 217 Sports 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** (17 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** (14 Credits)
AT 411 Athletic Training Clinical IV
AT 440 Pharmacology in Athletic Training
AT 446 Senior Capstone II
THE/PHI (200 or higher)
ART/MUS

Program requirements are subject to change. Contact your admissions counselor for the most up to date information.

CONTACT INFORMATION

Kimberly J. Stoudt, Ed.D., ATC, NREMT-B, EMT-T
Athletic Training Education Program Director/
Assistant Athletic Trainer
1-610-796-8335
kim.stoudt@alvernia.edu

Office of Admissions
1-610-796-8269
admissions@alvernia.edu