

BA IN EXERCISE SCIENCE WITH PRE-ATHLETIC TRAINING EMPHASIS/MA IN ATHLETIC TRAINING

Overview

Trinity College (TC) and Trinity Graduate School (TGS) offer a dual degree Bachelor of Arts in Exercise Science / Master of Arts in Athletic Training option that allows students to take graduate course work toward the MA in Athletic Training while completing their BA in Exercise Science with Pre-Athletic Training Emphasis. This dual degree program is an accelerated program where an undergraduate student, during their junior year, may apply to the MA/Athletic Training program at TGS. Both degrees can be completed in a total of five years. BA-Exercise Science with Pre-Athletic Training students admitted to the MA/AT program will complete their BA degree upon completion of the first 21 credits of the MA/AT program (completion of the Summer and Fall Year 1 courses). The curriculum consists of 75 credits to MA degree, and meets or exceeds all of the competencies and requirements set forth by the Commission on the Accreditation of Athletic Training Education (CAATE) and the National Athletic Trainers' Association (NATA). At the completion of the program, students will be eligible to sit for the national board certification examination, administered by the Board of Certification (BOC). MA/AT program students completing the Trinity BA-Exercise Science with Pre-Athletic Training Emphasis will not be required to complete HS 5001 or HS 5002, as their 12 credits of undergraduate bible and theology courses will count towards this requirement. That will decrease their MA/AT program credit requirement to 69 credits. Students completing the dual degree (BA-Exercise Science and MA/AT) do not need to take BE 474 or BE 476, as BE 5100 (MA/AT curriculum) can substitute for BE 474. Students are advised to discuss this route with their advisor as early as possible to allow for expedient course planning and to assure that overlapping course requirements can be planned and scheduled.

In addition to general requirements for admission to TGS, specific MA/AT Athletic Training admission criteria and prerequisites are listed below. The MA/AT Athletic Training program uses a secondary admission process. Any student applying to the MA/AT program can complete the MA/AT program in two calendar years.

1. Bachelor's degree with a minimum 3.0 GPA
2. Current CPR for the Professional Rescuer and Healthcare Provider certification
3. Human anatomy and Physiology with lab (8 hours)
4. Introduction to Psychology
5. Statistics
6. Chemistry with lab (4 hours)
7. Physics with lab (4 hours)
8. Psychology of Sport and Exercise
9. Exercise Physiology
10. Biomechanics
11. Introduction to Nutrition
12. 75 hours of clinical observation under the supervision of a Certified Athletic Trainer (AT)
13. MA/Athletic Training Program Application

14. Two professional letters of recommendation (one from AT supervising observation hours)

Athletic Training Program: Technical Standards for Admission

The MA-AT Program at Trinity International University is a rigorous and intense program that places specific requirements and demands on the students enrolled in the program. An objective of this program is to prepare graduates to enter a variety of employment settings and to render care to a wide spectrum of individuals engaged in physical activity. The technical standards set forth by the MA-AT Program establish the essential qualities considered necessary for students admitted to this program to achieve the knowledge, skills, and competencies of an entry-level athletic trainer, as well as meet the expectations of the program's accrediting agency, the Commission on Accreditation of Athletic Training Education (CAATE). The following abilities and expectations must be met by all students admitted to the MA-AT Program. In the event that a student is unable to fulfill these technical standards, with or without reasonable accommodation, the student will not be admitted into the program. Candidates for selection to the MA-AT Program will be required to verify that they understand and meet these technical standards or that they believe that, with certain accommodations, they can meet the standards. Compliance with the program's technical standards does not guarantee a student's eligibility for the BOC certification exam. Candidates for selection to the MA-AT Program must demonstrate the following:

- The mental capacity to assimilate, analyze, synthesize, integrate concepts, and problem solve to formulate assessment and therapeutic judgments and to be able to distinguish deviations from the norm
- Sufficient postural and neuromuscular control, sensory function, and coordination to perform appropriate physical examinations using accepted techniques; and accurately, safely, and efficiently use equipment and materials during the assessment and treatment of patients
- The ability to communicate effectively and sensitively with patients and colleagues, including individuals from different cultural and social backgrounds; this includes, but is not limited to, the ability to establish rapport with patients and communicate judgments and treatment information effectively
- Students must be able to understand and speak the English language at a level consistent with competent professional practice
- The ability to record the physical examination results and a treatment plan clearly and accurately
- The capacity to maintain composure and continue to function well during periods of high stress
- The perseverance, diligence, and commitment to complete the athletic training education program as outlined and sequenced
- Flexibility and the ability to adjust to changing situations and uncertainty in clinical situations
- Affective skills and appropriate demeanor and rapport that relate to professional education and quality patient care

Certification Information

A degree/major in athletic training awarded by an institution alone does not qualify the graduate to work as an "athletic trainer." A graduate must pass the Board of Certification examination to earn the "ATC" (Athletic Trainer, Certified) credential. Currently, most states, including Illinois, have

legislation that requires athletic trainers to be registered or licensed to practice in that state. The requirements of the MA-AT Program at Trinity meet all current Illinois requirements for licensure. Students should check with the state in which they plan to practice athletic training for specific requirements.

Curriculum for the BA/MA Dual Degree

BA - Exercise Science With Pre-Athletic Training Emphasis (70 credits).

32 credits Exercise Science & 19 hours Pre-AT Emphasis; 19 hours satisfy general education requirements.

Undergraduate Courses

| Code | Title | Hours |
|--------------------------------|---|-------|
| Health Sciences Courses | | |
| HS 161 | Medical Terminology | 1 |
| HS 162 | Introduction to Interprofessional Health Sciences | 1 |
| HS 165 | Responding to Emergencies and Sport Safety Training | 3 |
| HS 168 | Prevention and Care of Athletic Injury | 3 |
| HS 201 | Physiology of Exercise | 3 |
| HS 202 | Nutrition ¹ | 3 |
| HS 251 | Kinesiology | 3 |
| HS 454 | Measurement, Research, Statistics and Technology | 3 |
| HS 490 | Seminar in Interprofessional Health Sciences | 1 |
| Biology | | |
| BIO 111 | General Biology ¹ | 4 |
| BIO 340 | Human Anatomy and Physiology I | 4 |
| BIO 341 | Human Anatomy and Physiology II | 4 |
| Math | | |
| MA 285X | Statistics ¹ | 4 |
| Bioethics | | |
| BE 474X | Introduction to Bioethics | 3 |
| | or BE 476X Undergraduate Bioethics Institute | |
| Psychology | | |
| PSY 140 | Introduction to Psychology ¹ | 3 |
| HPW 228X | Sport and Wellness Psychology | 3 |
| Total Hours | | 46 |

| Code | Title | Hours |
|---|---|-------|
| Pre-Athletic Training Emphasis | | |
| 24 | | |
| CH 103 | Introduction to Chemistry ¹ | 4 |
| CH 203 | Essentials of Organic Biochemistry | 4 |
| PHY 111 | General Physics I | 4 |
| PHY 112 | General Physics II | 4 |
| MA 121 | Calculus and Analytic Geometry I | 4 |
| HS 351 | Biomechanics | 3 |
| HS 480 | Professional Rotation in Health Sciences ¹ | 1 |
| | or HS 5111 Athletic Training Clinical I | |
| Highly Recommended Athletic Training courses | | |
| BIO 310 | Microbiology | 4 |
| HS 365 | Motor Learning and Lifespan Development | 3 |

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|-------------|---|---|
| HS 370 | Introduction to Therapeutic Modalities and Rehabilitation | 3 |
| HS 380 | Advanced Functional Anatomy | 3 |
| Choose one: | | 3 |
| PSY 335 | Child Development | |
| PSY 337 | Psychology of Adolescence | |
| PSY 339 | Adult Development | |

¹ Fulfills a general education requirement

² Total hours required for dual degree: 175

- 70 credits undergraduate degree program

- 36 credits additional undergraduate general education requirements

- 69 credits master's degree program

Graduate Courses

| Code | Title | Hours |
|-------------------------------|--|-------|
| Health Science Courses | | |
| HS 5001 | Foundations for Integrative Thought in Health Sciences | 3 |
| HS 5002 | Foundations for Cultural Engagement in Health Sciences | 3 |
| HS 5111 | Athletic Training Clinical I | 1 |
| HS 5112 | Athletic Training Clinical II | 2 |
| HS 5168 | Prevention and Care of Emergent and Musculoskeletal Injuries and Illnesses | 3 |
| HS 5202 | Nutritional Considerations in Healthcare | 3 |
| HS 5261 | Clinical Examination and Diagnosis I - Lower Extremity | 3 |
| HS 5262 | Clinical Examination and Diagnosis II - Upper Extremity | 3 |
| HS 5263 | Clinical Examination and Diagnosis III - Head, Spine, and Pelvis | 3 |
| HS 5271 | Therapeutic Interventions I - Lower Extremity | 2 |
| HS 5272 | Therapeutic Interventions II - Upper Extremity | 2 |
| HS 5273 | Therapeutic Interventions III - Head, Spine, and Pelvis | 2 |
| HS 5311 | Athletic Training Clinical III | 2 |
| HS 5312 | Athletic Training Clinical IV | 2 |
| HS 5410 | Athletic Training Seminar ¹ | 1 |
| HS 6285 | Statistics and Research in Healthcare | 3 |
| HS 6401 | Pharmacology and Ergogenic Aids | 3 |
| HS 6430 | General Medical Conditions | 3 |
| HS 6450 | Leadership and Professional Development in Healthcare | 3 |
| HS 6456 | Healthcare Administration | 3 |
| HS 6470 | Psychosocial Aspects and Behavioral Change | 3 |
| HS 6511 | Athletic Training Clinical Capstone I | 2 |
| HS 6512 | Athletic Training Clinical Capstone II | 2 |
| Biology Courses | | |
| BIO 5340 | Gross Anatomy | 4 |
| BIO 6340 | Pathophysiology | 3 |
| Bioethics Courses | | |
| BE 5100 | Intensive Bioethics Institute | 3 |
| BE 5299 | The Clinical Context | 1 |

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|-------------|------------------------------|----|
| BE 5300 | Clinical Issues in Bioethics | 2 |
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| Total Hours | | 75 |

¹ 1-credit hour course taken during each of 6 semesters