Athletic Training (MAT or MSAT)

Career Description

- Athletic trainers are health care professionals who work to identify, prevent, treat, and rehabilitate emergency, acute or chronic illness and injuries. As part of an inter-professional healthcare team, they coordinate with other health professionals to provide injury/illness evaluation, wellness protection, therapeutic intervention, and rehabilitation.
- Athletic trainers work in a variety of settings including hospitals, intercollegiate athletics, law enforcement and the military, occupational and industrial settings, performing arts, professional sports, industry, secondary schools and sports medicine clinics.
- Athletic trainers receive formal training in acute care of injury and illness, clinical examination, evidence-based practice, health care administration, prevention and health promotion, professional development and responsibility, psychosocial strategies, nutrition, and therapeutic interventions.
- They are especially trained to handle emergency conditions such as concussion, heat stroke, asthma, diabetic emergencies, sickle cell crisis, spine injuries, and sudden cardiac arrest.
- Specializations include prevention and wellness, urgent and emergent care, primary care, orthopedics, rehabilitation, behavioral health, pediatrics, and performance enhancement.

Becoming an Athletic Trainer

- Graduate from a CAATE accredited professional program. Until 2022, either a bachelor’s or a master’s degree is acceptable for entrance to the field. After that time, the master’s degree will be the entry-level degree.
- Master’s Degrees include: Master of Athletic Training (MAT) or Master of Science in Athletic Training (MSAT).
- After graduating, a comprehensive board certification exam (BOC) is required to become a Certified Athletic Trainer.
- Most athletic trainers are required to be credentialed to practice within their state.
- Advanced training for specializations is available through residencies, fellowships and doctoral programs.
- Currently about 70% of athletic trainers hold at least a master’s degree.

Preparation

- Shadow athletic trainers to make sure this is the right field for you and you truly understand what they do. At least 50 hours of observation time will be required at many programs (some schools require more).
- Take an aptitude test: the Graduate Record Exam (GRE) is required at most schools.
- Earn certification in CPR and automatic defibrillator training (AED) for professional rescuers.
- Athletic training programs do not have a standard set of requirements, but many similarities in their requirements do exist.
- The initial courses are similar to other professional health care fields such as physical therapy programs.
- Grades of C or higher are generally required in these prerequisite courses.

Common Prerequisite Courses (pre-reqs determined by each program but similar to this list)

<table>
<thead>
<tr>
<th>Requirements</th>
<th>Course</th>
<th>Purdue Equivalents (specific courses may vary by major)</th>
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<tbody>
<tr>
<td>Biology</td>
<td>Anatomy &amp; Physiology with lab</td>
<td>BIOL 20300-20400</td>
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<td>General Biology required at some schools</td>
<td>BIOL 11000 or BIOL 12100 (with a lab)</td>
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<tr>
<td>Biomechanics, Exercise Physiology</td>
<td>Exercise Physiology, Kinesiology or Biomechanics</td>
<td>HK 36800 Exercise Physiology*; HK 26300 Biomechanics*</td>
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<tr>
<td>Chemistry</td>
<td>General chemistry with lab (usually 1 semester)</td>
<td>CHM 11100+ (may need 4 credit hour course) or CHM 11500 or CHM 12901</td>
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<tr>
<td>Physics</td>
<td>General physics with lab (usually 1 semester)</td>
<td>PHYS 22000 or PHYS 23300 or equivalent</td>
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<tr>
<td>Nutrition</td>
<td>General</td>
<td>NUTR 30300 or NUTR 31500</td>
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<tr>
<td>Psychology</td>
<td>General</td>
<td>PSY 12000 (some schools will accept abnormal or developmental)</td>
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<tr>
<td>Math</td>
<td>Statistics</td>
<td>STAT 30100 or STAT 50300 or SOC 38200+ or PSY 20100+</td>
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<tr>
<td>Additional</td>
<td>Other Recommended or required Courses</td>
<td>Medical Terminology (HSCI 13100); Epidemiology (HK 44500/PUBH 40500); Ethics (PHIL 11100); Community Health (HK 21500/PUBH 20500 or HSCI 20100) or Personal Health &amp; Wellness (PES 11100); Sociology or Cultural Anthropology; Statistics</td>
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<tr>
<td>Optional</td>
<td>Pre-Med Planning Seminar</td>
<td>BIOL 39600-0 credit 10 week class covering how to apply to health professions programs</td>
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*Courses are restricted to kinesiology and public health majors
+Check with individual schools whether these courses fulfill their requirements
Student Organizations: Athletic Training Club

Research Programs
List of the accredited programs http://caate.net/search-for-accredited-program/

Applying
- Application is made through an online centralized system called ATCAS (Athletic Training Centralized Application Service). https://atcas.liaisoncas.com/applicant-ux/#/login
- For programs not using ATCAS, you will need to apply directly to those schools.
- Each program has varying application requirements.
- Early application is essential as programs have relatively small classes. Typically applying within a month of the application opening is most advantageous for your application. ATCAS generally opens the end of June.

Fee Assistance
- At this time ATCAS does not offer a fee assistance program.
- GRE Fee Reduction Program https://www.ets.org/gre/revised_general/about/fees/reductions/

Job Outlook
- With people trying to stay more active, athletic trainers will be in high demand.
- The Bureau of Labor Statistics anticipates job growth of 19% through 2028.

Master's Degree Programs in the Region
- Purdue University (master’s degree) program progressing from bachelor's to master's for fall 2022 https://www.purdue.edu/hhs/hk/athletictraining/
- Indiana University Bloomington (master’s degree) https://publichealth.indiana.edu/academics/masters/ms-athletic-training/index.html
- University of Indianapolis (master’s degree) http://www.uindy.edu/health-sciences/athletic-training/
- Franklin College (master’s degree) https://franklincollege.edu/academics/graduate-programs/masters-athletic-training/
- University of Evansville (master’s degree) https://www.evansville.edu/majors/athletictraining/msIntro.cfm

More Information
- ATCAS (application service) https://atcas.liaisoncas.com/applicant-ux/#/login
- National Athletic Trainers Association (NATA) https://www.nata.org/
- Commission on Accreditation of Athletic Training Education (CAATE) https://caate.net/

Other Careers to Consider
- Physical Therapy
- Occupational Therapy
- Orthotics & Prosthetics
- Chiropractic Medicine
- Podiatry