

Athletic Training Education and Credentialing Overview

Curriculum Education of an Athletic Training Student

- Curriculum programs must meet the standards of the Commission on Accreditation of Allied Health Education Programs (CAAHEP). CAAHEP is the world's largest health care accrediting agency.
- Since 2001, Athletic Training Education has moved from an apprenticeship model to an outcomes based educational model requiring demonstrated proficiency of standards and competencies as defined by the current Role Delineation study of the National Athletic Trainers Association Board of Certification
- Athletic training has standardized the route to national certification by requiring all candidates for certification graduate from a CAAHEP accredited Athletic Training Education Program. These educational programs require a bachelor's in Athletic Training which includes both didactic as well as objectives based clinical experiences
- Athletic training students work under the supervision of a physician or Certified Athletic Trainer (ATC) who has completed additional education to become an Approved Clinical Instructor (ACI).
- When a student graduates from an athletic training curriculum program one must pass a national examination to be recognized as a Certified Athletic Trainer (ATC).

Educational Coursework

- The educational requirements established by CAAHEP are found in all curriculum programs.
- Athletic training students apply his/her classroom knowledge in a clinical environment while taking related coursework. This enables the student to integrate hands-on practical experience with classroom education while being supervised by a Certified Athletic Trainer or physician. Students must also learn, review and pass clinical competencies and proficiencies throughout his/her education. These competencies reflect tasks performed by Certified Athletic Trainers in the range of practice settings throughout the United States.
- The Athletic Training outcomes based education requires instruction in the following 12 content areas:
 - Risk Management and Injury Prevention
 - Pathology of Injuries and Illnesses
 - Orthopedic Clinical Examination and Diagnosis
 - Medical Conditions and Disabilities
 - Acute Care of Injuries and Illnesses
 - Therapeutic Modalities
 - Conditioning and Rehabilitative Exercise
 - Pharmacology
 - Psychosocial Intervention and Referral
 - Nutritional Aspects of Injuries and Illnesses
 - Health Care Administration
 - Professional Development and Responsibility
- Instructional content areas are reflective of current practices of Athletic Training as reflected in the Role Delineation. Expanded content areas from previous role delineations are specific to illnesses, medical conditions, pathology, pharmacology, and disabilities as 34% of the conditions treated by Certified Athletic Trainers are non orthopedic in nature (Colds, flu, exercise induced asthma, etc.)

Curriculum Programs in Washington State

- Eastern Washington University, Whitworth College, Washington State University
- Annually there are typically 90-100 Athletic Training Students in Washington Athletic Training Curriculum Education programs.
- Annually approximately thirty (30) Athletic Training Students will graduate from Washington Athletic Training Curriculum Education programs
- 75% of Certified Athletic Trainers continue their education earning advanced degrees in Athletic Training, Exercise Science, Sports Nutrition, Sports Psychology, Education and related health care professions.

Athletic Training National Certification Examination

- The Board of Certification (BOC) is a national certifying agency for athletic trainers that graduate from an accredited athletic training program.
- The BOC must meet the standards for the accreditation of certification programs by the National Commission for Certifying Agencies (N. C. C. A.)
- The national examination is a three part examination testing athletic training knowledge and skill through multiple choice, practical application and written simulation examinations.
- Test questions and scenarios (knowledge and skills of the athletic training profession) are validated by practicing Certified Athletic Trainers through role delineation studies. After the role delineation is validated, it becomes the blueprint for the BOC examination (i.e. aspects of athletic training covered on the examination reflect the tasks performed in the range of practice settings throughout the United States).
- Once an individual passes each section of the BOC examination, he/she has met entry-level standards and can use the title Certified Athletic Trainer. To maintain Certification as an Athletic Trainer, individuals must obtain 75 hours of continuing education credits every three years.



Athletic Training

Course Descriptions

1. **BI 220: Human Anatomy and Physiology I - 4 semester hours**
Gross anatomy and physiological applications of the integumentary, skeletal, muscular, respiratory, and nervous systems of the human body. Emphasis given to the relationship of major organs to health and disease. Lab component provides practical application in the location and isolation of anatomical parts. Designed for students in nursing, athletic training, and Kinesiology as well as other allied health programs. Lab requirement.
2. **BI 221: Human Anatomy and Physiology II - 4 semester hours**
Gross anatomy and physiological applications of the cardiovascular, lymphatic, endocrine, digestive urinary and reproductive systems of the human body. Emphasis given to the relationship of major organs to health and disease. Lab component provides practical application in the location and isolation of anatomical parts. Designed for students in nursing, athletic training, and Kinesiology as well as other allied health programs. Lab requirement.
3. **KIN 270: Emergency Response - 2 semester hours**
First aid and safety procedures, including CPR for the Professional Rescuer, AED training and prevention training. Emergency Response and CPR certificates from the American Red Cross awarded to those who qualify. Lab requirement.
4. **KIN 271: Introduction to Athletic Training - 2 semester hours**
Survey of the profession of Athletic Training. Injury prevention, assessment, treatment, taping and rehabilitation of common athletic injuries will be presented. Lab requirement.
5. **KIN 320: Anatomical and Mechanical Kinesiology - 4 semester hours**
A study of human motion, emphasizing analysis of joint and muscular action and the application of biomechanical principles for sports skills common to physical education and athletes. Lab requirement.
6. **KIN 322: Philosophical & Psychological Aspects of Coaching - 3 semester hours**
An overview of the application of philosophical and psychological principles of coaching to better prepare coaches to develop maximum potential in athletes.
7. **KIN 326: Exercise Physiology - 3 semester hours**
The study of theory and practical application of exercise as it applies to the human body. Lab requirement.
8. **KIN 332: Pathophysiology & Modalities - 2 semester hours**
Analysis of the physiological response to injury and the effects of therapeutic modalities on athletic injuries. Lab requirement.
9. **KIN 333: Organization and Administration of Athletic Training - 2 semester hours**
This course is designed to expose students to the organization and administration concepts of athletic training. Content includes management, leadership, legalities, historical perspectives, motivation and technology.
10. **KIN 334: Physical Examination of the Lower Extremities in Athletic Training - 3 semester hours**
Intense, in-depth study of the lower extremities including physical examination, injury recognition, treatment, taping, bracing, and rehabilitation. Lab requirement.
11. **KIN 335: Physical Examination of the Upper Extremities in Athletic Training - 3 semester hours**
Intense, in-depth study of the trunk, head, face, and upper extremities including physical examinations, injury recognition, emergency treatment, taping, bracing, and rehabilitation. Lab requirement.
12. **KIN 362: Personal Health - 2 semester hours**
Current issues related to substance use and abuse, sexuality, and life cycles.

13. **KIN 336: Medical Issues in Athletic Training - 2 semester hours**
This course addresses current medical issues that pertain to athletic training. Content includes sports pharmacology, physiological considerations, common illnesses and special concerns. Lab requirement.
14. **KIN 432: Therapeutic Exercise - 2 semester hours**
Instruction on the effective application of therapeutic exercise in order to achieve symptom free movement and function. Content includes basic principles of exercise, therapeutic effects of exercise, functional evaluation of performance, goniometric measurements, and manual muscle testing. Lab requirement.
15. **KIN 433: Principles of Conditioning and Nutrition - 3 semester hours**
Development of proficiency in the theory, design and implementation of conditioning programs. Instruction will include nutritional considerations and ergogenic aids for physical conditioning. Lab requirement.
16. **KIN 283: Clinical Experience I - 2 semester hours**
Clinical experience in athletic training.
17. **KIN 284: Clinical Experience II - 2 semester hours**
Clinical experience in athletic training.
18. **KIN 383: Clinical Experience III - 2 semester hours**
Clinical experience in athletic training.
19. **KIN 384: Clinical Experience IV - 2 semester hours**
Clinical experience in athletic training.
20. **KIN 483: Clinical Experience V - 2 semester hours**
Clinical experience in athletic training.
21. **KIN 484: Senior Seminar/Clinical Experience VI - 2 semester hours**
Clinical experience in athletic training.
22. **KIN 370: SPORTS PSYCHOLOGY- 3 semester hours**
This course is designed to explore the many facets of sports psychology from both a theoretical and practical standpoint. Topics include characteristics of successful athletes, motivation, regulating stress/anxiety, aggression, team cohesion, leadership styles, and coaching youth sports. This is an excellent course for college athletes, future coaches, and athletic trainers. This course may be substituted for KIN 322 Philosophical and Psychological Aspects of Coaching.

Recommended Courses:

1. **KIN 465: Motor Learning - 2 semester hours**
Theories and principles of motor activity and motor responses.
2. **KIN 400: Tests and Measurements - 3 semester hours**
Selection, administration, interpretation, and application of fitness tests, skills tests, and knowledge tests. Development of computer software proficiency as it relates to the evaluation of tests designed to analyze human movement.
3. **PY 101: Introduction to Psychology - 3 semester hours**
Use of scientific method in examining human behavior. How to deal objectively with questions about behavior. Topics include biological development, perception, states of consciousness, learning and memory, motivation and emotion, disorder and therapy, social, diversity behavior.
4. **KIN 338: Sports Medicine Preparatory Tour - 1 semester hour**
Preparation for the Seminar in Sports Medicine Study Tour to Japan.
5. **KIN 339: Seminar in Sports Medicine - 2 semester hours**
Comparative analysis of Eastern and Western philosophies of athletic health care.
6. **KIN 361: Community Health - 2 semester hours**
Current issues in health, including the health-care system and wellness and illness.
7. **CH 101: Introduction to Chemistry - 3 semester hours**
An exploration of the fundamental concepts in chemistry for nursing majors and other selected allied health fields.
8. **PS 121: Concepts of Physics - 3 semester hours**
Study of fundamental unifying ideas of physics and how scientists learn about the physical world. Emphasis on the comprehension of concepts.