

# ATHLETIC TRAINING, B.S.

**Begin Campus:** Any Penn State Campus

**End Campus:** University Park

## PROGRAM ENROLLMENT HOLD AFTER FALL 2020 SEMESTER

The last cycle for admitting students through the undergraduate Athletic Training major will be Fall Semester 2020. First-year students entering Penn State in Fall Semester 2019 will be the last cohort eligible to apply for admission to and graduate from this degree program (since students typically formally apply to the major in the third semester of their second year).

## Program Description

The Athletic Training major provides a concentrated program of courses designed to prepare students for a career in the profession of athletic training. This major has been designed to meet the standards for national certification by the Board of Certification (BOC) and related state credentialing bodies.

Students are admitted into the program on a competitive basis following completion of prerequisite courses (see requirements for admission). Students must also meet the "Technical Standards for the Undergraduate Athletic Training Program at Penn State University" related to the physical and psycho-emotional demands placed upon students in the major. Upon admission, students complete a 5-semester sequence of coursework and supervised clinical rotations. Students typically commit 200 to 300 hours to clinical practical experiences in each of the last 4 semesters of the program.

Students seeking to transfer from other colleges or universities will have their transcripts evaluated after acceptance to Penn State to identify those courses and credits that will be applied to completion of degree requirements. Coursework specific to athletic training will not be considered for transfer unless completed in a Commission on Accreditation of Athletic Training Education (CAATE) accredited athletic training program.

Upon graduation and successful completion of the national BOC examination, students may seek employment in various professional settings including: professional sports, colleges and universities, secondary schools, hospitals, sports medicine clinics, industrial settings plus many more.

Additional information about the major, including Technical Standards (<https://hhd.psu.edu/kines/undergraduate/major-athletic-training/clinical-education> (<https://hhd.psu.edu/kines/undergraduate/major-athletic-training/clinical-education/>)), the Athletic Training (AT) Program Application, course sequencing, and prerequisites can be found at: <http://hhd.psu.edu/kines/undergraduate/athletic-training> (<http://hhd.psu.edu/kines/undergraduate/athletic-training/>) or obtained through the Department of Kinesiology. Full course descriptions are found in the University *Bulletin*.

## What is Athletic Training?

Athletic trainers are highly qualified, multi-skilled health care professionals who collaborate with physicians to provide preventative services, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of musculoskeletal injuries, and sport-related medical conditions. The major is designed to help you understand how to

effectively work with physicians and other health care professionals as well as employers, patients, clients, and sport and recreation industry personnel in the development and coordination of efficient and responsive sports health care. The program of study is directed to help you learn to recognize, assess, and manage sport-related injuries and illnesses to return individuals back to play, work, and activities of daily living. With your knowledge of anatomy, physiology, biomechanics, and related fields, you will also be able to craft injury-prevention, and performance-enhancing programs. Additionally, the program offers you a number of clinical education experiences outside of the classroom where you can further your knowledge, skills, and abilities.

## You Might Like This Program If...

You enjoy a fast-paced, challenging profession that provides an opportunity for people to engage in optimal patient care while working in a very unique, and dynamic health care environment. Students interested in athletic training typically have a passion for learning about the human organism in healthy, and injured or diseased states, and how that knowledge can be applied to advance health, and human performance for patients across the lifespan, and to improve quality of life.

MORE INFORMATION ABOUT ATHLETIC TRAINING (<https://explorehealthcareers.org/career/sports-medicine/athletic-trainer/>)

## Entrance to Major

Minimum Requirements for Admission to the Athletic Training major (admission is competitive—meeting minimum requirements does not assure admission into the major):

1. Submission of printable online Athletic Training (AT) Program Application.
2. Cumulative grade-point average of 2.8.
3. 3.0 grade-point average in ATHTR 135 (KINES 135), ATHTR 202 (KINES 202), ATHTR 231, ATHTR 233.
4. Completion of entrance interview with Athletic Training Panel.
5. Evidence of ability to meet the physical and psycho-emotional standards as outlined in the "Technical Standards for the Undergraduate Athletic Training Program at Penn State."

## Degree Requirements

**For the Bachelor of Science degree in Athletic Training, a minimum of 120 credits is required:**

Requirement	Credits
General Education	45
Requirements for the Major	96-100

**21 of the 45 credits for General Education are included in the Requirements for the Major. This includes: 6 credits of GQ courses; 9 credits of GN courses; 3 credits of GS courses; 3 credits of GHW courses.**

Per Senate Policy 83.80.5, the college dean or campus chancellor and program faculty may require up to 24 credits of course work in the major to be taken at the location or in the college or program where the degree is earned. Athletic Training requires students to complete 24 credits for the major through courses taken at University Park. Courses taken at other Penn State campuses may not be counted toward this 24 credit minimum. For more information, check the Recommended Academic Plan for this major.

## General Education

Connecting career and curiosity, the General Education curriculum provides the opportunity for students to acquire transferable skills necessary to be successful in the future and to thrive while living in interconnected contexts. General Education aids students in developing intellectual curiosity, a strengthened ability to think, and a deeper sense of aesthetic appreciation. These are requirements for all baccalaureate students and are often partially incorporated into the requirements of a program. For additional information, see the General Education Requirements (<https://bulletins.psu.edu/undergraduate/general-education/baccalaureate-degree-general-education-program/>) section of the Bulletin and consult your academic adviser.

The keystone symbol appears next to the title of any course that is designated as a General Education course. Program requirements may also satisfy General Education requirements and vary for each program.

### Foundations (grade of C or better is required.)

- **Quantification (GQ):** 6 credits
- **Writing and Speaking (GWS):** 9 credits

### Knowledge Domains

- **Arts (GA):** 6 credits
- **Health and Wellness (GHW):** 3 credits
- **Humanities (GH):** 6 credits
- **Social and Behavioral Sciences (GS):** 6 credits
- **Natural Sciences (GN):** 9 credits

### Integrative Studies (may also complete a Knowledge Domain requirement)

- **Inter-Domain or Approved Linked Courses:** 6 credits

## University Degree Requirements

### First Year Engagement

All students enrolled in a college or the Division of Undergraduate Studies at University Park, and the World Campus are required to take 1 to 3 credits of the First-Year Seminar, as specified by their college First-Year Engagement Plan.

Other Penn State colleges and campuses may require the First-Year Seminar; colleges and campuses that do not require a First-Year Seminar provide students with a first-year engagement experience.

First-year baccalaureate students entering Penn State should consult their academic adviser for these requirements.

### Cultures Requirement

6 credits are required and may satisfy other requirements

- United States Cultures: 3 credits
- International Cultures: 3 credits

### Writing Across the Curriculum

3 credits required from the college of graduation and likely prescribed as part of major requirements.

### Total Minimum Credits

A minimum of 120 degree credits must be earned for a baccalaureate degree. The requirements for some programs may exceed 120 credits. Students should consult with their college or department adviser for information on specific credit requirements.

## Quality of Work

Candidates must complete the degree requirements for their major and earn at least a 2.00 grade-point average for all courses completed within their degree program.

### Limitations on Source and Time for Credit Acquisition

The college dean or campus chancellor and program faculty may require up to 24 credits of course work in the major to be taken at the location or in the college or program where the degree is earned. Credit used toward degree programs may need to be earned from a particular source or within time constraints (see Senate Policy 83-80 (<http://senate.psu.edu/policies-and-rules-for-undergraduate-students/82-00-and-83-00-degree-requirements/#83-80>)). For more information, check the Suggested Academic Plan for your intended program.

## Requirements for the Major

A grade of C or better is required for all courses in the major. To graduate, a student enrolled in the major must earn at least a C grade in each course designated by the major as a C-required course, as specified by Senate Policy 82-44 (<http://senate.psu.edu/policies-and-rules-for-undergraduate-students/82-00-and-83-00-degree-requirements/#82-44>).

Code	Title	Credits
<b>Prescribed Courses</b>		
<i>Prescribed Courses: Require a grade of C or better</i>		
ATHTR 135	Introduction to Athletic Training	3
ATHTR 202	Functional Human Anatomy	4
ATHTR 231	Foundations of Clinical Practice I	3
ATHTR 233	Acute Care and Emergency Response	3
ATHTR 235	Foundations of Clinical Practice II	3
ATHTR 334	Examination of Injuries to the Lower Extremity, and Spine	3
ATHTR 335	Examination of Injuries to the Head, Torso, and Upper Extremity	3
ATHTR 336	General Medical Principles of Clinical Practice	3
ATHTR 395A	Clinical Internship I	3
ATHTR 434	Rehabilitation of Injuries to the Lower Extremities, and Spine	3
ATHTR 435	Rehabilitation of Injuries to the Trunk and Upper Extremities	3
ATHTR 436	Physical Agents in Rehabilitation	4
ATHTR 438W	Administrative and Professional Aspects of Sports Health Care	3
ATHTR 495A	Clinical Internship II	3
ATHTR 495B	Clinical Internship III	3
ATHTR 495C	Clinical Internship IV	3
BIOL 141	Introduction to Human Physiology	3
CHEM 111	Experimental Chemistry I	1
KINES 321	Psychology of Movement Behavior	3
KINES 341	The Historical, Cultural, and Social Dynamics of Sport	3
KINES 345	Meaning, Ethics, and Movement	3
KINES 350	Exercise Physiology	3
KINES 360	The Neurobiology of Motor Control and Development	3
KINES 384	Biomechanics	3
MATH 22	College Algebra II and Analytic Geometry	3

NUTR 251	Introductory Principles of Nutrition	3
PSYCH 100	Introductory Psychology	3

**Additional Courses**

*Additional Courses: Require a grade of C or better*

CHEM 106	Introductory and General Chemistry	3-5
or CHEM 110	Chemical Principles I	
PHYS 150	Technical Physics I	3-4
or PHYS 250	Introductory Physics I	

Select one of the following: 3

KINES 100	The Cultural and Behavioral Foundations of Kinesiology	
KINES 101	The Biophysical Foundations of Kinesiology	
KINES 180		

Select 3-4 credits of the following: 3-4

STAT 200	Elementary Statistics	
STAT 250	Introduction to Biostatistics	
SCM 200	Introduction to Statistics for Business	

## Academic Advising

The objectives of the university's academic advising program are to help advisees identify and achieve their academic goals, to promote their intellectual discovery, and to encourage students to take advantage of both in-and out-of class educational opportunities in order that they become self-directed learners and decision makers.

Both advisers and advisees share responsibility for making the advising relationship succeed. By encouraging their advisees to become engaged in their education, to meet their educational goals, and to develop the habit of learning, advisers assume a significant educational role. The advisee's unit of enrollment will provide each advisee with a primary academic adviser, the information needed to plan the chosen program of study, and referrals to other specialized resources.

READ SENATE POLICY 32-00: ADVISING POLICY (<https://senate.psu.edu/policies-and-rules-for-undergraduate-students/32-00-advising-policy/>)

## University Park

### Sarah Milito

Lead Adviser Kinesiology Advising Center  
270 Recreation Park Building  
University Park, PA 16802  
814-863-4493  
sjb176@psu.edu

## Suggested Academic Plan

The suggested academic plan(s) listed on this page are the plan(s) that are in effect during the 2021-22 academic year. To access previous years' suggested academic plans, please visit the archive (<https://bulletins.psu.edu/undergraduate/archive/>) to view the appropriate Undergraduate Bulletin edition (*Note: the archive only contain suggested academic plans beginning with the 2018-19 edition of the Undergraduate Bulletin*).

## Athletic Training, B.S. at All Campuses

The course series listed below provides **only one** of the many possible ways to move through this curriculum. The University may make changes in policies, procedures, educational offerings, and requirements at any time. This plan should be used in conjunction with your degree audit

(accessible in LionPATH as either an **Academic Requirements** or **What If** report). Please consult with a Penn State academic adviser on a regular basis to develop and refine an academic plan that is appropriate for you.

### First Year

Fall	Credits	Spring	Credits
ENGL 15, 30H, or ESL 15 <sup>‡</sup>	3	CHEM 110 or 106 <sup>**†</sup>	3-5
MATH 22 <sup>**†</sup>	3	CHEM 111 <sup>**†</sup>	1
BIOL 141 <sup>**†</sup>	3	PSYCH 100 <sup>**†</sup>	3
General Education Course	3	STAT 200, 250, or SCM 200 <sup>**†</sup>	3-4
General Education Course	3	General Education Course	3
PSU First-Year Seminar	1		
	<b>16</b>		<b>13-16</b>

### Second Year

Fall	Credits	Spring	Credits
KINES 101 <sup>*</sup>	3	KINES 100 <sup>*</sup>	3
ATHTR 135 <sup>*#</sup>	3	ATHTR 235 <sup>*</sup>	3
ATHTR 202 <sup>*#</sup>	3-4	ATHTR 334 <sup>*</sup>	3
ATHTR 231 <sup>*#1</sup>	3	KINES 360 <sup>*</sup>	3
ATHTR 233 <sup>*#</sup>	3	PHYS 250 or 150 <sup>**†</sup>	3-4
	<b>15-16</b>		<b>15-16</b>

### Third Year

Fall	Credits	Spring	Credits
ATHTR 335 <sup>*</sup>	3	ATHTR 336 <sup>*</sup>	3
KINES 345 <sup>*</sup>	3	KINES 384 <sup>*</sup>	3
KINES 350 <sup>*</sup>	3	ATHTR 495A <sup>*</sup>	3
ATHTR 395A <sup>*</sup>	3	ATHTR 435 <sup>*</sup>	3
ATHTR 434 <sup>*</sup>	3	ATHTR 436 <sup>*</sup>	4
	<b>15</b>		<b>16</b>

### Fourth Year

Fall	Credits	Spring	Credits
ATHTR 495B <sup>*</sup>	3	KINES 321 <sup>*</sup>	3
ATHTR 438W <sup>*</sup>	3	KINES 341 (US;IL) <sup>*</sup>	3
CAS 100A, 100B, or 100C <sup>‡</sup>	3	ATHTR 495C <sup>*</sup>	3
NUTR 251 <sup>**†</sup>	3	ENGL 202A, 202B, 202C, or 202D (ENGL 202A or 202D Suggested) <sup>‡</sup>	3
General Education Course	3	General Education Course	3
	<b>15</b>		<b>15</b>

### Total Credits 120-125

- \* Course requires a grade of C or better for the major
- ‡ Course requires a grade of C or better for General Education
- # Course is an Entrance to Major requirement
- † Course satisfies General Education and degree requirement

### University Requirements and General Education Notes:

US and IL are abbreviations used to designate courses that satisfy University Requirements (United States and International Cultures).

W, M, X, and Y are the suffixes at the end of a course number used to designate courses that satisfy University Writing Across the Curriculum requirement.

GWS, GQ, GHW, GN, GA, GH, and GS are abbreviations used to identify General Education program courses. General Education includes Foundations (GWS and GQ) and Knowledge Domains (GHW, GN, GA, GH, GS, and Integrative Studies). Foundations courses (GWS and GQ) require a grade of 'C' or better.

Integrative Studies courses are required for the General Education program. N is the suffix at the end of a course number used to designate an Inter-Domain course and Z is the suffix at the end of a course number used to designate a Linked course.

All incoming Schreyer Honors College first-year students at University Park will take ENGL 137H/CAS 137H in the fall semester and ENGL 138T/CAS 138T in the spring semester. These courses carry the GWS designation and replace both ENGL 30H and CAS 100. Each course is 3 credits.

### Advising Notes

Within the 30 credits of required General Education Domain courses, students must take 6 credits of Integrative Studies courses (<https://bulletins.psu.edu/undergraduate/general-education/integrative-studies/>) (Inter-domain or Linked courses). If you need additional clarification, consult with your academic adviser.

### Additional Notes

NOTE: The ATHTR Academic Requirement takes precedence over the Suggested Academic Plan for graduation requirements.

NOTE: Students are admitted to the ATHTR major on a competitive, space-available basis. A minimum 3.0 GPA in the prescribed ATHTR courses (ATHTR 135, 202, 231 and 233) is required, in addition to other requirements. Admission to the major is not guaranteed despite successful completion of the prerequisites.

ADVISING NOTES: LIMITATION ON THE NUMBER OF TRANSFER COURSES USED FOR KINES 300-LEVEL CORE: Of the KINES 300-level core courses (KINES 321, 341, 345, 350, 360 and 384), a maximum of two courses (6 credits) may be transferred to Penn State and used towards graduation for the Kinesiology or Athletic Training Majors.

LIMITATIONS ON SOURCE AND TIME FOR CREDIT ACQUISITION: In accordance with Policy 83-80.5, the Department of Kinesiology requires at least 24 credits of prescribed coursework in the major to be completed at the location or in the college or program where the degree is earned. World Campus courses may not be counted toward this 24 credit minimum. The 24 credits include the capstone course in the major: KINES 495B for the Movement Science Option; ATHTR 495C for the Athletic Training Major; and KINES 495C for the Exercise Science Option.

<sup>1</sup> ATHTR 231 and ATHTR 233 are only offered in fall semesters, at University Park, and requires that students complete an application to the pre-professional phase. The link to the pre-professional phase application can be found at: <https://hhd.psu.edu/kines/undergraduate/major-athletic-training/program-overview> (<https://hhd.psu.edu/kines/undergraduate/major-athletic-training/program-overview/>).

## Career Paths

Per the Bureau of Labor Statistics, this field is projected to grow 21% between 2014-2024, much faster than the average for all occupations. Graduates of the Athletic Training program gain employment in a variety of settings with most practicing in universities, colleges, or secondary schools, and others working in sports medicine clinics, hospitals, and

professional sports. Further emerging opportunities are available in the performing arts, occupational and industrial settings, armed forces, and various government service agencies. Most athletic trainers work full time, and those that work with teams during sporting events may work evenings, or weekends, and travel often.

MORE INFORMATION ABOUT POTENTIAL CAREER OPTIONS FOR GRADUATES OF THE ATHLETIC TRAINING PROGRAM (<https://www.nata.org/career-education/career-center/>)

## Opportunities for Graduate Studies

While a bachelor's degree is the minimum requirement to practice clinically, almost 70 percent of athletic trainers have a master's or doctoral degree, according to the National Athletic Trainers' Association. An advanced degree makes candidates more competitive for jobs, and boosts earning potential. A master's degree or beyond is also typically required if an athletic trainer practicing clinically will serve in the capacity of an educator or researcher. Most students graduating from the Athletic Training major attend a graduate program of study through a clinical athletic training assistantship award. Graduate placement outcomes are provided at: <https://hhd.psu.edu/kines/undergraduate/major-athletic-training/athletic-training-major> (<https://hhd.psu.edu/kines/undergraduate/major-athletic-training/athletic-training-major/>).

MORE INFORMATION ABOUT OPPORTUNITIES FOR GRADUATE STUDIES (<https://www.nata.org/about/athletic-training/education-overview/>)

## Professional Resources

- National Athletic Trainers' Association (<https://www.nata.org/>)
- World Federation of Athletic Training & Therapy (<http://www.wfatt.org/>)
- American College of Sports Medicine (<http://www.acsm.org>)

## Accreditation

The Bachelor of Science in Athletic Training degree is a competency-based professional program accredited by the Commission on the Accreditation of Athletic Training Education. The program earned initial accreditation in 1997, and reaccreditation in 2008, and 2019. The next accreditation review, including site visit, is scheduled for the 2028-2029 cycle.

We currently anticipate that our last cycle for admitting students through the undergraduate Athletic Training major will be Fall Semester 2020. This means first-year students entering Penn State in Fall Semester 2019 would still be eligible to graduate from this degree program (since students typically formally apply to the major in the third semester of their second year).

Comprehensive information on the Athletic Training major can be found at: <https://hhd.psu.edu/kines/undergraduate/major-athletic-training> (<https://hhd.psu.edu/kines/undergraduate/major-athletic-training/>).

Information on Penn State admissions can be found at: <https://admissions.psu.edu/>.

Updates on transition of the Athletic Training program to a master's-level professional degree, when available, will be posted at: <https://hhd.psu.edu/kines/athletic-training-transition-masters-level-professional-degree> (<https://hhd.psu.edu/kines/athletic-training-transition-masters-level-professional-degree/>).

MORE INFORMATION ABOUT THE COMMISSION ON THE  
ACCREDITATION OF ATHLETIC TRAINING EDUCATION ([https://  
caate.net/](https://caate.net/))

## **Contact**

### **University Park**

DEPARTMENT OF KINESIOLOGY  
276 Recreation Building  
University Park, Pa 16802  
814-863-0442  
[pennstatekines@psu.edu](mailto:pennstatekines@psu.edu)

<http://hhd.psu.edu/kines/undergraduate/athletic-training> ([http://  
hhd.psu.edu/kines/undergraduate/athletic-training/](http://hhd.psu.edu/kines/undergraduate/athletic-training/))