Athletic Training (ATTR)

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Health, Human Performance and Recreation Website (http://hhpr.uark.edu)

Degrees Conferring:
M.At. in Athletic Training (ATTR)

Program Description: The Master of Athletic Training degree program prepares individuals for employment as athletic trainers for high school, college, professional sports organizations and private clinics. The Master of Athletic Training degree requires 56-59 credit hours of course work to graduate.

M.At. in Athletic Training

Prerequisites to Athletic Training Degree Program: For acceptance to the Master of Athletic Training degree program, in addition to the general requirements for admission to the Graduate School, an undergraduate degree in kinesiology or in a related field and the following admission standards: an overall undergraduate GPA of 3.00 or if the overall undergraduate GPA is between 2.70 and 2.99, the student must have a 3.00 GPA on the last 60 hours of undergraduate course work (excluding student teaching), or a GRE score of 1000 on the verbal and quantitative parts of the general test.

Requirements for the Master of Athletic Training Degree:
Candidates for the Master of Athletic Training degree must complete 53 semester hours of graduate work and an independent research project or thesis. A graduate GPA of 3.0 or better is required for graduation. In addition, all degree candidates must successfully complete the required athletic training competencies and proficiencies as mandated by the accrediting body.

The Master of Athletic Training:
The student is offered the opportunity to interact with high quality researchers/teachers in the field of exercise science throughout the two and half years of course work, clinical rotations, and the research thesis, project or case study. Employment opportunities for graduates include serving as health care professionals for sports medicine clinics and hospitals. Other employment opportunities include professional teams as well as university, college, and secondary school athletic teams. This athletic training program is a pre-certification program in athletic training and is not intended for students who are already eligible to sit for the BOC examination. This is a full-time graduate program that begins in July each year, and requires considerable clinical experience as part of the requirements for graduation. This is a competitive master’s program that requires admission to the HHRP department and the Graduate Athletic Training Education Program.

Deficiency/Prerequisite Courses for Admission to the Master of Athletic Training: Students desiring admission to the athletic training education program must complete the following deficiency/prerequisite courses prior to admission:

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>NUTR 1213</td>
<td>Fundamentals of Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>EXSC 3393</td>
<td>Prevention and Care of Athletic Injuries</td>
<td>3</td>
</tr>
<tr>
<td>EXSC 3153</td>
<td>Exercise Physiology</td>
<td>3</td>
</tr>
<tr>
<td>EXSC 3353</td>
<td>Mechanics of Human Movement</td>
<td>3</td>
</tr>
<tr>
<td>BIOL 2213</td>
<td>Human Physiology (ACTS Equivalency = BIOL 2414 Lecture)</td>
<td>4</td>
</tr>
<tr>
<td>&amp; BIOL 2211L</td>
<td>and Human Physiology Laboratory (ACTS Equivalency = BIOL 2414 Lab)</td>
<td></td>
</tr>
<tr>
<td>BIOL 2443</td>
<td>Human Anatomy (ACTS Equivalency = BIOL 2404 Lecture)</td>
<td>4</td>
</tr>
<tr>
<td>&amp; BIOL 2441L</td>
<td>and Human Anatomy Laboratory (ACTS Equivalency = BIOL 2404 Lab)</td>
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</tbody>
</table>

If the above courses were obtained at a college/university other than the University of Arkansas, course syllabi/outlines for courses that are requested to meet the requirements must be submitted to the Program Director of Athletic Training Education for approval. It is imperative that students have the equivalent of the above undergraduate deficiencies/prerequisites to satisfy the competencies set forth by the National Athletic Trainers’ Association Board of Certification. Students will be assigned to complete the above deficiency/prerequisite courses if no evidence of the above courses is presented.

Students who desire consideration for admission to the athletic training education program must submit the following information:
1. Current CPR/First Aid Certification;
2. Each student must provide evidence of a preprogram physical examination based on the University of Arkansas athletic training education program’s technical standards by a board certified physician;
3. Evidence of immunizations (mumps, measles, rubella, tetanus, and diphtheria);
4. Hepatitis B vaccination or waiver prior to beginning the clinical field base experience (the University of Arkansas Student Health Center offers the Hepatitis B vaccination for $120.00 for all three shots);
5. A current tuberculosis screening test;
6. A minimum of 50 hours of observation under the direct supervision of a BOC certified athletic trainer;
7. Three professional letters of recommendation;
8. Completion of the University of Arkansas Graduate School Application (because of national accreditation standards/guidelines, admission into the athletic training education program is selective, and therefore, admission to the Graduate School of the University of Arkansas does not guarantee admission into the Athletic Training Education Program);
9. Completion of the Athletic Training Education Program Application (see athletic training Web site);
10. An official copy of all transcripts; and
11. All prospective students must satisfy required athletic training technical standards that are listed below.

Athletic Training Education Technical Standards: Because the Master of Athletic Training degree and BOC certification signifies that the holder is a clinician prepared for entry into the practice of athletic training.
training within a variety of employment and education settings, it follows
that graduates must have the knowledge and skills to function in a broad
variety of clinical situations and to render a wide spectrum of patient
care. Therefore, the students must meet technical standards before
being admitted to the Athletic Training Education Program. The technical
standards set forth by the Athletic Training Educational Program establish
the essential qualities considered necessary for students admitted to this
program to achieve the knowledge, skills, and competencies of an entry-
level athletic trainer, as well as meet the expectations of the program’s
accrediting agency (Commission on Accreditation for Athletic Training
Education (CAATE). Applicants who may not meet these technical
standards are encouraged to contact the Program Director of Athletic
Training Education, 303 HPER Building, University of Arkansas. The
following are the technical standards:

1. Candidates must be able to actively learn from observations,
demonstrations, and experiments in the basic sciences.
2. Candidates must be able to learn to analyze, synthesize, solve
problems, and reach assessment and therapeutic judgments
distinguished from the norm.
3. Candidates must have sufficient sensory function and coordination
to perform appropriate physical examinations using acceptable

4. Candidates must be able to relate effectively to athletes and the
physically active and to establish sensitive, professional relationships
with them.
5. Candidates are expected to be able to communicate the results of the
assessment to the injured or ill exerciser, to responsible officials, to
parents or guardians, and to colleagues with accuracy, clarity, and
efficiency.
6. Candidates are expected to learn and perform routine prevention,
assessment, emergency care, and therapeutic procedures.
7. Candidates are expected to be able to display good judgment in the
assessment and treatment of injured or ill athletes and physically
active individuals.
8. Candidates must be able to learn to respond with precise, quick, and
appropriate action in emergency situations.
9. Candidates are expected to be able to accept criticism and respond
by appropriate modification of behavior.
10. Candidates are expected to possess the perseverance, diligence,
and consistency to complete the athletic training degree curriculum as
outlined and sequenced, to attempt BOC certification within the year
of program completion, and to enter the practice of athletic training.

Prospective students are required to consult the athletic training website
(http://kins.uark.edu/atep) for information concerning application
procedures and specific policies and procedures of the athletic training
education program. Following the deadline for application acceptance,
the athletic training selection committee, which is comprised of the two
athletic training faculty and the HHPR graduate coordinator, will evaluate
and rate each applicant. This rating is determined by a 5 point Likert
scale and written verbal comments in the areas of GPA, work experience,
letters of recommendation, and writing ability (essay requirement). Once
a determination has been rendered concerning the applicant’s desire for
admission, a formal letter noting acceptance, denial, or placement on a
wait-list will be sent to the applicant from the Program Director.

The University of Arkansas Graduate School transfer of credit policy will
apply if a student desires to transfer credit hours from another institution
into the athletic training education program (see transfer credit policy for
the Master of Science Degree Program located in the Graduate Catalog).

Athletic Training: (56-59 hours)

Required Research Component (3 hours)
ESRM 5393 Statistics in Education and Health Professions 3
or ESRM 6403 Educational Statistics and Data Processing

HHPR Required Courses (50 hours)
ATTR 5213 Athletic Training Clinical I - Application of Athletic
Preventive Devices 3
ATTR 5223 Athletic Training Clinical II - Emergency
Procedures 3
ATTR 5232 Athletic Training Clinical III - Lower Extremity
Procedures 2
ATTR 5242 Athletic Training Clinical IV - Evaluation of Upper
Procedures 2
ATTR 5262 Athletic Training Clinical V - Rehabilitation Lab 2
ATTR 5272 Athletic Training Clinical VI - Athletic Training
Seminar 2
ATTR 5313 Clinical Anatomy for Athletic Trainers 3
ATTR 5363 Evaluation Techniques of Athletic Injuries - Upper
Extremity 3
ATTR 5373 Evaluation Techniques of Athletic Injuries - Lower
Extremity 3
ATTR 5403 Pathophysiology and Treatment I 3
ATTR 5413 Pathophysiology and Treatment II 3
ATTR 5453 Therapeutic Modalities in Athletic Training 3
ATTR 5463 Therapeutic Exercise and Rehabilitation of Athletic
Injuries 3
ATTR 5473 Administration in Athletic Training 3
ATTR 5493 Evidence-Based Practice in Athletic Training 3
EXSC 5323 Biomechanics I 3
EXSC 5593 Practicum in Laboratory Instrumentation 3
EXSC 5643 Advanced Psychology of Sports Injury and
Rehabilitation 3

Required Project or Thesis (3-6 hours)
KINS 589V Independent Research 3-6
or KINS 600V Master's Thesis

Total Hours 56-59

Courses
ATTR 5213. Athletic Training Clinical I - Application of Athletic Preventive
Devices. 3 Hours.
This course will serve as an introduction to the athletic training clinical program.
Procedures and policies of the clinical program and application of athletic preventive
devices will be included as well. Prerequisite: Admission to the graduate program in
athletic training.

ATTR 5223. Athletic Training Clinical II - Emergency Procedures. 3 Hours.
This course will serve as a process for monitoring student’s progression of athletic
training competencies, acquire clinical hours under the direct supervision of a
certified athletic trainer, and reinforce and instruct new emergency procedures.
Prerequisite: ATTR 5213.
ATTR 5232. Athletic Training Clinical III - Lower Extremity Evaluation. 2 Hours. This course will serve as a process for monitoring student's progression of athletic training proficiencies, acquire clinical hours under the direct supervision of a certified athletic trainer, and reinforce the evaluation skills of gait, lower extremity, and spine/pelvis. Prerequisite: ATTR 5223.

ATTR 5242. Athletic Training Clinical IV - Evaluation of Upper Extremity. 2 Hours. This course will serve as a process for monitoring student's progression of athletic training competencies, acquire clinical hours under the direct supervision of a certified athletic trainer, and reinforce the evaluation skills of the upper extremities, head, neck, and posture. Prerequisite: ATTR 5232.

ATTR 5262. Athletic Training Clinical V - Rehabilitation Lab. 2 Hours. This course will serve as a process for monitoring student's progression of athletic training competencies, acquire clinical hours under the direct supervision of a certified athletic trainer, and reinforce techniques and applications of therapeutic exercise and rehabilitation.

ATTR 5272. Athletic Training Clinical VI - Athletic Training Seminar. 2 Hours. This course will serve as a process for monitoring student's progression of athletic training competencies, acquire clinical hours under the direct supervision of a certified athletic trainer, and serve as a capstone course validating the athletic training clinical proficiencies and prepare students for the NATA/BOC certification exam and future employment. Prerequisite: ATTR 5262.

ATTR 5313. Clinical Anatomy for Athletic Trainers. 3 Hours. Instruction of human anatomy for the athletic training professional using lecture, diagrams, textbook readings, and demonstrations. Focus will be placed on anatomy of structures related to athletic injuries; and can be used in the evaluation, treatment, and rehabilitation of injuries in a variety of athletic training settings. Prerequisite: Acceptance into the graduate athletic training program or instructor consent.

ATTR 5363. Evaluation Techniques of Athletic Injuries - Upper Extremity. 3 Hours. Use of scientific assessment methods to recognize and evaluate the nature and severity of athletic injuries to the upper extremities, trunk, and head. Prerequisite: Admission to graduate athletic training program.

ATTR 5373. Evaluation Techniques of Athletic Injuries - Lower Extremity. 3 Hours. Use of scientific assessment methods to recognize and evaluate the nature and severity of athletic injuries to the hip and lower extremities. Prerequisite: Admission to graduate athletic training program.

ATTR 5403. Pathophysiology and Treatment I. 3 Hours. This course will provide knowledge, skills, and values that the entry-level athletic trainer must possess to prevent, recognize, treat, advise on medications for and, when appropriate, refer general medical conditions and disabilities of physically active individuals. Prerequisite: Admission to the athletic training program.

ATTR 5413. Pathophysiology and Treatment II. 3 Hours. This course will provide knowledge, skills, and values that the entry-level athletic trainer must possess to prevent, recognize, treat, advise on medications for and, when appropriate, refer general medical conditions and disabilities of physically active individuals. Prerequisite: ATTR 5403.

ATTR 5453. Therapeutic Modalities in Athletic Training. 3 Hours. Contemporary therapeutic modalities used in managing athletic injuries. Modalities covered are classified as thermal agents, electrical agents, or mechanical agents. Emphasis is placed on their physiological effects, therapeutic indications (and contraindications), and clinical application. Prerequisite: Admission to graduate athletic training program.

ATTR 5463. Therapeutic Exercise and Rehabilitation of Athletic Injuries. 3 Hours. A systematic approach to exercise program development, techniques, indications and contraindications of exercise, and progression as related to athletic injury, prevention, and return to play guidelines. Prerequisite: Admission to graduate athletic training program.

ATTR 5473. Administration in Athletic Training. 3 Hours. Administrative components of athletic training. Basic concepts of legal liability, leadership and management principles, financial management, day to day scheduling and supervision, maintenance, and general administration. Prerequisite: Admission to graduate athletic training program.

ATTR 5483. Medical Conditions in Athletic Training. 3 Hours. This course will provide a collection of knowledge, skills, and values that the entry-level certified athletic trainer must possess to recognize, treat, and refer, when appropriate, the general medical conditions and disabilities of athletes and others involved in physical activity. Prerequisite: Admission to the graduate athletic training program or permission of instructor.

ATTR 5493. Evidence-Based Practice in Athletic Training. 3 Hours. In-depth analysis of current literature, research, case studies, and musculoskeletal evaluation and rehabilitation directed toward musculoskeletal injuries of the physically active. Prerequisite: Admission into the Athletic Training Education Program.