Athletic Training | Major

“Alvernia University's athletic training program fosters a noteworthy environment that focuses on personal attention and professional growth. The classes are small and the faculty is hard-working, engaging, and dedicated to providing a learning environment that is a perfect balance between theoretical and practical education.” —Jamie Reiger ’10, Neurophysiologist at SpecialtyCare

PROGRAM HIGHLIGHTS IN BRIEF

Athletic Trainers (ATs) are health care professionals who collaborate with physicians. The services provided by ATs comprise prevention, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions.

ACADEMIC QUALITY

Alvernia University’s Athletic Training 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: 6836 Austin Center Blvd., Suite 250, Austin, TX 78731-3193. (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.
• Completion of technical standards

Selection criteria for admission into the Athletic Training program are available in the Program Director’s office and the Athletic Training 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 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.
- Obtain yearly bloodborne pathogens training.
- Maintain current certification in CPR and First Aid.
- Submit a completed health record to the Health & Wellness Center

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 (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
MAT 208 Introductory Statistics

Semester 6 (15 Credits)
AT 311 Athletic Training Clinical II
AT 340 Organization and Administration of Athletic Training
PHI 105 Foundations of Philosophy
History
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
Elective

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., LAT, ATC, NREMT-B, EMT-T
Athletic Training Program Director/Assistant Professor/Assistant Athletic Trainer
1-610-796-8335
kim.stoudt@alvernia.edu

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

400 Saint Bernardine Street • Reading, PA 19607 • 1.888.ALVERnia • www.alvernia.edu