Athletic Training

Degree Offered
• Bachelor of Science

Nature of the Program
CPASS will be admitting the last class of pre-majors into the Athletic Training major in spring 2020. In order to be eligible to apply to the major in spring 2020 students must already be enrolled at WVU in the pre-major program at the time of application.

The undergraduate athletic training major at West Virginia University (WVU) is a four-year program within the College of Physical Activity and Sport Sciences in the Department of Sports Sciences. The program is designed to prepare the student to become a professional health care practitioner. Students may combine athletic training with another major; however, an additional one to two years may be required to complete both areas of study.

The athletic training major at WVU is accredited through the Commission on Accreditation of Athletic Training Education (CAATE). West Virginia University is one of the more than 300 institutions in the United States with an accredited undergraduate curriculum.

The program also requires students to complete various clinical experiences in the WVU athletic training rooms, local sports medicine clinics, high schools, small colleges, and a general medical rotation. Upon graduating from the athletic training major, students are eligible to sit for the Board of Certification (BOC) examination, and passing this examination would allow the successful candidate to seek employment within the high school, college, professional, clinical, military or industrial settings. Students may also pursue additional education by attending graduate school or enrolling in a health professions program such as physical therapy, occupational therapy, physician assistant, or medical school.

FACULTY

CLINICAL INSTRUCTOR
• Allison Hetrick, ATC - M.S. (University of Cincinnati)
  Program Coordinator

ADJUNCT INSTRUCTORS
• Amelia Adams, ATC - M.S. (Robert Morris)
• Greg Dahmer - M.A. (West Virginia University)
• Amy Hile, ATC - M.A. (University of Connecticut)
• Randall Meador, ATC - M.S. (West Virginia University)
• Samantha Young, ATC - M.S. (University of Arizona)

ADJUNCT ASSOCIATE PROFESSOR
• John C. Spiker, PT ATC - M.Ed. (University of Pittsburgh)

Admissions
An individual desiring to become an athletic training student must first spend time in the prospective athletic training student (PATS) program by enrolling in and successfully completing ATTR 101. In order to gain a basic working knowledge of the athletic training profession, PATS complete observation hours in the athletic training rooms in combination with other course requirements. The application process includes:

• A minimum cumulative GPA of 2.75 or better
• Two reference evaluation forms must be submitted
• An application to the program must be submitted
• Students must complete a minimum of seventy-five observational hours in the WVU athletic training rooms under the direct supervision of a certified athletic trainer.
• Current enrollment in or successful completion of all prerequisite courses prior to making application to the program (BIOL 101/BIOL 103, BIOL 102/BIOL 104; ATTR 101, ATTR 121, ATTR 122; ENGL 101)
• Students must have a C- grade or better in BIOL 101/103, BIOL 102/104, and ENGL 101, and a grade of B- or better in ATTR 101, 121, and 122 to be considered a viable candidate.

Each student applying to the program will be interviewed in the presence of full-time faculty/staff athletic trainers and the educational graduate assistant. Selection for admission into the program is based on interviews and other criteria. These criteria include: academic performance, reference evaluation forms, outside experience, WVU experiences, and a written project. Students are eligible to apply to the athletic training program during the spring semester of their first year at WVU. An average of fifteen students are accepted annually; however, the accepted class size may be greater or less
than fifteen students. The WVU Athletic Training Education Program has established technical standards. These standards are 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 programs' accrediting agency (Commission on Accreditation of Athletic Training Education (CAATE)). In the event a student is unable to fulfill these technical standards, with or without reasonable accommodation, the student will not be admitted into the program. Please visit our athletic training website (http://cpass.wvu.edu/bachelors/athletic_training) to view these standards.

Click here to view the Suggested Plan of Study (p. 3)

**General Education Foundations**

Please use this link to view a list of courses that meet each GEF requirement. (http://registrar.wvu.edu/gef)

NOTE: Some major requirements will fulfill specific GEF requirements. Please see the curriculum requirements listed below for details on which GEFs you will need to select.

### General Education Foundations

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Credits</th>
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<tbody>
<tr>
<td>F1 - Composition &amp; Rhetoric</td>
<td>3-6</td>
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<tr>
<td>&amp; ENGL 101</td>
<td></td>
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<tr>
<td>or ENGL 102 &amp; ENGL 103</td>
<td></td>
</tr>
<tr>
<td>F2A/F2B - Science &amp; Technology</td>
<td>4-6</td>
</tr>
<tr>
<td>F3 - Math &amp; Quantitative Reasoning</td>
<td>3-4</td>
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<tr>
<td>F4 - Society &amp; Connections</td>
<td>3</td>
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<tr>
<td>F5 - Human Inquiry &amp; the Past</td>
<td>3</td>
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<tr>
<td>F6 - The Arts &amp; Creativity</td>
<td>3</td>
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<tr>
<td>F7 - Global Studies &amp; Diversity</td>
<td>3</td>
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<tr>
<td>F8 - Focus (may be satisfied by completion of a minor, double major, or dual degree)</td>
<td>9</td>
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</tbody>
</table>

**Total Hours**

31-37

Please note that not all of the GEF courses are offered at all campuses. Students should consult with their advisor or academic department regarding the GEF course offerings available at their campus.

### Degree Requirements

A minimum overall GPA of 2.75 is required.

**GEF 1, 3, 5, 6, & 7 (may vary depending on overlap)**

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>PASS 191</td>
<td>1</td>
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<tr>
<td>Pre-Major Requirements (Minimum GPA of 2.75)</td>
<td>15</td>
</tr>
<tr>
<td>ATTR 101</td>
<td>1</td>
</tr>
<tr>
<td>ATTR 121</td>
<td>3</td>
</tr>
<tr>
<td>ATTR 122</td>
<td>1</td>
</tr>
<tr>
<td>BIOL 101 &amp; BIOL 103</td>
<td>4</td>
</tr>
<tr>
<td>BIOL 102 &amp; BIOL 104</td>
<td>4</td>
</tr>
<tr>
<td>ENGL 101</td>
<td>3</td>
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</table>

Minimum of 75 observation hours are also required.

**Major Requirements (Minimum GPA of 2.75)**

Minimum grade of C- in all ATTR major required courses

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
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<tbody>
<tr>
<td>CHEM 115 &amp; 115L</td>
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<tr>
<td>EXPH 356</td>
<td>3</td>
</tr>
<tr>
<td>HN&amp;F 171</td>
<td>3</td>
</tr>
<tr>
<td>PALM 300</td>
<td>3</td>
</tr>
<tr>
<td>PHYS 101</td>
<td>4</td>
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<tr>
<td>PSIO 441</td>
<td>4</td>
</tr>
<tr>
<td>PSYC 101</td>
<td>3</td>
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<tr>
<td>SEP 425</td>
<td>3</td>
</tr>
</tbody>
</table>
ATTR 218  Gross Anatomy Lab  1
ATTR 219  Gross Anatomy  3
ATTR 220  Taping/Bracing and Padding  2
ATTR 221  Advanced Athletic Training 1  3
ATTR 222  Orthopedic Assessment 1  3
ATTR 281  Athletic Training Practicum 1  2
ATTR 282  Athletic Training Practicum 2  2
ATTR 301  Athletic Training Practicum 3  2
ATTR 302  Athletic Training Practicum 4  2
ATTR 321  Therapeutic Modalities  3
ATTR 323  Athletic Injury Rehabilitation  2
ATTR 324  Athletic Injury Rehabilitation 2  2
ATTR 325  Organization & Administration  3
ATTR 326  Clinical Drug Application  1
ATTR 332  Orthopedic Assessment 2  3
ATTR 403  Athletic Training Practicum 5  2
ATTR 404  Athletic Training Practicum 6  2
ATTR 424  Athletic Training Senior Seminar (Fulfills Capstone Requirement)  3
ATTR 426  Medical Aspects of Athletic Training  3
ATTR 427  Biomechanics  3
Electives (to reach minimum 120 credits for degree)  14
Total Hours  120

**SUGGESTED PLAN OF STUDY**

Once accepted into the athletic training program, the student will have a minimum of three years to complete both the clinical and didactic portion of the program.

**First Year**

<table>
<thead>
<tr>
<th>Fall</th>
<th>Hours Spring</th>
<th>Hours</th>
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<tbody>
<tr>
<td>ATTR 101</td>
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<td>3</td>
</tr>
<tr>
<td>BIOL 101 &amp; BIOL 103 (GEF 2)</td>
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<tr>
<td>ENGL 101 (GEF 1)</td>
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<td>4</td>
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<tr>
<td>PSYC 101 (GEF 4)</td>
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<td>3</td>
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<tr>
<td>PASS 191</td>
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<td>3</td>
</tr>
<tr>
<td>GEF 3</td>
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<td>3</td>
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<td></td>
<td>15</td>
<td>14</td>
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</tbody>
</table>

**Second Year**

<table>
<thead>
<tr>
<th>Fall</th>
<th>Hours Spring</th>
<th>Hours</th>
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<tr>
<td>ATTR 218</td>
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<td>3</td>
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<tr>
<td>ATTR 219</td>
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<tr>
<td>ATTR 220</td>
<td></td>
<td>3</td>
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<tr>
<td>ATTR 222</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>ATTR 281</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>Electives</td>
<td></td>
<td>3</td>
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<td></td>
<td>14</td>
<td>17</td>
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</table>

**Third Year**

<table>
<thead>
<tr>
<th>Fall</th>
<th>Hours Spring</th>
<th>Hours</th>
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<tbody>
<tr>
<td>ATTR 301</td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>ATTR 321</td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>ATTR 323</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>PSIO 441</td>
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</tbody>
</table>
Major Learning Outcomes

ATHLETIC TRAINING

The goal of the program is for students to graduate with the essential skills and knowledge necessary to prepare them to successfully complete the BOC exam and to be able to work successfully in the field of athletic training.

- **Content Knowledge** - Students will demonstrate knowledge and disciplinary concepts related to athletic training.
- **Reflection and Critical Thinking** - Students will demonstrate reflection and critical thinking in order to refine professional knowledge and practice.
- **Programming and Assessment** - Students will demonstrate evidence-based knowledge and skills (and best practices) for assessing needs and for designing, implementing and evaluating injury prevention and treatment approaches in a clinical setting.
- **Professionalism and Ethics** - Students will demonstrate professional behaviors, including commitment to excellence, valuing diversity and collaboration, service to others, techniques for lifelong learning, and will develop the knowledge and skills necessary to allow them to be successful with regard to working as an athletic trainer or applying to graduate school and/or professional programs to help advance their careers.
- **Technology** - Students will be able to demonstrate the use of different forms of technology to assess skills and provide meaningful feedback.

COURSES

**ATTR 101. Prospective Athletic Training. 1 Hour.**
An introduction to the clinical and educational components of athletic training including observation hours and basic skill acquisition.

**ATTR 121. Sport Injury Control and Management. 3 Hours.**
Training, conditioning, protection, and other injury prevention measures. First aid, emergency service, and care related to physical education and athletics.

**ATTR 122. Sports Injury Control and Management Lab. 1 Hour.**
PR: Consent. Basic skills in athletic conditioning, application of taping and bracing, equipment fitting, record keeping, modality set-up, emergency procedures for athletic-related injuries and the proper management of open wounds. Pre-requisite(s) and/or co-requisite(s) may differ on regional campuses.

**ATTR 218. Gross Anatomy Lab. 1 Hour.**
Analysis of gross anatomy and systems of the trunk and extremities; cadaver laboratory experience.

**ATTR 219. Gross Anatomy. 3 Hours.**
Designed to provide an overview of body systems and gross anatomy of the trunk and extremities.

**ATTR 220. Taping/Bracing and Padding. 2 Hours.**
PR: Consent. Practical application of adhesive tape, elastic wraps, and bracing techniques for prevention and protection of athletic injuries to support an athletes return to play.

**ATTR 221. Advanced Athletic Training 1. 3 Hours.**
PR: Consent. Designed to provide an in-depth analysis of life-threatening situations and internal injuries associated with athletics.

**ATTR 222. Orthopedic Assessment 1. 3 Hours.**
PR: Consent. Designed to provide in-depth analysis of athletic injury mechanisms to the lower extremity; injury recognition, injury evaluation techniques, and muscle isolation techniques.

**ATTR 281. Athletic Training Practicum 1. 2 Hours.**
PR: Consent. Structured methods of practical application and evaluation of clinical skills and academic knowledge of athletic training students and their progress through the athletic training program.
ATTR 282. Athletic Training Practicum 2. 2 Hours.
PR: Consent. Structured methods of practical application and evaluation of clinical skills and academic knowledge of athletic training students and their progress through the athletic training program.

ATTR 293. Special Topics. 1-6 Hours.
PR: Consent. Investigation of topics not covered in regularly scheduled courses.

ATTR 301. Athletic Training Practicum 3. 2 Hours.
PR: Junior standing and consent. Structured methods of practical application and evaluation of clinical skills and academic knowledge of athletic training students and their progress through the athletic training program.

ATTR 302. Athletic Training Practicum 4. 2 Hours.
PR: Junior standing and Consent. Structured methods of practical application and evaluation of clinical skills and academic knowledge of athletic training students and their progress through the athletic training program.

ATTR 321. Therapeutic Modalities. 3 Hours.
PR: Consent. Designed to investigate tissue repair, physiology of hot and cold treatment, therapeutic modalities and pharmacology relevant to athletic injury management.

ATTR 323. Athletic Injury Rehabilitation. 2 Hours.
PR: ATTR 219 and ATTR 221 and ATTR 222 and ATTR 332. Designed for the practical applications of athletic training rehabilitation techniques to the lower extremity.

ATTR 324. Athletic Injury Rehabilitation 2. 2 Hours.
PR: ATTR 219 and ATTR 221 and ATTR 222 and ATTR 233 and ATTR 332. Designed for the practical application of athletic training rehabilitation techniques to the upper extremity.

ATTR 325. Organization & Administration. 3 Hours.
PR: Consent. Designed to analyze various issues and policies in athletic training relevant to training room administration, liability, drug testing, record keeping, and other selected topics.

ATTR 326. Clinical Drug Application. 1 Hour.
PR: ATTR 321 and ATTR 323. Designed to provide students with the skills to make basic drug application issues and interactions within the athletic training setting.

ATTR 328. Orthopedic Assessment 2. 3 Hours.
PR: Consent. Designed to provide in-depth analysis of athletic injury mechanics to the upper extremity; injury recognition, injury evaluation techniques, and muscle isolation techniques.

ATTR 403. Athletic Training Practicum 5. 2 Hours.
PR: Senior standing and consent. Structured methods of practical application and evaluation of clinical skills and academic knowledge of athletic training students and their progress through the athletic training program.

ATTR 404. Athletic Training Practicum 6. 2 Hours.
PR: Senior standing and consent. Structured methods of practical application and evaluation of clinical skills and academic knowledge of athletic training students and their progress through the athletic training program.

ATTR 424. Athletic Training Senior Seminar. 3 Hours.
PR: Consent. Practical application of athletic training techniques.

ATTR 426. Medical Aspects of Athletic Training. 3 Hours.
PR: Consent. Designed to provide students the exposure to a variety of medical concerns, illnesses, and conditions that may occur within the various clinical settings of athletic training.

ATTR 427. Biomechanics. 3 Hours.
PR: Consent. Designed to provide in-depth study of normal and abnormal biomechanics of the lower extremity and spine.

ATTR 490. Teaching Practicum. 1-3 Hours.
PR: Consent. Teaching practice as a tutor or assistant.

ATTR 491. Professional Field Experience. 1-18 Hours.
PR: Consent. (May be repeated up to a maximum of 18 hours.) Prearranged experiential learning program, to be planned, supervised, and evaluated for credit by faculty and field supervisors. Involves temporary placement with public or private enterprise for professional competence development.

ATTR 493. Special Topics. 1-6 Hours.
PR: Consent. Investigation of topics not covered in regularly scheduled courses.

ATTR 494. Seminar. 1-3 Hours.
PR: Consent. Presentation and discussion of topics of mutual concern to students and faculty.

ATTR 495. Independent Study. 1-6 Hours.
Faculty supervised study of topics not available through regular course offerings.
ATTR 496. Senior Thesis. 1-3 Hours.
PR: Consent.

ATTR 498. Honors. 1-3 Hours.
PR: Students in Honors Program and consent by the honors director. Independent reading, study or research.