

In accordance with national requirements regarding Certified faculty-student ratio, the final selection of students entering the junior year will be based on a maximum number of 36 students at the junior-senior level. Please see the University catalogue for official admission/program criteria.

## Course Requirements

### Required General Education

HLTH 101 Health and the Environment\*\*  
PSYC 101 Psychology\*\*

### Required Major Courses

HLTH 210 First Aid and CPR\*\*  
BIOL 220 Human Anatomy\*\*  
BIOL 230 Human Physiology\*\*  
CHEM 111 (or higher)\*\*

### Required for Major

HP 140 Introduction to Athletic Training\*\*  
HP 341 Athletic Training Techniques\*\*  
HP 342 Evaluation Techniques I  
HP 346 Evaluation Techniques I Clinical  
HP 343 Evaluation Techniques II  
HP 347 Evaluation Techniques II Clinical  
HP 348 Structural Kinesiology/  
Biomechanics\*\*  
HP 414 Physiology of Exercise  
HP 439 Nutrition for Physical Activity  
and Sport  
HP 440 Medical Aspects of Athletic Training  
HP 442 Therapeutic Modalities in  
Athletic Training  
HP 444 Rehabilitation Techniques  
HP 456 Athletic Testing and Conditioning  
HP 472 Psychology of Sport and Athletic Injury  
HP 480 Senior Seminar  
HP 484 Clinical Tech. in Athletic Training I  
HP 485 Clinical Tech. in Athletic Training II

\*\*To be completed prior to the formal application/selection process for the Athletic Training Major. ALL others to be completed only following formal selection into the major.

## Clinical Requirements:

Following formal selection into the program, each student is required to complete up to 20 hours of supervised clinical experience per week. The athletic training clinical experiences must be obtained from athletic training settings affiliated with the Minnesota State Mankato Athletic Training Program. Those hours must be evenly distributed over a continuous two year period.

## For Further Information Contact:

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For the most current information on the policies for the program please see:

<http://ahn.mnsu.edu/athletictraining/>



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MINNESOTA STATE  
UNIVERSITY  
MANKATO



COLLEGE OF ALLIED HEALTH AND NURSING

Athletic Training



"Teach...Learn...Heal"

Department of  
Human Performance

Cover photo courtesy of: The Free Press

# The Art...and Science of the Prevention and Management...of Injuries to Physically Active People

## The Certified Athletic Trainer

The Certified Athletic Trainer (A.T.,C.) is a highly educated and skilled professional specializing in health care for the physically active and athletic populations. In cooperation with physicians and other allied health personnel, the athletic trainer functions as an integral member of the athletic health care team in secondary schools, colleges and universities, sports medicine clinics, professional sports programs, and other health care settings.

The athletic trainer plays an important role in the health care of the physically active, especially in the prevention, recognition, management, and rehabilitation/reconditioning of injuries incurred as a result of activity. The care provided by an athletic trainer may help the individual avoid unnecessary medical treatment or aid in referral to the appropriate physician.

## Athletic Training Education

Originally approved as a 26-credit undergraduate curriculum minor by the National Athletic Trainer's Association in 1969, it was one of the first three programs approved nationally. The primary objective of the approved minor was to educate the teacher-athletic trainer to prepare them for employment at the high school level. The minor could be coordinated with any teaching major with the coursework and the required supervised clinical experiences. In the mid-70's, the credit requirement was increased to 29, and with the sports medicine/athletic training information explosion it became difficult to cover the necessary material in a minor.

Beginning in 1982, a 67 quarter credit major in athletic training was initiated, and by 1986 the major was approved by the National Athletic Trainer's Association and the minor was discontinued. Once again, increasing information and educational requirements, and the pioneering spirit of then program director Gordon Graham, caused the major to be increased to its current level of 65 semester credits.

As the profession of Athletic Training has evolved over the past three decades, so too has the education of athletic trainers. Recognized as an "Allied Health Care Profession" by the American Medical Association in 1990, athletic trainers continue to evolve as leaders in health care for the physically active.

## Student Selection Process

Application for admission to the Athletic Training Major at the junior-level is a selective process, not all students that apply will be accepted. Due to accreditation standards the total number of students accepted into the program at the junior-level will be limited. The selection process is competitive and is based on the student's:

- cumulative GPA and prerequisite GPA,
- completion of the general education prerequisites (as listed below),
- completion of the required major courses (as listed below),
- accumulation of up to 100 hours of pre-athletic training level observations in the

Minnesota State Mankato athletic training room, and observation and evaluation of performance during those observation hours,

- letters of recommendation and a formal interview, and
- compliance with established technical standards for physical, cognitive, and attitudinal abilities that an entry-level athletic trainer must possess. See athletic training program director for specific details.

A minimum cumulative GPA of 2.75, on a 4.00 scale, is required as an admission standard. An application packet may be obtained from the program director during spring semester and must be completed and returned by **May 1st**. Transfer students must meet all application requirements prior to application. The following prerequisite courses (HLTH 210, HP 140, 341, 348) must be taken on campus, remaining prerequisite courses may or may not fulfill educational competencies of the program and must be approved by the program director as acceptable transfer courses prior to application to the program. Note: The student must take the Minnesota First Responder qualified section of HLTH 210 as a program requirement. In addition, a student possessing current First Aid and CPR certification, with AED training, may waive HLTH 210 as an application requirement but must still take HLTH 210 during his/her first semester following admission to the program.

Courses required for program application: HLTH 101, HLTH 210, PSYCH 101, BIO 220, BIO 230, CHEM 111 (or higher), HP 140, HP 341, and HP 348.