

Athletic Training 4+1 Option

Division of Health Professions

The direct entry (4+1) program is designed so that students can complete both the Bachelor of Science in Exercise Science and Sport Performance and the Master of Science in Athletic Training (MSAT) degrees in a total of five years. The direct entry students are guaranteed admission into the MSAT program if they meet all prerequisites.

The professional portion of the accelerated program encompasses the Master of Science in Athletic Training requirements and consists of 54 credit hours that include the latest research, knowledge, and techniques used by athletic trainers. Academic preparation is guided by:

- The National Athletic Trainers' Association Executive Education Council (ECE) oversees matters related to AT education. The group facilitates quality professional and post-professional education, coordinates the delivery of educational programming for the profession, and maintains a dialogue with its CAATE and Board of Certification (BOC) liaisons on accreditation and certification matters affecting AT education.
- 8th Edition Practice Analysis by the BOC that defines the entry-level knowledge, skills, and abilities required for practice in the profession of athletic training.
- Commission on Accreditation of Athletic Training Education (CAATE) curriculum standards.

This program is designed to provide structured didactic and supervised clinical coursework to prepare students for entry-level positions in athletic training. Didactic and clinical courses are sequenced and integrated to maximize student learning. Master of Science in Athletic Training courses are taken in sequence. (See Master of Science in Athletic Training degree plan available on McKendree's website.)

The purpose of supervised clinical coursework is to provide a structured clinical experience to prepare for professional practice and engage in professional socialization. Throughout the academic program, clinical coursework provides direct patient care opportunities with varied client/patient populations for a variety of injuries, conditions, and illnesses throughout the lifespan.

Students pursuing McKendree's direct entry (4+1) program enroll in the Bachelor of Science in Exercise Science and Sport Performance Plus (ESSP+) major. The 4+1 program includes pre-requisite coursework required for application to the MSAT program.

Bachelor of Science in Exercise Science and Sport Performance Plus (ESSP+) Major

ESSP+ majors must complete the health professions core requirements and the ESSP+ requirements.

HEALTH PROFESSIONS
CORE REQUIREMENTS **28-29 crs.**

BIO 101	BIOLOGY FOR LIFE	4
<i>or</i>		
BIO 110	PRINCIPLES OF CELLULAR AND MOLECULAR BIOLOGY	5
BIO 308	HUMAN ANATOMY AND PHYSIOLOGY I	5
BIO 309	HUMAN ANATOMY AND PHYSIOLOGY II	5
HPE 158	HEALTH AND WELLNESS	3
HPE 250	ASSESSMENT THROUGH TESTS AND MEASUREMENTS FOR HEALTH PROFESSIONS	3
HPE 300	HUMAN NUTRITION	3
PED 157	FOUNDATIONS OF HEALTH PROFESSIONS	3
PED 206	FIRST AID	2

ESSP+
MAJOR REQUIREMENTS **32 crs.**

MTH 170	STATISTICS	3
CHE 100	GENERAL CHEMISTRY FUNDAMENTALS	3
HPE 200	FOUNDATIONS OF HUMAN MOVEMENT	3
PHY 211	GENERAL PHYSICS: MECHANICS, HEAT, SOUND	4
ATH 200	MEDICAL TERMINOLOGY	3
ATH 408	PRINCIPLES OF ATHLETIC TRAINING	4
HPE 325	EXERCISE NUTRITION (W)	3
PED 349	PHYSIOLOGY OF EXERCISE	3
PED 365	MOTOR DEVELOPMENT	3
PED 403	KINESIOLOGY (W)	3

Students will take the following graduate coursework that will count for both undergraduate- and graduate-level credit. Students must receive a grade of B or better in each course.

ADDITIONAL COURSEWORK
AT THE COMBINED UNDERGRADUATE AND GRADUATE LEVEL **27.5 crs.**

ATH 500	FOUNDATIONS OF EVIDENCE-BASED PRACTICE	3
ATH 501	DIAGNOSTICS, SPLINTING, AND BRACING	3
ATH 510	EVALUATION AND ASSESSMENT OF ORTHOPEDIC INJURIES I	3
ATH 511	EVALUATION AND ASSESSMENT OF ORTHOPEDIC INJURIES II	3
ATH 512	EVALUATION AND ASSESSMENT OF ORTHOPEDIC INJURIES III	2
ATH 513	EVALUATION AND ASSESSMENT OF MEDICAL CONDITIONS	3
ATH 514	THERAPEUTIC MODALITIES	3
ATH 515	CLINICAL INTEGRATION I	2
ATH 516	CLINICAL INTEGRATION II	2
ATH 520	THERAPEUTIC EXERCISE AND RECONDITIONING I	3
ATH 522	FIRST OBJECTIVE STRUCTURED CLINICAL EXAM (OSCE)	.5

Students will take the following graduate coursework to complete the MSAT. Students must receive a grade of B or better in each course.

ADDITIONAL COURSEWORK
AT THE GRADUATE LEVEL **26.5 crs.**

ATH 517	CLINICAL INTEGRATION III	3
ATH 518	CLINICAL INTEGRATION IV	3
ATH 519	CLINICAL INTEGRATION V	2
ATH 521	THERAPEUTIC EXERCISE AND RECONDITIONING II	3
ATH 525	HEALTH AND RECOVERY	2
ATH 600	SEMINAR I	1
ATH 601	SEMINAR II	2
ATH 602	SEMINAR III	2
ATH 610	HEALTHCARE ADMINISTRATION I	2
ATH 611	HEALTHCARE ADMINISTRATION II	2
ATH 614	PROFESSIONAL BEHAVIORS AND RESEARCH I	1
ATH 615	PROFESSIONAL BEHAVIORS AND RESEARCH II	3
ATH 616	SECOND OBJECTIVE STRUCTURED CLINICAL EXAM (OSCE)	.5

Admission

Students in the 4+1 program who have satisfactorily fulfilled all requirements are directly admitted into the MSAT portion of the program. Program admission occurs once annually, with initiation of the summer academic term.

1. Complete a minimum of 96 hours of academic coursework towards the BS in exercise science and sport performance, including the prerequisite courses (listed under 4. below) required for application to the MSAT program.
2. Complete graduate admission application by April 1.
3. Complete Technical Standards form.
4. Complete required prerequisite coursework with a grade of C or better and a current GPA of 3.0 or higher and cumulative GPA of 2.75 or higher.*

Required prerequisite coursework:

- Introduction to Psychology – 3 hours
- Health and Wellness – 3 hours
- Human Nutrition – 3 hours
- Biology for Life or Principles of Cellular and Molecular Biology (with lab) – 4 hours
- General Chemistry (lab not required) – 3-4 hours
- General Physics I or II (with lab) – 4 hours
- Anatomy and Physiology (with lab) – 8-10 hours
- Medical Terminology – 3 hours
- Kinesiology – 3 hours
- Exercise Physiology – 3 hours
- Statistics – 3 hours
- Principles of Athletic Training (must include taping competencies) – 3-4 hours
- First Aid and Emergency Care (includes American Red Cross Certifications in First Aid, Basic Life Support or CPR for the Professional Rescuer, EpiPen, and Administering Emergency Oxygen) – 2 hours (Students may waive this class if currently certified.)

The following items are due after admission into the program by May 30:

1. Copy of immunizations – (Hep-B, MMR, T-dap, Chickenpox, and Meningococcal).
2. Copy of current certification in Red Cross First Aid, Basic Life Support for the Healthcare Provider or CPR for the Professional Rescuer, EpiPen, and Administering Emergency Oxygen.
3. Background check through Castlebranch (Certified Background).

* Applicants who are completing prerequisite coursework after the April 1 application due date may apply to the program. However, final review and full acceptance into the program will not be made until official transcripts showing all required prerequisite coursework have been submitted.

Acceptance

Acceptance into the program is selective and based on the above criteria and space available in the program.

Applicants are notified electronically by April 15 regarding their admission status.

Students who decide to opt out of the ESSP Plus program may still earn the Bachelor of Science in exercise science and sport performance degree by completing all remaining degree requirements listed under the ESSP program in the Undergraduate Catalog.

Athletic Training (ATH)

ATH 200 **3**

MEDICAL TERMINOLOGY

Students will learn and recognize word roots, prefixes, and suffixes used in medical language today. They will learn how to combine words to create meaningful medical conditions as well as comprehend their definition and know the correct spelling. This course will cover medical terms related to all major body systems, including muscular system, skeletal system, respiratory system, circulatory system, digestive system, reproductive system, and urinary system.

ATH 280-289 **1-4**

SPECIAL TOPICS IN ATHLETIC TRAINING

ATH 408 **4**

PRINCIPLES OF ATHLETIC TRAINING

This course provides the foundation for students pursuing a career in athletic training. Fundamental information regarding injury prevention, recognition, diagnosis, treatment, rehabilitation and healthcare administration will be presented. Classroom laboratory work including taping, wrapping, and wound care techniques are required.