



ATHLETIC TRAINING

Master of Athletic Training (MAT)
Master of Science, Athletic Training (MSAT)

What is an Athletic Trainer?

- Athletic training encompasses the prevention, examination, diagnosis, treatment and rehabilitation of emergent, acute or chronic injuries and medical conditions.
- Athletic trainers are highly qualified, multi-skilled health care professionals who work as part of a collaborative inter-professional health care team.
- They work with physicians and other health care professionals to
 - Provide injury/illness prevention and wellness protection
 - Perform clinical evaluation and diagnosis
 - Participate in immediate and emergency care, treatment and rehabilitation
 - Support organizational and professional health and well-being.

Where Do Athletic Trainers Work?

- Hospital emergency departments
- Intercollegiate athletics
- Law enforcement and military
- Occupational and industrial settings
- Performing arts
- Physician offices
- Professional sports
- Secondary schools
- Sports medicine clinics



Meet Jim Robinson

the first athletic trainer employed in the United States

- James "Jim" Robinson is recognized as the first athletic trainer employed in the United States. He was born in Failsworth, Manchester, England in 1847. He trained as a veterinary assistant in England and competed in the then popular walking races. Robinson immigrated to the United States in 1878 to train horses. He continued to have an interest in "athletics," which at the time meant track and field, and was hired by the student controlled athletic committee at Harvard to help train the track team in the Spring of 1881 (hence, an athletic trainer). When he began working with the Harvard football team in the Fall of 1881, modern athletic training began.
- Employment: Harvard 1881-1882, Columbia 1883, **Princeton 1883-1890**, Manhattan Athletic Club 1890-1893, Michigan 1896-1897, Yale 1899-1900, **Princeton 1900-1906**.



Becoming an Athletic Trainer

- Certified athletic trainers must earn a degree from an accredited athletic training curriculum. Accredited programs include formal instruction in areas such as injury/illness prevention, first aid and emergency care, assessment of injury/illness, human anatomy and physiology, therapeutic modalities, and nutrition. Classroom learning is enhanced through clinical education experiences.
- Athletic training is accredited by the Commission on Accreditation of Athletic Training Education (CAATE). The field is moving to requiring a master's degree, a change to be implemented within the next several years.
- Upon completion of a CAATE-accredited athletic training education program, students become eligible for national certification by successfully completing the Board of Certification, Inc. (BOC) examination. View accredited programs' graduates performance on the exam on the BOC Program Outcomes page.
- To practice as an athletic trainer in most states, the individual must also be credentialed within the state.

Master's Programs in Athletic Training

- [University of Michigan, School of Kinesiology Master in Athletic Training](#)
- [Thomas Jefferson University Master of Science in Athletic Training](#)
- [Boston University College of Health & Rehabilitation Sciences: Sargent College Master of Science in Athletic Training](#)
- [California University of Pennsylvania, Master of Science in Athletic Training](#)
- [University of Miami School of Education & Human Development Master of Science, Athletic Training](#)
- [The University of Texas at Austin Master in Athletic Training](#)
- [Chapman University Master of Science in Athletic Training](#)
- [Temple University Master of Science in Athletic Training](#)

Search a complete list of accredited programs on the [Commission on Accreditation of Athletic Training Education](#) website.

MS in Athletic Training Admission Requirements

for Thomas Jefferson University

Official college transcripts

Bachelor's degree, any major

3.0 Cumulative GPA

Minimum "B" grades in prerequisite courses

Letters of recommendation

Personal essay as stated in ATCAS

50 hours of clinical observation

Anatomy/Physiology I or Anatomy with lab

Anatomy/Physiology II or Physiology with lab

Biology with lab

Chemistry with lab

Physics with lab

Psychology

Sample Curriculum for the MS, Athletic Training

at Temple University

Year 1		Year 2	
Summer	Current/Emerging Issues in Pub Health and HP	Fall	Organization and Administration in AT
	Anatomy for Orthopedic Assessment		Applied Research in Athletic Training
	Foundations of Athletic Training		Board of Certification Examination Preparation
	Orthopedic Assessment I		Practicum in Athletic Training III
Fall	Orthopedic Assessment II	Spring	Advanced Sport Concussion
	General Medical Conditions in Athletic Training		Current Trends in Athletic Training
	General Medical Conditions in Athletic Training Lab		Transition to Athletic Training Clinical Practice
	Leadership for the Entry-Level Athletic Trainer		Practicum in Athletic Training IV
	Practicum in Athletic Training I		
Spring	Therapeutic Modalities in Athletic Training		
	Therapeutic Exercise in Athletic Training		
	Practicum in Athletic Training II		

Watch and Be Inspired!

- [Enter the Dragon 1973](#)
- [Rocky 1976](#)
- [Pumping Iron 1977](#)
- [A League of Their Own 1992](#)
- [Cool Runnings 1993](#)
- [Rudy 1993](#)
- [Bend It Like Beckham 2002](#)
- [Million Dollar Baby 2004](#)
- [Invincible 2006](#)
- [The Wrestler 2008](#)
- [The Fighter 2010](#)
- [The Karate Kid 2010](#)
- [Eddie the Eagle 2015](#)
- [The Last Dance 2020-](#)



Eddie the Eagle, English Olympic Ski Jumper

Since the dawn of time, we have been fascinated by the human ability to physically excel. Athletes with extraordinary abilities. Strong willed trainers who guided them. Here are just a handful (out of hundreds!) of inspirational movies about athletes and their trainers and the very individualized journeys that lead them to their own special success.

Articles of Interest

- [3 female athletic trainers make history at Super Bowl LIV, Training & Conditioning 2020](#)
- [Athletic Trainers Being Redeployed to Frontlines of Coronavirus Pandemic, Cincinnati Local 12 2020](#)
- [With Few Athletes to Advise, Maryland Athletic Trainers Pitching in to Help Contain Coronavirus, Baltimore Sun 2020](#)
- [Athletic Trainers Still Keeping Close Eye on Athletes, Wetumpka Herald 2020](#)
- [Best Cities for Athletic Trainers, ValuePenguin 2019 update](#)
- [How I Became an Athletic Trainer: Murphy Grant, USA Today 2018](#)
- [Eddie the Eagle Soars Again: Ski Jumper Returns 30 Years After the Olympics, The Guardian 2017](#)
- [5 Unmistakable Qualities of the Best Athletic Trainers, Gebauer's Instant Ice 2017](#)

For More Information

- Commission on Accreditation of Athletic Training Education: CAATE.net
- National Athletic Trainers' Association: NATA.org
- Board of Certification for the Athletic Trainer: BoCATC.org
- Athletic Training Centralized Application System (ATCAS): atcas.liaisoncas.com
- Athletic Training History: athletictraininghistory.com/
- Athletic Medical Services at Princeton: uhs.princeton.edu/medical-services/athletic-medicine