

ATHLETIC TRAINING (MS)

Health and Human Enrichment

The MS in Athletic Training program offers two concentration areas:

1. Professional Program - for those seeking a CAATE-accredited program in preparation for taking the Board of Certification examination in athletic training
2. Post-Professional Program - for those Certified Athletic Trainers seeking combined clinical and teaching roles in Athletic Training higher education, or advanced Athletic training clinical practice.

Athletic Training, Professional

The CAATE-accredited Professional concentration is designed to provide students interested in the field of athletic training the opportunity to develop the necessary skills and knowledge through classroom experiences and clinical rotations to meet the competencies required of CAATE (Commission on Accreditation of Athletic Training Education) programs. During each semester, for four semesters, students will complete clinical rotations in an athletic training setting. During the clinical rotation, students will be placed under the supervision of a clinical preceptor. Students must earn a minimum grade of B- in all courses:

The Professional concentration is a two-year program that begins each fall. PSU also offers a 3+2 option for undergraduate students to complete a BS in Allied Health Sciences and Master of Science in Athletic Training in 5 years. Students interested in the 3+2 option should apply for the BS in Allied Health Sciences with an option in 3+2 Athletic Training.

Athletic Training, Post-Professional in Higher Education

The MS in Athletic Training Post-Professional master's program provides students the opportunity to further develop skills and knowledge through research and advanced courses in education, strength and conditioning, exercise physiology, and leadership. The Post-Professional program is designed to prepare certified athletic trainers for a variety of teaching, leadership, and advanced practice roles.

Admission Requirements

Athletic Training, Professional

Admission Requirements

Applications are accepted on a rolling basis, but since enrollment is limited, we encourage prospective students to apply as early as possible. This is a cohort program that begins in the fall semester of each year. Admission is competitive, limited, and not guaranteed even to those who meet the minimum qualifications. Students must verify that they can comply with the program's Technical Standards. Technical Standards are available to all interested students and can be obtained by visiting the Athletic Training website at <https://www.plymouth.edu/academics/graduate-academic-programs/masters/athletic-training/athletic-training-professional-program-in-athletic-training/>

Prerequisites

- Baccalaureate degree from accredited institution
- 2.5 undergraduate GPA

- Comprehensive statement of professional goals
- Two letters of recommendation
- Minimum of 50 hours observation under direct supervision of a BOC Certified Athletic Trainer. Original letters of documentation must be submitted as part of the application.
- Completed Health Screening within the last 6 months with proof of immunizations
- Current CPR/BLS for Healthcare Providers certification
- Minimum grade of C in the following college or university courses (must be taken within the past seven years):
 - Anatomy and Physiology I (with lab): 4 credits
 - Anatomy and Physiology II (with lab): 4 credits
 - Kinesiology: 3 credits
 - Exercise Physiology: 3 credit
 - Chemistry: 3 credits
 - Biology: 3 credits
 - Physics: 3 credits
 - Nutrition: 3 credits
 - Psychology: 3 credits
 - Statistics: 3 credits

Athletic Training, Post-Professional

Applications are accepted on a rolling basis, but we encourage prospective students to apply by January 31st for priority consideration. This is a cohort program that begins in the fall semester of each year. Athletic Training candidates must submit a completed graduate program application online (<https://www.plymouth.edu/apply/>), have BOC certification and one year of experience (preferred) as a certified athletic trainer (ATC), and provide proof of current CPR/AED certification.

Candidates interested in applying for available Athletic Training GA positions should contact the program coordinator for information about the GA application process no later than January 31st for full consideration.

Degree Requirements

Students interested in Athletic Training will select either the Professional or Post-Professional Option. For students who have completed their bachelor's degree in Athletic Training should select the Post-Professional option. Students who are seeking a CAATE accredited program in preparation for taking the Board of Certification exam in Athletic Training should select the Professional option.

Athletic Training, Professional

Course	Title	Credits
AT 5400	Preventative Theories and Psychomotor Skills	4
AT 5410	Lower Extremity Assessment	4
AT 5420	Upper Extremity Assessment	4
AT 5430	Spine, Posture and Function	4
AT 5440	Athletic Training Administration	4
AT 5450	Pathology and Pharmacology in Sports Medicine	4
AT 5460	Research Design and Statistics	4
AT 5470	Therapeutic Intervention I	4
AT 5480	Therapeutic Intervention II	4
AT 5490	Athletic Training Capstone	4
AT 5810	Clinical Athletic Training I	4

AT 5820	Clinical Athletic Training II	4
AT 5830	Clinical Athletic Training III	4
AT 5845	Clinical Athletic Training IV	10
Total Credits		62

Athletic Training, Post-Professional

Any student admitted to the MS in Athletic Training, Post-Professional program must have NATABOC certification prior to coursework.

Course	Title	Credits
Master's Core Component		
ED 5030	Research Design	3
AT 5460	Research Design and Statistics	4
AT 5950	Graduate Thesis <small>Students who enroll in AT 5950, Thesis will enroll continuously until thesis is complete, up to a max of 12 credits</small>	6
or AT 5900	Directed Research	
Major Elective Component		21-24
ED 5000	Understanding Social Behaviors	
ED 5060	Exploring Learning Theories and Cognitive Growth	
ED 5140	Assessment: Principles and Practices	
AT 5630/5640	Principles & Theories of Strength and Conditioning	
AT 5700	Instructional Strategies in Burdenko Conditioning	
AT 5875	Special Topics in AT	
AT 6100	Advanced Practicum in Athletic Training	
AT 6310	Fundamentals in AT Ed Instruction I	
AT 6320	Fundamentals in AT Ed Instruction II	
AT 6500	Independent Study	
Any HL, HH, EX, OH, PBH, PE 5000 or higher		
Any AT 6000 or higher		
Total Credits		34-36

- provide appropriate nutritional advice for active individuals
- development, administration, and management of a healthcare facility for the physically active individual
- professional responsibilities and avenues for professional development in the promotion of athletic training
- exhibit the use of clinical best practices and evidence-based medicine.
- demonstrate use of technological resources in gathering and disseminating educational and professional information
- apply the skills required of an entry-level position or advanced graduate work

Career Pathways

Athletic Training prepares you to pursue a career in athletic training where you will prevent, care for, diagnose, treat, and rehabilitate injuries that happen within the active population.

Learning Outcomes

Students who successfully complete the Bachelor of Science or Master of Science in Athletic Training are able to demonstrate competency and proficiency in the following entry-level athletic training areas:

- risk management, injury prevention, planning and implementation of prevention strategies
- pathological mechanisms in the development, progression and epidemiology of injuries, illnesses and diseases
- recognition, clinical examination, diagnosis, appropriate referral and management of common risk factors, orthopedic injury, and illnesses in the physically active individual
- providing appropriate care and referral for injuries and illnesses in the physically active individual
- planning, implementing, documenting and evaluating the efficacy of therapeutic modalities in the treatment of injuries and illnesses
- planning, implementing, documenting and evaluating the efficacy of therapeutic exercise programs for the rehabilitation and reconditioning of injuries and illnesses
- pharmacologic applications and governing regulations relevant to the treatment of injuries, illnesses and diseases
- recognize, intervene and refer patients with sociocultural, mental, emotional and psychological behavioral problems and issues