

# Master of Science in Athletic Training

## Mission Statement

The mission of the Whitworth University Athletic Training Program is to equip students with the knowledge and skills necessary to become proficient and professional entry-level athletic trainers. We accomplish this goal through high-quality instruction and diverse experiences that model ethical practice, effective communication and compassion. The program uses a holistic approach in developing multidimensional healthcare professionals and servant-leaders within the context of Christian higher education.

## Program and Student-Learning Outcomes

- 1. Whitworth University athletic training students will incorporate spiritual, ethical, moral and legal behavior into the practice of athletic training.**
  - a. Whitworth University athletic training students will appreciate the value and nature of personal faith and of incorporating worldview into vocational practice.
  - b. Students will abide by the standards of practice established by the Board of Certification as well as the NATA Code of Ethics.
- 2. Whitworth University athletic training students will understand the role of an athletic trainer as a healthcare provider within the larger context of the continually evolving healthcare system.**
  - a. Students will work in collaboration with other healthcare providers.
  - b. Students will communicate effectively, both in verbal and written form, with all those involved in caring for a patient.
- 3. Whitworth University athletic training students will demonstrate entry-level proficiency through classroom, laboratory and clinical learning experiences in the five domains of athletic training: injury/illness prevention and wellness protection; clinical evaluation and diagnosis; immediate and emergency care; treatment and rehabilitation; and organizational and professional health and well-being.**
  - a. Students will achieve 100% ultimate pass rate on the BOC exam for those who continue to attempt it.
  - b. Students will be well prepared to meet the challenges of entry-level employment positions.
  - c. Students will demonstrate contemporary knowledge and skill in the comprehensive examination, assessment, management, treatment and/or rehabilitation of patients with injuries and illnesses as they pertain to an active lifestyle
  - d. Students will learn clinical skills under the supervision of high-quality preceptors at quality clinical sites.
  - e. Students will recognize quality evidence from a variety of sources and incorporate that evidence into practice.
- 4. Whitworth University athletic training students and alumni will demonstrate professional behaviors consistent with the athletic training profession and healthcare.**
  - a. Students and alumni will invest in and promote the profession of athletic training or other chosen vocations.
  - b. Whitworth University athletic training students and alumni will support their professional community by assuming a service and/or leadership role in an area that has an impact upon the practice of athletic training or respective vocation.

- c. Students will establish habits that will result in lifelong learning and professional development.

## Admissions

Students applying to the professional phase of Whitworth's MSAT program must first complete the following admission requirements.

- Students applying directly to the two-year professional phase of the athletic training program must have a bachelor's degree from a regionally accredited institution.
- Current Whitworth students and transfer students applying for the five-year accelerated track must demonstrate successful completion of all undergraduate major and general education requirements prior to beginning the professional phase of the MSAT program. Completion of the pre-athletic-training track does not guarantee entry in the MSAT program.

All prospective students (accelerated track or two-year master's track) must complete the following admissions materials, which will be submitted to the graduate admissions office:

- completion of the Supplemental Athletic Training Application (including current résumé, written essay and letters of recommendation);
- current CPR and First Aid certification;
- more than 60 observation hours documented in at least two different clinical location/practice settings;
- a successful interview with the AT program admissions committee (if needed);
- an overall grade point average (GPA) of 3.0 or higher on all undergraduate coursework. Official transcripts must be submitted as part of the application for all courses completed at institutions other than Whitworth;
- completion of the prerequisite courses listed below with a grade of "C" or better within the last eight years. Equivalent Whitworth courses are suggested in parentheses. It is the student's responsibility to check for course equivalency. Refer to the Whitworth Transfer Equivalency Guide (<http://www.whitworth.edu/cms/administration/registrar/transfer-info/transfer-equivalency-guides>) or contact the Whitworth University Registrar's Office ([registrar@whitworth.edu](mailto:registrar@whitworth.edu)) for more information. Course title, credits and numbers vary by school.

**Anatomy & physiology:** Two courses in a combined anatomy & physiology sequence (i.e. Anatomy & Physiology I & II), or one course in each anatomy and physiology; must include laboratory experience (HS 220, HS 221).

**Nutrition or personal health & nutrition:** One course covering the different macro- and micronutrients in foods and how a balance of these nutrients contributes to a healthy diet (HS 315, HS 363)

**Structural & mechanical kinesiology:** One course covering the analysis of human motion, including joint and muscular action (HS 320)

**Exercise Physiology:** One course covering human physiology during exercise; must include a laboratory experience (HS 326 AND HS 326L)

**Introduction to Psychology:** One course covering introductory human psychology and behavior (PY 101)

**Elementary Probability & Statistics:** One course covering descriptive statistics, probability, basic principles of hypothesis testing and data analysis (MA 256)

**Writing:** One course focusing on academic writing and research, emphasis on revision and adaptation of writing for appropriate audiences (EL 110)

## General Policies

- Students should be familiar with graduate school policies ([http://catalog.whitworth.edu/graduate/#graduate\\_policies](http://catalog.whitworth.edu/graduate/#graduate_policies)), which includes specific academic standards, class attendance, suspension, appeals and graduation procedures.
- No credit toward a master's degree will be allowed for a course in which the student receives a grade of "C" or lower. A student will be required to re-take (at additional expense) any required course in which s/he earns a "C" or lower. **Note:** This is a higher standard than the Whitworth graduate studies policy of "C-" or higher.

- The MSAT program does not accept any transfer courses to apply toward the completion of graduate course requirements. Exceptions may be granted on appeal for certain courses.
- Students must maintain full-time status and follow the required course sequence each term. This is an intensive full-time program with day and evening requirements. As such, outside employment is discouraged and may not be possible while a student is completing this degree.
- The athletic training student handbook, updated annually, includes additional policies and procedures related to the MSAT program.

## **Requirements for Athletic Training, M.S. (66)**

AT 520	Emergency Response and Acute Care	3
AT 521	Techniques in Athletic Training	1
AT 532	Pathophysiology and Therapeutic Modalities	3
AT 534	Examination of Lower Extremity Pathology	4
AT 537	Clinical Anatomy Lab	2
AT 544	Techniques in Manual Therapy	2
AT 545	Examination of Spine and Upper Extremity Pathology	4
AT 546	General Medical Conditions	3
AT 549	Research Methods for Evidence Based Practice	3
AT 552	Therapeutic Exercise	3
AT 557	Biomechanics of Human Movement	3
AT 559	Statistics in Health Professions Research	3
AT 561	Exam Preparation	1
AT 563	Administration and Business in Athletic Training	3
AT 571	Clinical Experience I	2
AT 572	Clinical Experience II	2
AT 573	Clinical Experience III	1
AT 574	Clinical Experience IV	1
AT 575	Clinical Experience V	3
AT 576	Clinical Experience VI	3
AT 581	Seminar in Healthcare	2
AT 582	Seminar in Athletic Training	2
AT 583	Pharmacology for Athletic Trainers	2
AT 584	Psychology for Athletic Trainers	2
AT 585	Sports Nutrition	3
AT 586	Strength and Conditioning Programming	3
AT 598	Capstone in Athletic Training	2

## **Courses**

### **AT 520 Emergency Response and Acute Care 3**

This course provides a comprehensive survey of emergency management of sudden injury and illness, including appropriate recognition and evaluation strategies, acute care considerations (e.g. splinting, CPR), and referral. The intention is to provide the knowledge and skills necessary for the trained healthcare professional to manage an emergency situation and provide care which sustains life, reduces pain, and minimizes the consequences of injury or sudden illness until more advanced medical help arrive or the situation is resolved.

### **AT 521 Techniques in Athletic Training 1**

Survey of techniques utilized in clinical athletic training practice which are essential before the first clinical rotation. Techniques will include taping, bandaging, protective equipment & device application, and therapeutic interventions

### **AT 532 Pathophysiology and Therapeutic Modalities 3**

This course will address the effective application of therapeutic modalities in order to facilitate the healing and rehabilitation of athletic injuries. Content includes the pathology of injury to various body tissues, the healing response, and the physiological effect of therapeutic modalities commonly used in sports medicine.

**AT 534 Examination of Lower Extremity Pathology** 4

In-depth study of primarily orthopaedic conditions affecting the lower extremities including physical examination, injury recognition, treatment, prevention and emergency management. Laboratory experiences emphasize the methods and techniques in evaluating lower extremity injuries/conditions, as well as preventative taping/bracing.

**AT 537 Clinical Anatomy Lab** 2

Course will include dissection of the human cadaver, emphasizing the musculoskeletal, articular, nervous and vascular systems. Emphasis will be placed on the role of anatomical structures as they relate to common pathologies in physically active populations.

**AT 544 Techniques in Manual Therapy** 2

This course is an introduction to the principles and application of common manual therapy techniques in athletic training. Topics will include joint mobilizations, proprioceptive neuromuscular facilitation, strain-counterstrain, trigger point, and other soft-tissue techniques.

**AT 545 Examination of Spine and Upper Extremity Pathology** 4

In-depth study of primarily orthopaedic conditions affecting the spine and upper extremities including physical examination, injury recognition, treatment, prevention and emergency management. Laboratory experiences emphasize the methods and techniques in evaluating spine and upper extremity injuries/conditions, as well as preventative taping/bracing.

**AT 546 General Medical Conditions** 3

This course prepares the athletic training student to be able to appropriately identify, evaluate, treat, refer and counsel patients who present with non-orthopedic medical conditions. Topics include (but are not limited to) medical conditions of the nervous system, urinary/reproductive system, cardiovascular/respiratory systems, endocrine system, renal system and integumentary system.

**AT 549 Research Methods for Evidence Based Practice** 3

This course focuses on the design of clinically-relevant original research as well as utilizing the current literature to answer a clinical question. Topics include critical review of literature, experimental methods, interpretation of basic statistics in clinical research, and writing a manuscript.

**AT 552 Therapeutic Exercise** 3

Instruction on the effective application of therapeutic exercise in order to reduce disabilities, functional limitations, and impairments in a variety of athletic/patient populations. Content includes principles of therapeutic intervention design, implementation and progression for a variety of orthopedic pathologies including post-surgical care.

**AT 557 Biomechanics of Human Movement** 3

This course introduces students to advanced analysis of human movement using biomechanical principles. Course will cover the fundamental principles of biomechanics, with application to human movement analysis using biomechanical software, laboratory and clinical instrumentation.

**AT 559 Statistics in Health Professions Research** 3

This course introduces statistical concepts common in health professions research (including t-tests, ANOVA, repeated-measures ANOVA, correlation, and regression). Emphasis will be placed on selecting appropriate statistical tests, analyzing data using statistical software, interpreting results, and effectively communicating results through text, tables and figures.

**AT 561 Exam Preparation** 1

This course is a guided review aimed at improving student success on the Board of Certification (BOC) national licensure examination. An emphasis will be placed on self-assessment of professional competence and creation of a professional development plan to achieve goals of initial and on-going credentialing.

**AT 563 Administration and Business in Athletic Training** 3

This course is focuses on healthcare administration and business skills necessary for success within the athletic training profession, especially how to create and comply with administrative policies and regulations that guide and govern safe and effective healthcare practice. Content includes themes of management, leadership, legal concerns, and business modeling.

**AT 571 Clinical Experience I** 2

Clinical experience in athletic training I. Primarily involves the completion of clinical hours under the direct supervision of a licensed preceptor (athletic trainer or other healthcare provider), fulfillment of clinical competencies, and assignments integrating traditional academic coursework with clinical practice.

**AT 572 Clinical Experience II** 2

Clinical experience in athletic training II. Primarily involves the completion of clinical hours under the direct supervision of a licensed preceptor (athletic trainer or other healthcare provider), fulfillment of clinical competencies, and assignments integrating traditional academic coursework with clinical practice. Students will develop professional characteristics, attitudes, and communication skills. Students will have opportunities to incorporate holistic, compassionate patient care and demonstrate servant-leadership within the athletic training profession

**AT 573 Clinical Experience III** 1

Clinical experience in athletic training, emphasis on general medical pathologies and skills. Primarily involves the completion of clinical hours under the direct supervision of a licensed preceptor (athletic trainer or other healthcare provider), fulfillment of clinical competencies, and assignments integrating academic coursework with clinical practice.

**AT 574 Clinical Experience IV** 1

Clinical experience in athletic training IV, emphasis in clinical practice settings. Primarily involves the completion of clinical hours under the direct supervision of a licensed preceptor (athletic trainer or other healthcare provider), fulfillment of clinical competencies, and assignments integrating traditional academic coursework with clinical practice in rehabilitation.

**AT 575 Clinical Experience V** 3

Clinical experience in athletic training V. Primarily involves the completion of clinical hours under the direct supervision of a licensed preceptor (athletic trainer or other healthcare provider), fulfillment of clinical competencies, and assignments integrating traditional academic coursework with clinical practice.

**AT 576 Clinical Experience VI** 3

Clinical experience in athletic training VI. Primarily involves the completion of clinical hours under the direct supervision of a licensed preceptor (athletic trainer or other healthcare provider), fulfillment of clinical competencies, and assignments integrating traditional academic coursework with clinical practice.

**AT 581 Seminar in Healthcare** 2

An overview of the U.S. health care system, including the roles, responsibilities, scope of practice and referral guidelines for various health professionals. Special emphasis will be placed on the role of athletic trainers within the system, as well as systemic opportunities and barriers affecting athletic training practice.

**AT 582 Seminar in Athletic Training** 2

An overview of the historical and current context of the athletic training profession, including roles and responsibilities of various governing organizations (e.g. NATA, BOC, CAATE, and state licensing boards), government regulation, and understanding important athletic training professional documents (e.g. position statements, Standards of Practice, NATA Code of Ethics, etc.).

- AT 583 Pharmacology for Athletic Trainers** 2  
This course prepares the athletic trainer to safely and effectively recommend over the counter medications, recognize common prescription medications and their implications for physical activity, understand basic pharmacological principles, and act appropriately when the abuse of legal or illegal substances is suspected.
- AT 584 Psychology for Athletic Trainers** 2  
This course equips athletic training students with the knowledge and skills to respond appropriately to psychosocial disorders and mental health emergencies, as well as address psychological factors in injury response and rehabilitation in order to facilitate return to optimal function. Emphasis is placed on developing clinician skills in communication.
- AT 585 Sports Nutrition** 3  
This course will focus on the role of evidence-based nutrition in optimizing physical performance in active individuals. An emphasis will be placed on evaluating recent research in the field and translating this information to lay audiences.
- AT 586 Strength and Conditioning Programming** 3  
This course is designed to be a practically-based and administrator-focused strength and conditioning experience for athletic training students. In the course of this class, students will learn basic strength and conditioning program design principles and how to perform, teach, and supervise relevant weightlifting skills and athletic assessments. Students will also learn various concepts related to the administrative aspects of strength and conditioning, such as facility design, risk management, and industry best practices. Competence with the content covered in this course, combined with pre-requisite content knowledge, should allow students to successfully sit for the Certified Strength and Conditioning Specialist exam.
- AT 598A Capstone in Athletic Training** 1  
This capstone experience is designed to prepare athletic training students for successful transition to entry-level employment in athletic training or further graduate education. The course will include engagement with current professional issues and reflection on professional philosophy, as well as completion of a capstone graduate project.
- AT 598B Capstone in Athletic Training (B)** 1  
This capstone experience is designed to prepare athletic training students for successful transition to entry-level employment in athletic training or further graduate education. The course will include engagement with current professional issues and reflection on professional philosophy, as well as completion of a capstone graduate project.

# Font Notice

This document should contain certain fonts with restrictive licenses. For this draft, substitutions were made using less legally restrictive fonts. Specifically:

Times was used instead of Adobe Garamond Pro.

The editor may contact Leepfrog for a draft with the correct fonts in place.