

UNIVERSITY OF MIAMI

SCHOOL of EDUCATION  
& HUMAN DEVELOPMENT

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Athletic Training  
B.S.A.T.

DEPARTMENT OF KINESIOLOGY & SPORT SCIENCES

# FROM THE DEPARTMENT CHAIR

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## WELCOME MESSAGE

On behalf of the faculty and staff of the Department of Kinesiology and Sport Sciences, thank you for your interest in our programs. The department is comprised of three primary disciplines: Athletic Training, Exercise Physiology, and Sport Administration. Graduate degrees are offered in Exercise Physiology, Sport Administration, Nutrition for Health and Human Performance, and Strength and Conditioning. The department has established a reputation within the academy for a commitment to excellence and are recognized as leaders in scholarship.

Our faculty and staff are committed to the following seven principles:

- Diversity: Valuing and including people from all cultures and backgrounds in the pursuit of our common goals.
- Integrity: Demonstrating honesty and fairness in our words and actions.
- Responsibility: Exhibiting pride and accountability in the performance of duties and ensuring the long-term success of our university.
- Excellence: Striving to accomplish our goals with quality, rigor, passion, and distinction.
- Compassion: Behaving in a caring, humane, and empathetic way.
- Creativity: Embracing innovation, flexibility, and Originality in the pursuit of our vision and mission.
- Teamwork: Engaging and working well together to achieve optimal results.

At the U, we transform lives through teaching, research, and service.

Sincerely,

*Warren A. Whisenant*

# MISSION STATEMENTS

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## **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.



# PROGRAM CONTACT INFORMATION

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# AT PROGRAM DESCRIPTION

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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.



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 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 five 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 injuries 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 Athletic Training Professional Organizations and Accrediting bodies.
- To comply with the professional standards set by state laws and the National Athletic Trainers' Association's code of ethics.
- 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 fulfil 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 letter 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.
- Two letters of recommendation from faculty members outside of the AT Program.

## **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 (35 in the Fall semester and 50 in the Spring semester for a total of 85 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.
- 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 major 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 “C” or better in all Athletic training major 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 (2 years) 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 subject proficiency.



# SAMPLE COURSE SEQUENCE

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

\* Denotes course that meets Gen. Ed. Requirements

(Transfer students can take KIN 184 and 212 during the course of the program, as these courses are not required for initial retention)

## -----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 or Equivalent (4)
- KIN 140 Introduction to Athletic Training (2)
- KIN 141 Introduction to Athletic Training Lab (1)
- KIN 145 Responding to Emergencies (3)
- \* KIN 232 Basic Human Physiology (3)
- KIN 234 Functional Human Anatomy (3)

Total = 15 credits, 35 observation hrs. (KIN 141)

### SPRING SEMESTER

- \* General Education Requirement (3)
- KIN 202 Applied Nutrition for Health and Performance (3)
- KIN 210 Foundations in Athletic Training (2)
- KIN 230 Medical Terminology and Documentation (1)
- KIN 235 Personal and Community Health (3)
- \* KIN 345 Kinesiology (3)

Total = 15 credits, 50 observation hrs. (KIN 210)

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

FALL SEMESTER

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

SPRING SEMESTER

- \* General Education Requirement (3)
  - \* KIN 221 Exercise Physiology: Biochemistry & Skeletal Muscle (3)
  - KIN 260 Orthopedic Assessment: Upper Extremity (3)
  - KIN 261 Orthopedic Assessment: Upper Lab (1) 100 CE hrs
  - KIN 264 General Medical Conditions Evaluation (2)
  - KIN 365 Exercise Programing (3)
  - KIN 444 Clinical Athletic Training Lab II (2) 150 CE hrs.
- Total = 17 credits, 250 Clinical Education (CE) Hours

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

FALL SEMESTER

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

SPRING SEMESTER

- \* General Education Requirement (3)
  - \* KIN 415 Evidence Based Sports Medicine (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. Clinical Education (CE) Hours

## GENERAL EDUCATION REQUIREMENTS

### ELECTIVES:

Electives may be chosen from any courses offered by the University. The student should consult an advisor before selecting elective courses. At least 6 credit hours must be at the 300 level or above.

### ADDITIONAL REQUIREMENTS:

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

- Athletic Training Math Proficiency Requirements (Please see your advisor)
- MTH 161, Calculus 1 (or equivalent)
- EPS 351, Introduction to Statistics
- KIN 415, Evidence Based Sports Medicine
- Seniors are required to participate in the General Education Assessment prior to graduation as part of the SACS review process

Athletic Training majors are not required to have a minor. Athletic Training majors are not allowed to minor in 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

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## **KIN – 140 2 hrs. Introduction to Athletic Training**

Introduction to the profession of athletic training. Introduction to 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. Emphasis will be 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 facilities.

Corequisite: KIN 141. Requisite: Athletic Training, Pre-Athletic Training, and Sophomore Status.

## **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. There is a \$65 lab fee for this class.

Corequisite: KIN 140. Requisite: ATHT, PAT Majors only and a 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. There is a \$45 lab fee for this class.

Requisite: ATHT Majors only and Sophomore Status.

## **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. Basic 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**

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.

Requisite: Sophomore Status or Higher.

**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 will offer an overview of the biochemistry pertaining to neuroendocrine responses, nutrition, and neuromuscular function; as well as the physiological and biochemical plasticity within skeletal muscle associated with various interventions, diseases, injuries, and aging. Exercise Physiology 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. Requirement; Advanced written, digital and/or oral communication proficiencies will be emphasized in this course. Credit for ENG105 and ENG106 (or equivalent) is required for this course. Corequisite: KIN 251. Requisite: Athletic Training.

**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. Clinical education hours will emphasize lower extremity orthopedic assessment, goniometry, manual muscle testing techniques, and gait evaluations.

**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. Requirement; Advanced written, digital and/or oral communication proficiencies will be emphasized in this course. Credit for ENG105 and ENG106 (or equivalent) is required for this course.

**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. Clinical education hours will emphasize upper extremity orthopedic assessment, goniometry, and manual muscle testing techniques.

Corequisite: KIN 260.

**\*KIN - 264 2 hrs. General Medical Conditions Evaluation**

This class is the study of the clinical signs and symptoms of General Medical conditions that will present to the Certified 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. Exercise Programing**

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. This course is a designated Upper-Level Communication for Exercise Physiology Majors.

### **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 return to campus for pre-season orientation prior to the start of the school year.

Requisite: ATHS Majors Only.

### **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: 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 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 return to campus for pre-season orientation prior to the start of the school year.

Prerequisite: 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 hour. 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: 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 cryotherapy, paraffin, ultrasound, electrotherapeutic and hydrotherapeutic modalities, intermittent compression, massage, and other contemporary modalities will be discussed.

Corequisite: KIN 462. Requisite: Athletic Training.

**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.

Corequisite: KIN 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 re-education, and special therapeutic techniques such as aquatic therapy.

Corequisite: KIN 464. Requisite: Athletic Training.

**KIN – 464 1 hr. Therapeutic Rehabilitation Lab**

This laboratory will emphasize 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.

Corequisite: KIN 463.

**\*\*KIN – 465 1 hr. Pharmacology**

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

Requisite: ATHS Majors Only.

**KIN – 470 2 hrs. Administrative Aspects of Athletic Training**

Basic concepts of legal liability, budget, financial 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 facility. Requisite: ATHS Majors Only.

**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. Students will be required to register and take the BOC exam as a class requirement. Approx. Cost \$350.00

**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.

Requisite: ATHS Majors Only.

\*As of Fall 2017, KIN 465 KIN 465 Pharmacology is one credit versus two credits

\*\* As of Fall 2017, KIN 264 is two credits versus one credit



In addition to the noted BOC exam fee for KIN 476 and laboratory fees for KIN 141, 145, and KIN 488, a \$75 per semester liability insurance/administration fee is required of all Athletic Training Majors. Students may also incur a cost for a physical exam, additional vaccines (flu shot and TB testing), transportation to clinical education sites, and any background checks and administrative fees as required by a clinical education site.

### **AT 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 of Science Athletic Training degree 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).

The Bachelors of Science Athletic Training 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 proficient as an Athletic Trainer, the student must be able to perform the following 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 efficiently with all members of the health care team in both immediate and recorded modes.

## **MOTOR**

Candidates should have sufficient 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 lift an adequate amount of weight (approximately 50 pounds) in order to assess and lift a patient as necessary. 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 Board of Certification (BOC) exam.

Students requesting accommodation to meet the technical standards must contact the Office of Disability Services prior to the start of the program or immediately upon a change in health status.



## **HEALTH & SAFETY**

The following requirements will be discussed and/or completed in the KIN 140, Intro to Athletic Training course. Prior to starting observation hours and or clinical education hours, students must:

1. Pass a physical exam, which includes a vaccination review by a physician.
2. Read and sign the technical standards and are required to update their signature if their health status changes.
3. Complete a BBP training prior to beginning observation hours.
4. Receive an Influenza vaccination. This is required by the hospital for clinical education hours and surgery observations. This is mandatory for students, except for those who have an approved medical or religious exemption.

## **ACTIVE COMMUNICABLE DISEASES GUIDELINES**

### Sickness/Illness Guidelines

If an ATS is experiencing any of the following signs or symptoms, they should refrain from their clinical education site until their symptoms have resolved or until they receive medical clearance from a physician.

1. Fever
2. A cold accompanied by a sore throat
3. A cold, which also includes severe congestion, requiring you to blow your nose frequently, or which, causes you to sneeze often.
4. A cold accompanied by headaches, and other aches and pains.
5. Vomiting

If you have a respiratory illness with a fever, go to the Student Health Service or seek appropriate medical attention.

Do not attend classes, clinical sites, surgery observations or social events and avoid contact with other people as much as possible to keep from infecting them.

For the health and safety of the individuals working in the University of Miami Athletic Training Program or Athletic Department, including the athletes and patients, no student, or employee is able to return to work if they were diagnosed with an active communicable disease without medical clearance from a licensed physician. These Policies is adapted the Office of Environmental Health and Safety was the guideline used to establish this policy.

## FREQUENTLY ASKED QUESTIONS

### **Q: Do you have to enter a Master's Degree Program to become an Athletic Trainer?**

A: No. Undergraduate baccalaureate programs may still enroll and matriculate students into athletic training program through the fall term 2022. The University will transition its Athletic Training program before the 2022 deadline and will move to a Master's Degree Program.

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

A: Volunteer – Volunteering 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. Also visit the National Athletic Trainers' Association Website at [nata.org](http://nata.org) for more information and to view the benefits of becoming a student member.

### **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 & Law enforcement, Industrial and Commercial, School districts, Amateur/Recreational/Youth sports, Performing arts, Health & fitness clubs, Extreme Sports 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.

