



# University of Pittsburgh

School of Health and Rehabilitation Sciences

Department of Sports Medicine and Nutrition

Athletic Training Education Program

Accredited by the Commission on Accreditation of Athletic Training Education

Several years ago the American Medical Association recognized athletic training as an allied health profession. The University of Pittsburgh undergraduate Athletic Training Education Program, established in 1978 as an NATA-approved curriculum, has since passed an extensive program evaluation and earned continuing CAATE accreditation until 2011-2112. This well-established program in athletic training prepares students for a career in the multidisciplinary field of sports medicine.

The athletic training curriculum enrolls roughly 40 students and is staffed by a full-time Program Director, a Clinical Coordinator and large cadre of clinical faculty and graduate student assistants who provide clinical instruction and supervision in a variety of clinical experience settings including all levels of collegiate athletics, secondary school, clinic, and professional sports.

Housed in the internationally renowned School of Health and Rehabilitation Sciences, the Bachelor of Science in Athletic Training degree program consists of a 43 credit hour core complimented by 22 credit hours of coursework in Rehabilitation Science. The program is structured to provide a rigorous plan of study to include both academic and clinical education experiences. The students' clinical requirements include direct patient care with athletes and physically active patients and evaluation of skills by an Approved Clinical Instructor who supervises each student's clinical experience. Students rotate through three on-campus athletic training facilities and several off-site affiliated settings during the clinical education component acquiring valuable skills under the direct supervision of certified athletic training staff, team physicians and other allied health professionals.

Upon successful completion of the four-year baccalaureate degree, students are eligible to sit for the BOC, Inc. certification examination. Successful completion of this exam affords the candidate a variety of employment opportunities including athletic training services for high schools, sports medicine and rehabilitation clinics, colleges, universities, and professional athletic teams. Additionally, many students pursue graduate education opportunities in a number of sports medicine-related professions.

As clinicians schooled in the prevention, recognition and rehabilitation of injuries incurred by the physically active, athletic trainers administer immediate emergency care and -- under the supervision of a licensed physician -- use their knowledge of the injuries suffered by this population, and the factors influencing them, to develop a treatment program based on medical, exercise and sport sciences. Unlike few other professions, athletic training is a very dynamic and exciting way of life. The love of medicine and the desire to remain active in athletics is matched only by the satisfaction that is evoked by assisting a physically active individual back from injury and onto the field of play.

The Athletic Training Education Program at the University of Pittsburgh has witnessed the rapid growth and many changes that have defined this profession. Today we remain committed to the delivery of quality academic and clinical education for generations of future Certified Athletic Trainers.

## PROCEDURES FOR ADMISSION

Application to the Athletic Training Education Program is made following successful completion of a minimum of 45 credits and enrollment in REHSCI 1811 and 1812. Notification of admission occurs following a personal interview with the athletic training faculty and verification of completion of all prerequisite criteria. The deadline for submission of an application for admission consideration is March 15 annually. **Applications are online at: [www.shrs.pitt.edu/Apply](http://www.shrs.pitt.edu/Apply).**

Prerequisites for Admission - required # of credits in ( )

- A.
  1. Foundations of Biology/Lab (4) (BIOSC 0150/0050)
  2. General Chemistry/Lab (4) (CHEM 0110)
  3. Introduction to Physics (3) (PHYS 0110)
  4. Mathematics (3) (MATH 0031)
  5. Statistics (4) (STAT 0200)
  6. Psychology (6) (PSY 0010, 0310)
  7. Writing/Eng. Comp. (6) (ENGCOMP 0200 minimum)
  8. Computer Science (3) (CS 0131)
  9. Public Speaking (3) (COMMRC 0520)
  10. Humanities and Social Sciences Electives (6)  
from Anthropology, Economics, English Literature/Writing, Foreign Languages, History, Music, Performing and Visual Arts, Philosophy, Religion, Sociology
  11. Emergency Medical Technician/Lab (4) (EM 1102)
  12. Basic Athletic Training (3) (REHSCI 1811)
  13. Basic Athletic Training Lab (1) (REHSCI 1812)  
*A grade of C- or better is required for 1-11*  
*A grade of B or better is required for 12-13*
- B. Successful completion of at least 60 credits of coursework prior to admission.
- C. 45 clinical observation hours under the direct supervision of a certified athletic trainer at the University of Pittsburgh. These hours are made available to students who are registered for Basic Athletic Training.
- D. 20 hours of observation outside the University of Pittsburgh and under the direct supervision of a certified athletic trainer. The twenty hours must be distributed evenly between a high school facility and a sports medicine clinic.
- E. Completion of admissions application including Technical Standards for Admission document.

### Selection Criteria

Based upon the following:

- A. Overall minimum QPA of 2.500
- B. Completion of all prerequisites
- C. Personal interview
- D. Personal qualities important for athletic training  
*i.e.* enthusiasm, motivation, positive health habits, strong work ethic and time commitment

## ATHLETIC TRAINING CURRICULUM SEQUENCE

The following course sequence is merely recommended for the freshman and sophomore years. Each student should confer with the academic advisor to design a schedule that meets the needs of the student. Please contact the Athletic Training Program Director when questions arise.

### ***Pre-Professional Phase***

#### **Freshman Year**

*First Term (16 credits)*

BIOSC 0150/0050 Foundations of Biology/Lab (4)  
ENGCMP 0200 General Writing (3)  
MATH 0031 Algebra (3)  
Elective (3)  
Elective (3)

*Second Term (14 credits)*

CHEM 0110 Chemistry/Lab (4)  
PSY 0010 Introduction to Psychology (3)  
Composition Elective (3)  
STAT 0200 Basic Applied Statistics (4) \*

#### **Sophomore Year**

*First Term (16 credits)*

PSY 0310 Developmental Psychology (3) \*  
PHYS 0110 Introduction to Physics 1 (3)  
REHSCI 1811 Basic Athletic Training (3) + %  
REHSCI 1812 Basic Athletic Training Lab (1) + %  
Elective (3)  
Elective (3)

*Second Term (16 credits)*

EM 1102 Emergency Medical Technician/Lab (4) +  
COMMRC 0520 Public Speaking (3)  
CS 0131 Software for Personal Computing (3) \*  
Elective (3)  
Elective (3)

\* Indicates the recommended course

+ Indicates course may be taken in either fall or spring term

% Basic Athletic Training (1811) and Basic Athletic Training Lab (1812) should be taken by the end of the first term of the sophomore year

### ***Professional Phase***

The following course sequence is identical for all Athletic Training Students in the junior and senior years.

#### **Junior Year**

*First Term (18 credits)*

REHSCI 1200 Human Anatomy & Lab (4)  
REHSCI 1205 Human Physiology & Lab (4)  
REHSCI 1821 Injury Evaluation and Treatment 1 (3)  
REHSCI 1824 Athletic Training Practicum 1 (3)  
REHSCI 1831 Therapeutic Modalities and Lab (4)

*Second Term (15 credits)*

REHSCI 1220 Kinesiology & Biomechanics (3)  
REHSCI 1822 Injury Evaluation and Treatment 2 (3)  
REHSCI 1832 Therapeutic Exercise & Lab (4)  
REHSCI 1833 Strength and Conditioning (2)  
REHSCI 1835 Athletic Training Practicum 2 (3)

#### **Senior Year**

*First Term (14-18 credits)*

HRS 1006 Introduction to Human Nutrition (3)  
REHSCI 1215 Exercise Physiology (3)  
REHSCI 1225 Introduction to Rehabilitation Sciences (1)  
REHSCI 1235 Medical Terminology (1)  
REHSCI 1823 Administrative Aspects of Athletic Training (3)  
REHSCI 1841 Athletic Training Practicum 3 (3)  
Elective (1-4)

*Second Term (14-18 credits)*

REHSCI 1000 Introduction to Research (3)  
REHSCI 1265 Pharmacology in Rehabilitation (3)  
REHSCI 1834 Special Topics in Athletic Training (2)  
REHSCI 1842 Athletic Training Practicum 4 (3)  
REHSCI 1866 Psychology of Sport (3)  
Elective (1-4)

**Please note** this program requires that you complete four AT practicums at facilities external to the University, and such facilities will or may require a criminal background check, an Act 33/34 clearance, and perhaps a drug screen to determine whether you are qualified to participate in the practicums. Additionally, in order to become licensed, many states will inquire as to whether the applicant has been convicted of a misdemeanor, a felony, or a felonious or illegal act associated with alcohol and/or substance abuse.

**For more information on the Athletic Training Program or to arrange for an on-campus appointment, please contact:**

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