Why should I major in Athletic Training at Cal State Fullerton?

Cal State Fullerton offers an accredited B.S. in Athletic Training for qualified students. Athletic trainers (AT) are professionals who collaborate with physicians to specialize in the health care of their sport/physically active patients. AT services include prevention, clinical diagnosis, treatment and rehabilitation of activity-related injuries or illnesses. To become an athletic trainer, students must graduate from a CAATE (Commission on Accreditation of Athletic Training Education) accredited athletic training program (ATP) and then pass the BOC (Board of Certification) exam, as well as any state requirements. As one of about 340 accredited ATPs, Cal State Fullerton provides an outstanding opportunity for high-quality students who are passionate about health care for active individuals. AT majors complete intense didactic and clinical experiences during five semesters of clinical rotations involving both on- and off-campus affiliations. To learn more about athletic training, visit our website (http://hhd.fullerton.edu/at/) and the National Athletic Trainers’ Association site (http://www.nata.org/).

What is the Mission of the Cal State Fullerton ATP?

The California State University, Fullerton - Athletic Training Program mentors students to become exceptional evidence-based healthcare professionals and distinguished athletic trainers.

What are the Goals of the Cal State Fullerton ATP?

1. Instructional Quality: Recruit, enlist, and support diverse faculty and preceptors who, through their clinical experience and educational training, provide quality instruction and mentorship.
2. Student Learning: Demonstrate AT student proficiency by emphasizing the use of problem-solving skills necessary to translate didactic knowledge to contemporary patient-centered clinical practice.
3. Program Effectiveness: Produce athletic trainers for healthcare careers, who make valuable professional and/or community contributions.

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The AT major at Cal State Fullerton offers:

Highly-Qualified Leaders: Students admitted to the CSUF athletic training major learn from a faculty of nationally known teachers, clinicians and scholars. Our AT majors also learn from and interact with a group of experienced health care providers throughout their education. With 12 full- time and numerous part-time AT employed at CSUF, our limited-enrollment program allows for an outstanding student-to-mentor ratio. Our AT students regularly interrelate with some of Southern California’s best sports health care professionals.
**Outstanding Resources:** AT majors learn in state-of-the-art labs with the latest technologies in clinical health care and research. Our students gain experience in numerous labs such as the Human Performance, Movement Analysis, Exercise Physiology, Motor Behavior, Nursing Simulation, Movement Anatomy, and AT research labs. Additionally, they learn in the CSUF AT Clinic, Physical Therapy and Sports Rehabilitation Center, as well as physician offices/surgery centers and high school and community college AT clinics.

**Reputation for Excellence:** The first Titan AT student graduated in 1978 and our strong tradition continues. Cal State Fullerton graduates consistently pass the national board exam at rates higher than the national average (95% first-time & 100% overall pass rates in past three years). The University and the ATP commits to excellence and focusing on quality rather than quantity.

CSUF entrance does not guarantee admission to the AT major. Admission to the B.S. in AT is a competitive process that considers: academic successes, AT experiences, professional recommendations, and communication skills. Minimal Academic, Clinical, Professional and Technical Standards are required to enter and remain in the major. Ongoing assessments determine appropriateness for completion, retention, probation or dismissal.

**What are the admission requirements for the Athletic Training major?**

**Course Prerequisites:** C or better in these courses or their equivalents.

- Chemistry or Physics course from GE B1
- Psychology 101: Introductory Psychology (GE D1)
- Health Science 101: Personal Health (GE E)
- Kinesiology 191A: Int Hum Anat/Phys OR Biology 361: Hum Anatomy
- Kinesiology 200: Foundations of Athletic Training

**Grade Prerequisites:** minimum overall college GPA of 2.50 (4.0 scale), as well as minimal grades for the above prerequisite courses.

**Clinical Prerequisites:** 100+ hours of AT supervised clinical experiences.

**Unit Prerequisites:** academic sophomores (30+ semester units) at the official start of their CSUF clinical rotations.

**Application:** Application materials are online (http://hhd.fullerton.edu/at/). A completed Application and all support materials must be delivered to the ATP Director by February 1.

**Support Materials:** Applicants MUST submit all of the following ATP materials by February 1st to be considered for Program admission. Note the University application and the ATP application are separate and distinct.

- **Confidential ATP Recommendation Forms (3+):** from those knowledgeable of applicant's ability to succeed (e.g. AT & physicians).
- **ATP Technical Standard Form:** signed and dated by applicant.
- **Unofficial Transcripts:** the University requires official copies.
- **Personal Statement:** briefly (<500 words) detail reasons for pursuing AT, past clinical experiences, ATP expectations, and future goals.
- **Current CPR certification verification:** must be American Red Cross - Professional Rescuer or the equivalent.
What should I expect with regard to the costs as an Athletic Training major?
The CSUF Financial Aid website (http://www.fullerton.edu/FinancialAid/) posts the most current information regarding CSUF costs. AT majors will incur some additional expenses. AT students must maintain student membership in the National Athletic Trainers’ Association, at a cost of about $100 per year. They must also provide their own transportation to and from their clinical rotation sites. Although the ATP supplies much of the necessary specialized clothing and equipment, some additional items may be required.

What are the ATP Academic Standards?
AT majors must abide by CSUF Academic Dishonesty policies.
AT majors must be full-time (12+ units) CSUF undergraduate students.
AT majors must minimally maintain the following GPA standards (4.0 scale).
+ Cumulative GPA of 2.5
+ AT Core GPA of 3.0 (no grade less than C)
+ AT Foundation GPA of 2.5 (no grade less than C)
+ Semester GPA of 2.0

What are the ATP Clinical Standards?
AT majors must meet the clinical rotation entry requirements.
+ provide verification of CSUF immunization standards (see below)
+ meet ATP Technical Standard requirements
AT majors must know and abide by all clinical site policies and procedures.
AT majors must satisfactorily complete each Clinical Proficiency class.

What are the ATP Professional Standards?
AT majors must obtain and maintain National Athletic Trainers’ Association (NATA) student membership and abide by their Code of Ethics.
Additionally, all ATS must:
+ never misrepresent themselves (e.g. qualifications, training, education).
+ provide positive leadership, direction, & guidance.
+ always communicate constructively and positively.
+ respect and value the property, opinions, and actions of others.
+ regularly appear/dress professional.
+ demonstrate an ongoing professional affect and/or demeanor.
+ always maintain patient confidentiality.
+ appreciate, respect and abide by the ATP Professional Policies.
  + Clinical Practice; Communicable Disease; & CPR.
+ complete and remain current with all ATP Training.
  + Defensive Driving; Small Cart; Radio Communication; Blood-Borne Pathogens; HIPAA & FERPA
+ satisfactorily complete and verify ATP Forms as required.
  + Technical Standards; Self-Evaluation; Preceptor Evaluation; Clinical Site Evaluation
+ remain current with immunizations / vaccinations (CSUF standards)
  + rubeola (measles), rubella (German measles) & hepatitis B
+ provide a negative (within one year) tuberculosis (TB) test.
What are the AT major Technical Standards?

The CSUF ATP is an intense program with specific rigorous demands. The Technical Standards establish the essential qualities necessary to achieve the knowledge, skills, and competencies of an entry-level athletic trainer, as well as meeting CAATE expectations. All AT students must meet the following abilities and expectations. If an AT major is unable to fulfill these Technical Standards, with or without reasonable accommodation, the student will not be successfully advanced through the ATP.

Each candidate must demonstrate the following ATP Technical Standards.

- the mental capacity to assimilate, analyze, synthesize, integrate concepts, and problem solve to formulate assessment and therapeutic judgments and be able to distinguish abnormal deviations.
- sufficient postural and neuromuscular control, sensory function, and coordination to perform appropriate physical skills using accepted techniques; and accurately, safely and efficiently use equipment and materials during the assessment and treatment of patients.
- the ability to communicate effectively and sensitively with patients and colleagues, including individuals from different cultural and social backgrounds; this includes, but is not limited to, the ability to establish rapport with patients and communicate judgments and treatment information effectively. AT majors must understand write, and speak the English language at a level consistent with competent professional practice.
- the ability to record the physical examination results and a treatment plan clearly and accurately.
- the capacity to maintain composure and continue to function well during periods of high stress.
- the perseverance, diligence, and commitment to complete the ATP as outlined and sequenced.
- the flexibility and the ability to adjust to changing situations and the uncertainty in clinical situations.
- the affective skills and appropriate demeanor and rapport that relate to professional education and quality patient care.

AT majors must verify they understand and meet these Technical Standards or that they believe that, with certain accommodations, they can meet the Technical Standards. CSUF will evaluate each student who states he/she could meet these Technical Standards with accommodation and confirm the stated condition qualifies as a disability under applicable laws. If a student states he/she can meet the Technical Standards with accommodation, then the University will determine whether it agrees that the student can meet the Technical Standards with reasonable accommodation; this includes a review of whether the accommodations are reasonable, taking into account whether accommodation would jeopardize clinician/patient safety, or the educational process of the student or the institution, including all coursework, clinical experiences and internships deemed essential to graduation.

It should be noted that compliance with CSUF – ATEP Technical Standards does not guarantee a student’s eligibility for the BOC exam.

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**What career opportunities are available in athletic training?**

Athletic trainers provide health care in many settings. Scores of secondary schools, colleges, universities, and professional sports teams employ Titan graduates as healthcare professionals. Many CSUF graduates practice their profession in sports medicine clinics, working alongside physicians and others to assist their patients. Lesser known, but rapidly growing worksites for athletic trainers include military and law enforcement settings, industrial or commercial sites, and the performing arts. Over 250 Titan graduates are currently employed in these and other settings.

**What courses are required for the athletic training major?**

The Bachelor of Science in AT includes educational requirements needed to take the BOC exam to become a certified athletic trainer and pursue a career in the profession. The AT degree includes 120 units, with 71-72 units in the major (31-32 AT Foundation and 40 AT Core). Many of the major courses also apply to General Education requirements: B1 (CHEM or PHYS), B5 (HESC 349 & BIOL 310), D1 (PSYC 101), and E (HESC 101 & 350).

**Athletic Training Foundation (31-32 units)**

- BIOL 191B Int. Human Anat. & Phys. (4) or Biology 310 Human Phys. (3)*
- ENGL 301 Advanced College Writing (3)
- HESC 349 Measurement & Statistics in Health Science (3)*
- HESC 350 Nutrition (3)* or KNES 470 Nutrition / Exercise & Perform. (3)
- KNES 348 Physiology of Exercise (3)
- KNES 348L Physiology of Exercise Lab (1)
- KNES 351 Principles of Strength and Conditioning (3)
- KNES 360 Movement Anatomy (3)
- KNES 361 Principles of Human Movement (3)
- KNES 371 Human Motor Control and Learning (3)
- KNES 383 Psychology of Sport and Physical Activity (3)

**Athletic Training Core (40 units)**

- KNES 200 Foundations of Athletic Training (3)
- KNES 365 Pathologies in Sport/Exercise (3)
- KNES 367 Clinical Proficiencies in Athletic Training I (2)
- KNES 368 Clinical Proficiencies in Athletic Training II (2)
- KNES 369 Clinical Proficiencies in Athletic Training III (2)
- KNES 373 Clinical Diagnosis of Lower Ext & Lumbar Pathologies (3)
- KNES 374 Clinical Diagnosis of Upper Ext & Cervicothoracic Pathologies (3)
- KNES 375 Management of Athletic/Exercise Emergencies (3)
- KNES 377 Therapeutic Exercise in Rehabilitation (3)
- KNES 378 Therapeutic Modalities in Rehabilitation (3)
- KNES 451 Sports Medicine (3)
- KNES 463 Biomechanics of Musculoskeletal Injury (3)
- KNES 465 Administration and Leadership in Athletic Training (3)
- KNES 468 Clinical Proficiencies in Athletic Training IV (2)
- KNES 469 Clinical Proficiencies in Athletic Training V (2)

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What courses will transfer from my community college? Many community college courses transfer to CSUF as General Education classes. Specific GE classes to be taken as prerequisites by transfer students might include Chemistry or Physics (B1), Introductory Psychology (D1), and Personal Health (E). Generally community college courses do not transfer for a 300 or upper-division course. The B.S. in Athletic Training degree minimally requires six or more units of human anatomy and human physiology. These courses can be taken as distinct classes (stand-alone anatomy and stand-alone physiology) or as integrated classes (two courses sequence of combined anatomy and physiology).

Who should I contact for advisement? CSUF provides general advising at its Academic Advisement Center (www.fullerton.edu/aac). The Department of Kinesiology provides advisement through their Advisement Center (KHS 193). Athletic Training faculty can assist students seeking specific information on the AT major or the profession. Interested students are strongly encouraged to meet with the ATP Director, or an AT faculty in person, but can seek advice by calling 657-278-3430 or via e-mail at athtrngedprg@fullerton.edu.

What else should I know about the Titan AT major? To successfully complete the B.S. in AT degree and be eligible to take national and/or state board exams, students must complete all requirements and meet all Standards as described, including Academic, Clinical, Professional and Technical. Failure to meet any of requirements or Standards may result in probation and/or dismissal from the major. Completion of the degree program does NOT guarantee success with any state and/or national regulatory exams.

How can I learn more about the AT profession and the Cal State Fullerton ATP? Many answers are available by visiting the various University websites, including: www.fullerton.edu (university), www.hhd.fullerton.edu/knes/ (Department), or http://hhd.fullerton.edu/at/ (Athletic Training major). Additionally, the Kinesiology Department Advisement Center contact number is 657-278-4757 and the Athletic Training Program number is 657-278-3430. Related professional organization websites include the National Athletic Trainers’ Association (www.nata.org), the Board of Certification (http://www.bocatc.org/), and the Commission on the Accreditation of Athletic Training Education (http://www.caate.net/).