

## College of Human Ecology

# Athletic Training

### Overview

Athletic training combines the love of sports medicine with the science of exercise. The study of athletic training can lead to a career as a certified athletic trainer. Athletic training is not the same thing as personal training.

Students in the athletic training program, or ATP, study the concepts and develop the skills needed to manage health care problems associated with physically active individuals.

Kansas State University's athletic training program is a cooperative program housed in the College of Human Ecology's Department of Food, Nutrition, Dietetics and Health, with support from the Division of Intercollegiate Athletics.

### Professional options

#### Careers

Certified athletic trainers work in universities, high schools, professional sports, clinics, hospitals, performing arts, the military and other settings. Some K-State athletic training students pursue graduate degrees while working as graduate assistants in a variety of settings.

#### Job experience

Athletic training students obtain experience in the field long before graduating. During a four-year period, K-State athletic training students complete practicum courses where they will participate in the clinical education aspect of the athletic training curriculum.

The clinical experiences provide the opportunity to apply skills in direct patient care at one of our clinical affiliate sites, which include area high schools, clinics, and collegiate or military settings. Afternoons should be reserved for clinical education, which entails approximately 20 hours per week of learning, practicing and applying specific clinical skills in the practical settings.

#### Points of pride

Kansas State University athletic training students complete clinical experiences that provide opportunities to apply skills in direct patient care at one of the university's clinical affiliate sites, which include area high schools, clinics, and collegiate and military settings.

Students are responsible for demonstrating the clinical skills learned in lecture classes on real or simulated patients during the clinical experience. Students work under the supervision of a preceptor in the field and will master the skills necessary for an entry-level athletic trainer.

### Academics

#### Degree options

This program leads to a Bachelor of Science. It prepares students for a career as an allied health professional and for the Board of Certification examination that leads to certification as an athletic trainer.

#### Accreditation

K-State's program is accredited by the Commission on Accreditation of Athletic Training Education, or CAATE. The agency is responsible for the accreditation of professional athletic training educational programs.

#### Advising

Students entering the athletic training major for the first time meet with an advisor for orientation to the program and to create a long-range academic plan. All faculty maintain regular office hours and are available during that time or by appointment. Athletic training faculty members meet with all advisees during pre-enrollment periods; students may not obtain permission to enroll without seeing an advisor.

#### Preparation

Students who enjoy helping people and seeing people grow and change in positive ways should consider a career in athletic training. Those with good listening skills and who enjoy working one-on-one with people often make good athletic trainers. The professional preparation will focus on prevention and health promotion, clinical examination and diagnosis, acute care of injury and illness, therapeutic interventions, psychosocial strategies and referral, health care administration, and professional development and responsibility.

### Admissions

#### Application

Individuals who have completed admission applications submitted to the university by Feb. 1 will be in the first round of applicants considered for the following fall semester.

Applications completed after Feb. 1 will automatically be placed on a wait list for the athletic training program.

#### Incoming freshmen

- Apply online for admission to K-State at [k-state.edu/admissions/apply](http://k-state.edu/admissions/apply).
  - Select athletic training major as the curriculum option.
  - Once your application is received, the K-State Office of Admissions will send a supplemental application that must be returned to the program director by Feb. 1.
  - If admitted to K-State, applicants will be evaluated for selective admission to the athletic training major by the athletic training program faculty to identify the best prepared prospective students based on ACT/SAT score, non-weighted GPA, class rank and supplemental application.
  - Applicants in most cases will be notified of their admission status to the athletic training major in March. In some instances high school applicants who have been awarded premier scholarships will qualify for early admission and will be notified in January.
  - Participate in enrollment during summer orientation with the athletic training program advisors.
- #### Transfer students
- Applicants must first be admitted to K-State as a transfer student.
  - Admission to athletic training is both selective and limited. A transfer student must have a minimum GPA of 2.75.
  - Transfer students will be required to submit a supplemental application for advancement into the professional program. The supplemental application is obtained from the program director.
  - The selective admissions deadline is Feb. 1. The admissions process is used to admit the most qualified applicants who have indicated the desired curriculum of athletic training.
  - Declaration of the desired curriculum of athletic training does not guarantee admission to the athletic training program.

## Advancement into the professional phase

Advancement into the professional phase will only occur in the spring semester. All students applying for advancement into the professional phase of the ATP are required to complete an application process as well as an interview.

The application can be obtained from the program website or the program director. The details of advancement into the professional phase can be found at [he.k-state.edu/fndh](http://he.k-state.edu/fndh).

Once advancement occurs, students will spend three years completing the practicum requirements. While in the practicums, students will be responsible for carrying liability insurance and maintaining current certification in CPR/AED.

Advancement into the professional phase is a very competitive process due to the limited number of preceptors and affiliated clinical sites available to the ATP.

Admission to the advancement phase requires a C grade or better in all natural science and professional courses. If a student receives a lower grade than required, the course can be retaken.

Learn more about careers in athletic training at the National Athletic Training Association's website, [nata.org](http://nata.org), or through the Board of Certification for the Athletic Trainer, [bocat.org](http://bocat.org).

## Activities

### Clubs

The Athletic Training Student Association provides students with an opportunities to learn more about athletic training, develop leadership skills and provide service to the community. Students are encouraged to attend local, state and national conferences.

## Suggested coursework

The recommended freshman curriculum includes:

### First semester

Hrs.	Course	
3	ENGL 100	Expository Writing I
4	KIN 220	Biobehavioral Bases of Physical Activity
3	MATH 100	College Algebra
2	FNDH 120	Introduction to Athletic Training
1	FNDH 121	Introduction to Athletic Training Lab
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### Second semester

Hrs.	Course	
3	PSYCH 110	General Psychology
4	CHM 210	Chemistry I
3	FNDH 132	Basic Nutrition
3	COMM 106	Public Speaking
3	SOCIO 211	Sociology
1	GNHE 210	Foundations of Human Ecology
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### For more information about athletic training, contact:

Department of Food, Nutrition, Dietetics and Health  
Kansas State University  
213 Justin Hall  
1324 Lovers Lane  
Manhattan, KS 66506-1407  
785-532-5508  
Fax: 785-532-3132  
[fndh@k-state.edu](mailto:fndh@k-state.edu)  
[he.k-state.edu/fndh](http://he.k-state.edu/fndh)

### For more information about transferring coursework from other institutions, contact:

Karen Pence  
College of Human Ecology  
Kansas State University  
119 Justin Hall  
1324 Lovers Lane  
Manhattan, KS 66506-1401  
785-532-5500  
785-532-5504  
[ktpence@k-state.edu](mailto:ktpence@k-state.edu)

### For more information about Kansas State University, contact:

Office of Admissions  
Kansas State University  
119 Anderson Hall  
919 Mid-Campus Drive North  
Manhattan, KS 66506-0102  
1-800-432-8270 (toll free) or  
785-532-6250  
[k-state@k-state.edu](mailto:k-state@k-state.edu)  
[k-state.edu/admissions](http://k-state.edu/admissions)

## KANSAS STATE UNIVERSITY

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Post-Graduation Statistics  
[k-state.edu/postgrad-stats](http://k-state.edu/postgrad-stats)  
[ksdegreestats.org](http://ksdegreestats.org)