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.

https://explorehealthcareers.org/career/sports-medicine/athletic-trainer/
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

https://explorehealthcareers.org/career/sports-medicine/athletic-trainer/
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.


http://athletictraininghistory.com/resources/First%20Athletic%20Trainer%20NATA%20News%20April%202014.pdf
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.

https://caate.net/search-for-accredited-program/
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

Prerequisite Courses:
- Anatomy/Physiology I or Anatomy with lab
- Anatomy/Physiology II or Physiology with lab
- Biology with lab
- Chemistry with lab
- Physics with lab
- Psychology
<table>
<thead>
<tr>
<th>Year 1</th>
<th>Year 2</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Summer</strong></td>
<td><strong>Fall</strong></td>
</tr>
<tr>
<td>Current/Emerging Issues in Pub Health and HP</td>
<td>Organization and Administration in AT</td>
</tr>
<tr>
<td>Anatomy for Orthopedic Assessment</td>
<td>Applied Research in Athletic Training</td>
</tr>
<tr>
<td>Foundations of Athletic Training</td>
<td>Board of Certification Examination Preparation</td>
</tr>
<tr>
<td>Orthopedic Assessment I</td>
<td>Practicum in Athletic Training III</td>
</tr>
<tr>
<td><strong>Fall</strong></td>
<td><strong>Spring</strong></td>
</tr>
<tr>
<td>Orthopedic Assessment II</td>
<td>Advanced Sport Concussion</td>
</tr>
<tr>
<td>General Medical Conditions in Athletic Training</td>
<td>Current Trends in Athletic Training</td>
</tr>
<tr>
<td>General Medical Conditions in Athletic Training Lab</td>
<td>Transition to Athletic Training Clinical Practice</td>
</tr>
<tr>
<td>Leadership for the Entry-Level Athletic Trainer</td>
<td>Practicum in Athletic Training IV</td>
</tr>
<tr>
<td>Practicum in Athletic Training I</td>
<td><strong>Spring</strong></td>
</tr>
<tr>
<td>Therapeutic Modalities in Athletic Training</td>
<td></td>
</tr>
<tr>
<td>Therapeutic Exercise in Athletic Training</td>
<td></td>
</tr>
<tr>
<td>Practicum in Athletic Training II</td>
<td></td>
</tr>
</tbody>
</table>

Sample Curriculum for the MS, Athletic Training at Temple University
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-

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