Athletic Training, MS

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 MS or pursue the combined program as they earn the BS in exercise science and the MS in athletic training. See the BS in exercise science (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 grade-point average 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 MS with a major in athletic training requires the following work.

<table>
<thead>
<tr>
<th>Course #</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>
<tr>
<td>AT:4000</td>
<td>Foundations of Athletic Training Practice</td>
<td>3</td>
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</tbody>
</table>

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 3
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 1
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 BA or BS degree at an accredited institution in the United States, or have completed a bachelor’s degree from a Board of Certification for the Athletic Trainer International Arrangement (IA) country;
• have completed 30 s.h. at the University of Iowa if a transfer student;
• complete 80 s.h. of undergraduate coursework at the University of Iowa if an Undergraduate to Graduate (U2G) student;
• have a cumulative undergraduate grade-point average (GPA) of at least 3.00 or a cumulative GPA of at least 3.25 in the Undergraduate to Graduate (U2G) combined program; and
• complete or be in progress with 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 or research methods (see the course list that follows).

To apply, submit the following to the Athletic Training Centralized Application Service (ATCAS):

• official and unofficial transcripts;
• contact information of two references, one from a medical professional and one from an academic professional;
• statement of purpose and career goals; and
• current CPR certification obtained within one year—must be Basic Life Support (BLS or professional rescuer level.

Recommended materials:

• Coursework in medical terminology, introductory coursework in athletic training, public health, motor learning, or additional psychology coursework.
• Observation hours under an athletic trainer.

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.

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

• submit to a background check;
• complete HIPAA and BBP training;
• complete the program technical standards form;
• submit current vaccination records;
• submit current physical examination; and
• provide final course grades and GPA.

These additional forms will be sent directly to the program director upon acceptance.

Admission Deferral Policy

In rare cases, a student may need to defer their admission to the program. These requests will be approved on a case-by-case basis by the program director. The one-time option to defer is good for up to one year beyond the original matriculation date. A student does not have to pay the Graduate College application fee again if they opt to defer. An applicant’s data will be transferred to the new session through the graduate admissions office only at the request/approval of the program director. Depending on the situation, the student may need to submit additional/repeat application documents.

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.