

UNIVERSITY OF MIAMI

SCHOOL of EDUCATION
& HUMAN DEVELOPMENT



Athletic Training
B.S.A.T.

DEPARTMENT OF KINESIOLOGY & SPORT SCIENCES

FROM THE DEPARTMENT CHAIR

WELCOME MESSAGE

Welcome! On behalf of the Kinesiology and Sport Sciences (KIN) Department, I feel very proud to be a part of the wonderful programs we have available to our students.

The KIN department provides some of the strongest programs in the fi that foster unique collaborative efforts within our diverse University community, the outside community, and abroad.

In Sport Administration, we have enjoyed great partnerships with friends and colleagues in the South Florida sports industry. We have a very comprehensive program that provides a strong linkage to the world of competitive sports and the community! Our Athletic Training Program has achieved national accreditation and provides great clinical experiences that interface with the UM Varsity Athletics Department, Sports Medicine Clinics and local high schools. In Exercise Physiology, we have extensive collaborative ties with our Medical School, the Miami Project, the Varsity Athletics Department, the Veterans Administration Hospital, and more. The program houses the very sophisticated Laboratory of Clinical and Applied Physiology providing a strong emphasis in metabolism, cardiovascular physiology, aging, obesity, and nutrition. Tracks in Sports Medicine and Women's Health round out the program.

We expect to provide you with an excellent University of Miami experience and one that enables you to be on top in today's job market.

I have an "open door" policy and look forward to meeting all of you as you embark upon your studies at the University of Miami.

Sincerely,
Arlette Perry

MISSION STATEMENTS

University of Miami

The University of Miami's mission is to educate and nurture students, to create knowledge, and to provide service to our community and beyond. Committed to excellence and proud of the diversity of our University family, we strive to develop future leaders of our nation and the world.

School of Education

Our mission is to engage in scholarly research and to prepare leaders in the study and promotion of personal, family, school and community well-being. Through research, teaching, and service, we seek to integrate the physical, emotional, intellectual and organizational well-being of diverse populations.

Department of Kinesiology and Sport Sciences

The Department of Kinesiology and Sport Sciences supports the vision and mission of the School of Education through scholarly research, exemplary teaching, and community service. Our mission is to promote knowledge within the widespread realm of sports-related science across the disciplines of sport administration, exercise physiology, and athletic training. Graduates of our programs are well prepared for careers in diverse settings reflective of our multicultural community.

Athletic Training Program

The mission of the University of Miami Athletic Training Program is:

- To develop competent athletic training students who qualify to sit for the Board of Certification (BOC) exam.
- To teach ethical reasoning abilities and interpersonal skills to students that will allow them to work with the physically active population.
- To teach the basic knowledge required to be successful in the field of athletic training through didactic and clinical course work.
- To encourage students to assume a leadership role in their professional careers.



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AT PROGRAM DESCRIPTION

The Athletic Training Program at the University of Miami is an undergraduate program that is accredited by Commission on Accreditation of Athletic Training Education (CAATE) and offers a Bachelor of Science in Athletic Training Degree within the Department of Kinesiology and Sport Sciences and the School of Education (B.S.A.T.). This portion of the curriculum would largely encompass professional education courses similar to any bachelor professional program.



The Athletic Training Program at the University of Miami is an undergraduate program that is accredited by Commission on Accreditation of Athletic Training Education (CAATE) and offers a Bachelor of Science in Athletic Training Degree within the Department of Kinesiology and Sport Sciences and the School of Education (B.S.A.T.). This portion of the curriculum would largely encompass professional education courses similar to any bachelor professional program.

Certified Athletic Trainers (ATC) are highly educated and skilled medical professionals that specialize in athletic health care such as prevention, assessment, treatment and rehabilitation of athletic injuries. As part of a complete healthcare team, the Certified Athletic Trainer works under the direction of a physician and in cooperation with other healthcare professionals, athletic administrators, coaches, and parents. Athletic trainers have been recognized by AMA (American Medical Association) as allied health care profession since 1990. Specifically, the certified athletic trainer has demonstrated knowledge and skill in six practice domains. Thus, the overall objectives of the AT program are to teach the students in the following Athletic Training practice domains:

- 1. Injury/Illness Prevention and Wellness Protection** – Students identify injury, illness, and risk factors associated with participation in sport and implement all components of a comprehensive injury prevention program.
- 2. Clinical Evaluation and Diagnosis** – Students conduct a thorough initial clinical evaluation of injuries and illnesses commonly sustained by the patient and formulate an impression of the injury and or illness for the primary purposes of administering first aid or making appropriate referrals to physicians for diagnosis and medical treatment.
- 3. Immediate and Emergency Care** – Students provide appropriate first aid and emergency care for acute injures according to accepted standards and refers injured or all participants to appropriate personnel for evaluation, diagnosis and follow up care.
- 4. Treatment and Rehabilitation** – Students plan and implement a comprehensive rehabilitation and or reconditioning program for injuries and illnesses sustained by the patient.
- 5. Organizational and Professional Health and Well-being** – Students plan, coordinate and supervise all administrative components of an athletic training program and address legal issues pertaining to the Athletic Training profession.

MISSION STATEMENT

- To develop competent athletic training students who qualify to sit for the Board of Certification (BOC) exam.
- To teach ethical reasoning abilities and interpersonal skills to students that will allow them to work with the physically active population.
- To teach the basic knowledge required to be successful in the field of athletic training through didactic and clinical course work.
- To encourage students to assume a leadership role in their professional careers



GOALS AND OBJECTIVES

- To create a positive and stimulating learning environment in which students will receive a high quality of education in both the didactic and clinical components of their course work.
- To comply with the educational standards set by the National Athletic Trainers' Association and their accrediting bodies.
- To comply with the professional standards set by state law and the National Athletic Trainers' Association.
- To involve students in the profession of Athletic Training by assisting them in attending national, district, and state conventions and meetings.
- To assist in the development of the student into a professional that is a productive member of the Athletic Training field

CLINICAL EDUCATION

The students will receive clinical experiences at local colleges, high schools, and sports medicine clinics. Attempts will be made to affiliate with professional teams, and other



organizations and special events in the community. The hours gained during the clinical education rotations will count towards the 1000 total hours necessary to fulfill course requirements. In all clinical rotations, students will be supervised by a certificated and state licensed Athletic Trainer or an approved allied health care professional whom is a preceptor associated with the University's Athletic Training Program. The majority of the clinical education hours obtained by the Athletic Training Student will

occur Monday through Friday, however, many clinical education rotations also include Saturday and Sunday events and traveling with the supervision of a preceptor.

AT PROGRAM RETENTION POLICY

Once admitted into the University, students who declare Athletic Training as their major will be designated as Pre-Athletic Training students. Students will be required to follow the course sequence form for their freshman and sophomore years. Following the successful completion of the retention process in the spring of the sophomore year, students will be formally admitted into the clinical portion of the Athletic Training Program. More information about this process will be discussed when the student enrolls in KIN 140/141 and again in KIN 210.

- Completion of KIN 140, 141, 145, 210, 230, 232, 235, 345, and 234 is required. A grade of “B” (3.0) or better in KIN 140, 141, 145, and 210 is required.
- Students starting the program as true freshman should take KIN 184 and KIN 212 during their freshman year. Students entering the major after the freshman year must take KIN 184 and KIN 212 during the course of the program.
- A cumulative grade point average of 2.5 or better and an Athletic Training major GPA of 3.0 or better
- Submission of a written essay of career goals and objectives to the Program Director
- Interview with the Retention Committee (Program Director, Clinical Coordinator, Head Athletic Trainer, Department Chair, and an Assistant Athletic Trainer)
- Two letters of recommendation from faculty members outside of the ATEP

RETENTION EVALUATION CRITERIA (50 POINT TOTAL =100%):

- Overall GPA = 15 points (30%)
 - » GPA points will be as follows: 4.0 – 3.5 = 15 – 13 pts., 3.4 – 3.0 = 12 – 10 pts., 2.9 – 2.5 = 9 – 7 pts.
 - » A cumulative grade point average of 2.5 or better and an Athletic Training major GPA of 3.0 or better is required.
 - » A letter grade of “B” (3.0) or better in KIN 140, 141, 145, and 210 is required
 - » Completion of the following courses with a grade point average of 3.0 or better is required: *KIN 140, *KIN 141, *KIN 145, *KIN 210, KIN 230, KIN 235, KIN 345, and KIN 234.
- Completion of 85 clinical observation hours = 10 points (20%)
- Interview and Clinical Observation Evaluations = 15 points (30%)
 - » Interview will take place once each year around April 15th with the members of the Retention Committee.
 - » A total of four evaluation are completed during observation rotations
- Recommendation Letters= 10 points (20%)
 - » Each recommendation will be scored on a scale of 1-5 points with 5 being the highest score possible. The sum of the two recommendations will be recorded, with 10 being the maximum score possible.

The totals from each of the retention criteria areas are tabulated and reviewed for student retention. Those students that achieve a score of 80% or higher on the Retention Criteria will remain in good standing within the Athletic Training Program.

Once the retention process has been completed during the spring semester of the sophomore year, the student will be notified approximately in mid-May of the on the decision of their retention status in the Athletic Training Program. If retained, students will be designated as Athletic Training (AT) majors.

Students who are not successful in meeting the Retention Criteria to the program will not be permitted to take athletic training courses until the retention criteria has been met. Students may be allowed to continue on a probationary basis at the discretion of the Program Director and Retention Committee. If after the second attempt, the student does not meet the retention criteria to the program, they will be strongly encouraged to seek academic options other than Athletic Training.

To remain in good standing AT students must maintain a 2.5 overall grade point average and receive a grade of “b” or better in all clinical Athletic training lab classes. In addition, students must have a major GPA of 3.0 in order to graduate with a major in Athletic Training.

GUIDELINES FOR TRANSFER STUDENTS

Transfer students are welcome at the University of Miami under the following guidelines:

- All required core athletic training classes must be taken at the University of Miami.
- All students will be required to complete a minimum of 1000 clinical hours in conjunction with four semesters of KIN Athletic Training Labs at the University of Miami.
- All students will be required to meet the Retention Criteria of the program
- Transfer students must begin the Athletic Training major course sequence during the fall semester.
- There must be sufficient evidence and documentation for any exceptions to the above guidelines to ensure proper sequencing



COURSE SEQUENCE

Listed by course with credit number in parenthesis, followed by clinical hours.

* Denotes course that meets Gen. Ed. Requirements

** As of Fall 2012, these classes are offered during the Fall semester vs. the Spring

(Students entering in their sophomore year must take KIN 184 and 212 during the course of the program)

-----Freshman Year-----

FALL SEMESTER

* ENG 105 Composition I (3)

* KIN 184 Athletic and Sport Injuries (3)

* General Education Requirement (3)

* General Education Requirement (3)

* General Education Requirement (3)

Total = 15 credits

SPRING SEMESTER

* ENG 106 Composition II (3)

* KIN 212 Elements of Sports Psychology (3)

* General Education Requirement (3)

* General Education Requirement (3)

* General Education Requirement (3)

Total = 15 credits

-----Sophomore Year-----

FALL SEMESTER

* MATH 161 Calculus 1 (4)

KIN 140 Introduction to Athletic Training (2)

KIN 141 Introduction to Athletic Training Lab (1) 35 hrs.

KIN 145 Responding to Emergencies (2)

* KIN 232 Basic Human Physiology (3)

* KIN 234 Functional Human Anatomy (3)

Total = 15 credits, 35 hrs.

SPRING SEMESTER

* General Education Requirement (3)

KIN 202 Applied Nutrition for Health and Performance (3)

KIN 210 Foundations in Athletic Training (2) 50 hrs.

KIN 230 Medical Terminology and Documentation (1)

KIN 235 Personal and Community Health (3)

* KIN 345 Kinesiology (3)

Total = 15 credits, 50 hrs.

-----Junior Year-----

FALL SEMESTER

- * General Education Requirement (3)
 - KIN 250 Orthopedic Assessment: Lower Extremity (3)
 - KIN 251 Orthopedic Assessment: Lower Lab (1) 100 hrs.
 - KIN 443 Clinical Athletic Training Lab I (2) 150 hrs.
 - KIN 465 Pharmacology (2)
 - ** KIN 461 Therapeutic Modalities (2)
 - ** KIN 462 Therapeutic Modalities Lab (1) 50hrs.
- Total = 14 credits, 300 hrs.

SPRING SEMESTER

- * General Education Requirement (3)
 - * KIN 221 Intro to Bioenergetics & Skeletal Muscle Physiology (3)
 - KIN 260 Orthopedic Assessment: Upper Extremity (3)
 - KIN 261 Orthopedic Assessment: Upper Lab (1) 100hrs
 - KIN 264 General Medical Conditions Evaluation (1)
 - KIN 365 Principle of Exercise Prescription and Program Management (3)
 - KIN 444 Clinical Athletic Training Lab II (2) 150 hrs.
- Total = 16 credits, 250 hrs.

-----Senior Year-----

FALL SEMESTER

- * General Education Requirement (3)
 - * KIN 351 Introduction to Statistics (3)
 - KIN 455 Clinical Athletic Training Lab III (2) 150 hrs.
 - KIN 463 Therapeutic Rehabilitation (2)
 - KIN 464 Therapeutic Rehabilitation Lab (1) 100 hrs.
 - KIN 470 Organization and Administration (2)
 - KIN 488 (3)
- Total = 16 credits, 250 hrs.

SPRING SEMESTER

- * General Education Requirement (3)
 - * KIN 415 Evidence Based Sport Medicine & Research Methods (3)
 - * Electives (if applicable) (3)
 - * Electives (if applicable) (3)
 - KIN 456 Clinical Athletic Training Lab IV (2) 150 hrs.
 - * KIN 476 Seminar in Athletic Training (2)
- Total = 16 credits, 150 hrs.

GENERAL EDUCATION REQUIREMENTS

ELECTIVES:

Students are required to take electives to bring the total credits to 120

ADDITIONAL REQUIREMENTS:

Student must fulfill the University English, Writing, and Cognate Requirements

- Athletic Training Math Proficiency Requirements
- MTH 161, Calculus 1 (or equivalent)
- EPS 351, Introduction to Statistics
- KIN 415, Evidence Based Sports Medicine

Please meet with your advisor to obtain his/her approval signature and submit a copy of the signed Course Advising Plan to the Office of Student Services, MB 312, no later than the end of your first semester of enrollment.

This program of study and course advising plan is subject to change.



COURSE DESCRIPTIONS

KIN – 140 2 hrs. Introduction to Athletic Training

Introduction to clinical athletic training for athletic training majors. Emphasis will be on clinical education components, such as entry-level taping skills, familiarization with various community and university agencies, as well as the University of Miami athletic training staff, and policies and procedures used in the clinic/athletic training room. Student must be additionally enrolled in KIN 141.

KIN – 141 1 hr. Introduction to Athletic Training Lab

Introduction to clinical athletic training for pre-athletic training major. Hands-on knowledge for the entry level athletic training student. Observation hours in the athletic training room will give the student the opportunity to use the knowledge, skills, and techniques learned in this course. The student must complete 35 clinical observation hours. Student must be additionally enrolled in KIN 140. There is a \$65 lab fee for this class. Prerequisites: Must have sophomore status.

KIN – 145 3 hrs. Responding to Emergencies

Students will become familiar with accident, injury, and illness situations, techniques for immediate first aid, and legal parameters involved when administering emergency care. Certification in adult CPR will be obtained. A \$40 lab fee will be required for this class.

KIN – 184 3 hrs. Athletic and Sports Injuries

Students will become familiar with athletic injuries in sports that occur over the principal joints in the body and the inclusion of anatomical structures that are frequently damaged. Operational treatments and rehabilitation programs after surgery will be discussed.

KIN – 202 3 hrs. Applied Nutrition for Health and Performance

The study of nutrition, diet analysis, biochemical processes in energy metabolism, nutrition and health problems, and nutrition as it relates to physical performance. The class will have 3 sections: 1) nutritional links to chronic disease; 2) nutrition before, during and after exercise bout; and 3) nutritional supplements for health and performance.

KIN – 210 2 hrs. Foundations to Athletic Training

Introduction to Sports Medicine/Athletic Training with emphasis on study of the sports medicine team, legal concerns, nutrition, and pre-participation physicals. Course will discuss the basic principles of injury prevention including the role of conditioning, equipment, and protective padding. Additionally, students will be introduced to the study of etiology and mechanisms of injury, pathology, and recognition of clinical signs and

symptoms of athletic injury. The student must complete 50 clinical observation hours, which are required for the retention process of the Athletic Training Program. Prerequisites: Must have sophomore status.

KIN – 212 3 hrs. Elements of Sports Psychology

Introduction to the field of sport and exercise psychology by examination of psychological theories and research related to sport and exercise behavior.

KIN – 221 3 hrs. Bioenergetics & Skeletal Muscle Physiology

This course discusses the structure and function of human skeletal muscle as a biological machine, biological energy systems as they function during exercise, fatigue and recovery, the contractile process in skeletal muscle, and the specific changes resulting from variations in the training stimulus. Majors must receive a grade of B- or higher

KIN – 230 1 hr. Medical Terminology and Documentation

Terminology, note writing, and documentation techniques in sports medicine. A treatment cycle model will be introduced.

KIN – 232 3 hrs. Basic Human Physiology

This course presents a general overview of the major systems of the human organism with an examination of how they function in the human body. Majors must receive B- or higher.

KIN – 234 3 hrs. Functional Human Anatomy

The study of human anatomy specific for the sports medicine practitioner.

KIN – 235 3 hrs. Personal and Community Health

Overview of current strategies and practices for healthy living, including health maintenance and disease prevention.

KIN – 250 3 hrs. Orthopedic Assessment: Lower Extremity

Common types of orthopedic/sports dysfunctions to the lower extremity will be discussed. Injuries will be discussed from the following viewpoints: etiology and mechanism of injury, pathology, recognition and evaluation techniques, protocols, and prevention. Student must be additionally enrolled in KIN 251.

KIN – 251 1 hr. Orthopedic Assessment: Lower Extremity Lab

Techniques used to evaluate orthopedic and sports injuries occurring to the lower extremity. The student must complete 100 clinical education hours, which apply toward the graduation requirement of 1000 hours. Clinical education hours will emphasize lower ex-

tremity orthopedic assessment, goniometry, manual muscle testing techniques, and gait evaluations. Students must be additionally enrolled in KIN 250.

KIN – 260 3 hrs. Orthopedic Assessment: Upper Extremity

Common types of orthopedic/sports dysfunctions to the upper extremity will be discussed. Injuries will be discussed from the following viewpoints: etiology and mechanism of injury, pathology, recognition and evaluation techniques, protocols, and prevention. Student must be additionally enrolled in KIN 261.

KIN – 261 1 hr. Orthopedic Assessment: Upper extremity Lab

Techniques used to evaluate orthopedic and sports injuries occurring to the upper extremity. The student must complete 100 clinical education hours, which apply toward the graduation requirement of 1000 hours. Clinical education hours will emphasize upper extremity orthopedic assessment, goniometry, and manual muscle testing techniques. Students must be additionally enrolled in KIN 260.

KIN - 264 1 hr. General Medical Conditions Evaluation

This class is the study of the clinical signs and symptoms of General Medical conditions that will present to the Athletic Trainer. Emphasis will be placed on the techniques and instrumentation used for performing appropriate evaluation procedures.

KIN – 345 3 hrs. Kinesiology

Structure and function of the skeletal, joint, and muscular systems, with emphasis on the mechanics of the movement of the human body and its relationship to sport and physical performance.

KIN – 365 3 hrs. Principles of Exercise Prescription and Program Management

This class is the study of the theory and principles behind the development of exercise programs. Students will learn how to accurately evaluate and develop individual exercise prescription based upon sound scientific research. Exercise prescriptions will be developed in accordance with the guidelines set forth by the National Strength and Conditioning Association and the American College of Sports Medicine.

KIN – 443 2 hrs. Clinical Athletic Training Lab I The application of athletic training practices in selected clinical education settings. The student must complete 150 hours of documented clinical education hours, which apply toward the graduation requirement of 1000 hours. Clinical education hours will emphasize emergency procedures, first aid, and protective equipment. Prerequisite: Successful completion of the retention process and formal admittance into the clinical portion of the Athletic Training Program. Students are required to complete an immersion experience which based on their clinical educa-

tion assignments may occur before the start of the school year/semester.

KIN – 444 2 hrs. Clinical Athletic Training Lab II

The application of athletic training practices in selected clinical and educational settings. The student must complete 150 hours of documented clinical education hours, which apply toward the graduation requirement of 1000 hours. Clinical education hours will emphasize general medical conditions, nutritional issues, psychosocial intervention, and injury prevention and risk management. Depending on the student's clinical education rotation, students may be required to start their clinical education hours prior to the start of the semester. Prerequisite: A grade of "B" or better in KIN 443

KIN – 455 2 hrs. Clinical Athletic Training Lab III

The application of athletic training practices in selected clinical and educational settings. The student must complete 150 hours of documented clinical education hours, which apply toward 22 graduation requirement of 1000 hours. Clinical education hours will emphasize acute care of injuries and illnesses, lower extremity orthopedic assessment, and risk management and injury prevention. Students are required to complete an immersion experience which based on their clinical education assignments may occur before the start of the school year/semester. Prerequisite: A grade of "B" or better in KIN 443 and KIN 444.

KIN – 456 2 hrs. Clinical Athletic Training Lab IV

The application of athletic training practices in selected clinical and educational settings. The student must complete 150 hours of documented clinical education hours, which apply toward the graduation requirement of 1000 hours. Clinical education hours will emphasize upper extremity orthopedic assessment, conditioning and rehabilitation, and therapeutic modalities. Depending on the student's clinical education rotation, students may be required to start their clinical education hours prior to the start of the semester. Prerequisite: A grade of "B" or better in KIN 443, KIN 444, KIN 455.



KIN – 461 2 hrs. Therapeutic Modalities

Students will acquire the theoretical knowledge necessary for the clinical application of therapeutic modalities. Principles of electrophysics and biophysics, specific physiological effects and therapeutic indications and contraindications associated with cyotherapy, paraffin ultrasound, electrotherapeutic and hydrotherapeutic modalities, intermittent

compression, massage, and other contemporary modalities will be discussed. Prerequisite: Open only to ATHT majors. Must have completed KIN 140 and 141 and earned a grade of B or better for both courses. Co-requisite: KIN 462 (Formerly ESS 140 and 141 and ESS 462).

KIN – 462 1 hr. Therapeutic Modalities Lab

This laboratory will help students apply the techniques and clinical skills related to the application of therapeutic modalities. Clinical education hours will give the student the opportunity to use the knowledge, skills, and techniques learned in this course. Students must complete 50 hours of documented clinical education hours, which apply toward the graduation requirement of 1000 hours. Students must be additionally enrolled in KIN 461 (Formerly ESS 461).



KIN – 463 2 hrs. Therapeutic Rehabilitation

Students will acquire the theoretical knowledge for the clinical application of a rehabilitation program, physical examination, principles of therapeutic exercise, open and closed chain exercise, muscle reeducation, and special therapeutic techniques such as aquatic therapy. Prerequisite: Open only to ATHT majors. Student must be additionally enrolled in KIN 464.

KIN – 464 1 hr. Therapeutic Rehabilitation Lab

This laboratory will place emphasis on the techniques and clinical skills relating to the rehabilitation of athletic injuries. Clinical education hours in a therapeutic rehabilitation facility will give the students the opportunity to use the knowledge, skills, and techniques learned in this course. The student must complete 100 hours of documented clinical education hours, which apply toward the clinical education requirement for graduation. Students must be additionally enrolled in KIN 463 (Formerly ESS 463).

KIN – 465 2 hrs. Pharmacology

Introduction to the basic principles of pharmaceutical intervention and the implications for rehabilitation as related to the Certified Athletic Trainer.

KIN – 470 2 hrs. Administrative Aspects of Athletic Training

Basic concepts of legal liability, budget, field management, inventory control, facilities design and maintenance will be addressed. Additionally, the student will discuss the day

to day supervision, scheduling and general administration of the athletic training room. Open only to ATHT majors.

KIN – 476 2 hrs. Seminar in Athletic Training

Topics in Athletic Training with discussions covering the NATA competencies and objectives in written and oral practical formats.

KIN – 488 3 hrs. Gross Anatomy

The essentials of Myology, Osteology, and Arthrology. Major nerves and arteries are also dissected. Many of the dissection areas are major injury sites in sports such as the knee, shoulder, elbow, neck and spinal areas. There is a laboratory fee of \$100 required for this course.

* In addition to the noted laboratory fees for KIN 141 and KIN 488, a \$75 per semester liability insurance/administration fee is required of all Athletic Training Majors.

ATEP MAJORS, IMPORTANT INFORMATION FOR PROSPECTIVE STUDENTS

The Bachelor of Science Degree in AT is housed within the Department of Kinesiology and Sport Sciences. This portion of the curriculum would largely encompass professional education courses designed to prepare students to sit for the Board of Certification (BOC) exam.

The students will obtain clinical experiences in a variety of settings: college, high school, sports medicine clinics, and attempts will be made for professional sports. Each student will be required to complete supervised clinical education rotations throughout their undergraduate program of study.



TECHNICAL STANDARDS

Athletic Training education requires that the accumulation of scientific knowledge be accompanied by the simultaneous acquisition of skills and professional attitudes and behavior. The University of Miami, School of Education and Human Development, Department of Kinesiology & Sports Sciences, awards a Bachelor's degree (B.S.Ed) to students who successfully complete the curriculum. Students are expected to acquire a broad base of knowledge and 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).

Candidates for the B.S.Ed. degree will be required to acquire the knowledge and skills to function in a broad variety of clinical situations and to render a wide spectrum of patient care. In order to learn the variety of tasks needed to become profi as an Athletic Trainer, the student must be able to perform the following types of tasks, which are all essential requirements of the program: observation, communication, motor, conceptual (integrative and quantitative), and behavioral/social.

OBSERVATION

The candidate must be able to observe demonstrations and experiments in basic and applied sciences, including, but not limited to human anatomy and physiology, neuroscience, as well as in didactic courses in Athletic Training theory and practice for normal and pathologic states. A candidate must be able to observe a patient accurately at a distance and close at hand. Observation requires the use of common sense, as well as the functional use of the senses of vision, audition, olfaction, and palpation.

COMMUNICATION

A candidate must be able to elicit information from patients, describe the patient's mood, activity and posture, and perceive and accurately report nonverbal communications. A candidate must be able to communicate effectively and sensitively with coaches, administrators, patients and their families. Communication includes not only oral, but also reading and writing. The candidate must be able to communicate effectively and effi with all members of the health care team in both immediate and recorded modes.

MOTOR

Candidates should have suffi motor function to elicit information from patients by palpation, auscultation, percussion, manual positioning of body segments and other evaluative procedures. A candidate must be able to do basic screening and examinations (physiological measures such as BP, HR and respiration), diagnostic procedures (palpation, manual muscle testing, goniometry, ligament laxity testing, sensory evaluation, gait analysis, balance assessment), and review X-rays. A candidate must be able to execute motor movements reasonably required to provide general care and emergency treatment to patients.

Examples of emergency treatment reasonably required of Athletic Training Students are

cardiopulmonary resuscitation, spine stabilization for head or neck injury and application of pressure to stop bleeding. Additionally, candidates must be able to perform debridement of wounds and other physical assessment maneuvers, where such actions require coordination of both gross and fine muscular movements, equilibrium and functional use of the senses of touch and vision.

CONCEPTUAL-INTEGRATIVE AND QUANTITATIVE ANALYSIS



These abilities include measurement, calculation, reasoning, analysis, synthesis, and retention of complex information. Problem solving, the critical skill demanded of Athletic Training practitioners, requires all of these intellectual abilities. In addition, the candidate should be able to

comprehend three-dimensional relationships and to understand the spatial relationships of structures.

BEHAVIORAL/SOCIAL ATTITUDES

Candidates must possess the emotional health required for full use of their intellectual abilities, the exercise of good judgment, the prompt completion of all responsibilities attendant to an evaluation, diagnosis and care of patients, and be able to develop mature, sensitive and effective relationships with patients. Candidates must be able to tolerate physically taxing workloads and to function effectively under stress. They must be able to adapt to changing environments both indoor and outdoor, display flexibility and learn to function in the face of uncertainties inherent in the clinical problems of many patients. Compassion, integrity, concern for others, interpersonal skills, interest and motivation are all personal qualities that are assessed during the admissions and education process.



Completion of the program's technical standards does not guarantee a student's eligibility for the BOC (Board of Certification) exam.

FREQUENTLY ASKED QUESTIONS

Q: What can you do in high school to get involved in athletic training?

A: Volunteer – Volunteering as an athletic training student aide will give you great experience and better understanding of a career in athletic training

Take classes – enroll in a sports medicine or athletic training course at your high school. Many athletic trainers at the high school level teach these types of classes

Sign up – for NATA’s High School Connection. It gives you access to the NATA News and online network- ing with college and high school athletic training students.

Apply – for the Jack Cramer Scholarship. The scholarship is awarded annually to a high school senior planning a career in athletic training at the high school level. For more information on the High School Con- nection and Jack Cramer Scholarship visit: www.nata.org/membership/honors-and-awards/jack-cramer-scholarship

Q: Where does an Athletic Trainer work?

A: Athletic trainers can be found almost anywhere people are physically active. Most athletic trainers work in one of the following settings:

- Secondary Schools
- Colleges and Universities
- Professional sports
- Sports Medicine Clinics
- Military
- Industrial and Commercial
- And many more emerging settings

Q: Can I still complete pre-med or pre-physical therapy requirements with the athletic training major?

A: Yes. You will need to make an appointment with your advisor to see what classes are needed and to design a plan to have either set of the requirements completed.

