Athletic Training, M.S.

Athletics trainers are health care professionals who render service or treatment under the direction of, or in collaboration with, a physician in accordance with their education and training and the states’ statutes, rules, and regulations. Services provided by athletic trainers include injury and illness prevention, wellness promotion and education, emergent care, examination and clinical diagnosis, therapeutic intervention, and rehabilitation of injuries and medical conditions.

Students who want to become certified athletic trainers may earn the M.S. degree or pursue the combined program as they earn the B.A. in health and human physiology (exercise science track) and the M.S. in athletic training. See the B.A. in health and human physiology (College of Liberal Arts and Sciences) in the Catalog.

The University of Iowa is accredited by the Commission on Accreditation of Athletic Training Education (CAATE).

Learning Outcomes

Upon graduation, students will:
- communicate effectively among health care providers, patients, and all other stakeholders in their delivery of health care;
- practice with professionalism and integrity adhering to the Code of Ethics outlined by the National Athletic Trainers’ Association (NATA) and the Code of Professional Responsibility by the Board of Certification (BOC);
- demonstrate cognitive and psychomotor competence and clinical proficiency based on clinically relevant research in the following BOC Practice Analysis content areas— injury and illness prevention and wellness promotion; examination, assessment, and diagnosis; immediate and emergency care; therapeutic intervention; and health care administration and professional responsibility;
- demonstrate critical thinking to effectively solve problems in a variety of dynamic athletic training environments;
- demonstrate growth in cultural competence among health care providers, patients, and all other stakeholders in their delivery of health care; and
- demonstrate a Kaizen philosophy in their learning and professional practice.

Requirements

The Master of Science program in athletic training requires 62 s.h. of coursework. Students must maintain a cumulative g.p.a. of at least 3.00 and must earn a grade of C-minus or higher in all major coursework.

The program involves two full years, including summer sessions, of concentrated didactic and clinical experiences that lead to eligibility for the Board of Certification examination.

The M.S. with a major in athletic training requires the following work.

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
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</thead>
<tbody>
<tr>
<td>AT:3060</td>
<td>Advanced Anatomy for Athletic Training</td>
<td>4</td>
</tr>
</tbody>
</table>

AT:4000 Foundations of Athletic Training Practice 3
AT:4075 Medical Emergency Techniques 2
AT:4125 Clinical Experience I 3
AT:4200 Orthopedic Pathology and Clinical Examination I 4
AT:4250 Orthopedic Pathology and Clinical Examination II 4
AT:4300 Therapeutic Interventions 2
AT:4375 Nutrition for Athletic Training 2
AT:4400 Rehabilitation Techniques 3
AT:4450 Applied Rehabilitation Concepts 3
AT:4525 Clinical Experience II 4
AT:5000 Pathology and Assessment of Non-Orthopedic Conditions 3
AT:5075 Diagnostic Imaging and Lab Studies 1
AT:5200 Pathophysiology and Pharmacology in Sports Medicine 2
AT:6100 Research in Athletic Training 2
AT:6125 Clinical Experience III 6
AT:6200 Administration and Leadership 2
AT:6250 Applied Research in Athletic Training 2
AT:6300 Psychosocial Recognition and Referral 2
AT:6400 Seminar in Athletic Training 2
AT:6450 Advanced Topics in Athletic Training 1
AT:6525 Clinical Experience IV 5

Total Hours 62

Admission

Admission to the Master of Science program is competitive with a limited number of students admitted for each cohort. Applicants are expected to meet technical standards, pass a background check, and comply with health and safety standards, including vaccination requirements. Students are required to provide their own transportation to all clinical experiences and are responsible for all costs they incur during travel, including parking and gas.

To be considered for the Master of Science program in athletic training, applicants must:
- have completed a B.A. or B.S. degree at an accredited institution in the United States or have completed the first three years with at least 80 s.h. of undergraduate work for the 3+2 combined program at the University of Iowa;
- have completed 30 s.h. at the University of Iowa if a transfer student;
- have a cumulative undergraduate g.p.a. of at least 3.00 or a cumulative g.p.a. of at least 3.25 in the Undergrad to Grad (U2G) combined program;
- submit an application to the Graduate College through the Athletic Training Centralized Application Service.
(ATCAS), set up a University of Iowa account, and pay the supplemental fee;
- include two letters of recommendation—one from a medical professional and one from an academic professional;
- submit a résumé;
- include a statement of purpose and career goals;
- submit a Test of English as a Foreign Language (TOEFL) score (only the iBT—Internet-Based Test is accepted with a total score of 93 and a speaking score of 26) and the test must have been taken within the last two years, or submit a current acceptable score from the International English Language Testing System (IELTS) or from the Duolingo English Test (DET) if an international applicant and if English is not student’s first language;
- have current CPR certification obtained within one year—Basic Life Support (BLS) or professional rescuer level and consistent with Board of Certification standards;
- have current first aid certification obtained within one year;
- submit a signed copy of the program’s Technical Standards for Admission form;
- have completed a minimum of 50 hours of observation under a certified athletic trainer;
- have completed required prerequisite coursework with a grade of C or higher in biology, chemistry, physics, human anatomy, human physiology, exercise physiology, general psychology, biomechanics or kinesiology, nutrition, and statistics (see list below); and
- have completed additional recommended coursework in medical terminology, introductory athletic training, public health, motor learning, or psychology courses in areas such as abnormal, adolescent, or sports psychology.

Community college coursework is accepted as well as online coursework from accredited universities. AP and CLEP coursework may satisfy course requirements if listed on a college transcript.

Students must earn a grade of C or higher in these prerequisite courses.

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
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</thead>
<tbody>
<tr>
<td>Biology</td>
<td>(preferred human biology; with or without lab)</td>
<td>3</td>
</tr>
<tr>
<td>Biomechanics</td>
<td>or kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>Chemistry</td>
<td>(with or without lab)</td>
<td>3</td>
</tr>
<tr>
<td>Exercise</td>
<td>physiology</td>
<td>3</td>
</tr>
<tr>
<td>Human anatomy</td>
<td>(may be taken combined with human physiology; two semesters minimum, if combined)</td>
<td>3</td>
</tr>
<tr>
<td>Human physiology</td>
<td>(may be taken combined with human anatomy; two semesters minimum, if combined)</td>
<td>3</td>
</tr>
<tr>
<td>Nutrition</td>
<td>(general or sport)</td>
<td>3</td>
</tr>
<tr>
<td>Physics</td>
<td>(with or without lab)</td>
<td>3</td>
</tr>
<tr>
<td>Psychology</td>
<td>(general psychology is required; additional psychology coursework recommended)</td>
<td>3</td>
</tr>
<tr>
<td>Statistics</td>
<td></td>
<td>3</td>
</tr>
</tbody>
</table>

All application materials are due by February 1. Following the February 1 deadline, applications will be accepted on a continuing basis until program capacity is met. A personal interview is required. Coursework begins during the summer session.

Applicants must meet the admission requirements of the Graduate College; see the Manual of Rules and Regulations on the Graduate College website.

### Career Advancement

Athletic trainers have opportunities for employment in many areas. They include career options in:
- public and private secondary schools, colleges and universities, professional and Olympic sports;
- youth leagues, municipal and independently owned youth sports facilities;
- physician offices;
- rural and urban hospitals, hospital emergency rooms, urgent and ambulatory care centers;
- clinics with specialties in sports medicine, cardiac rehabilitation, medical fitness, wellness, and physical therapy;
- occupational health departments in commercial settings, which include manufacturing, distribution, and offices to assist with ergonomics;
- police and fire departments, academies, municipal departments, and branches of the military; and
- performing arts areas, including professional and collegiate-level dance and music settings.

### Academic Plans

#### Sample Plan of Study

Sample plans represent one way to complete a program of study. Actual course selection and sequence will vary and should be discussed with an academic advisor. For additional sample plans, see MyUI.

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This sample plan is currently being updated and will be added at a later date.