



# 2009 – 2010 Information Packet

## Bachelor of Science in Athletic Training



## **INTRODUCTION**

**Cal State Fullerton and the Department of Kinesiology are proud to announce the implementation of the newly approved Bachelor of Science in Athletic Training (AT).** Students must be admitted to the nationally accredited (CAATE) Athletic Training Education Program (ATEP) to declare AT as their major. Upon successful completion, students earn a BS in Athletic Training and are eligible to take the Board of Certification (BOC) exam to become a certified athletic trainer (ATC). Please refer to the web site (<http://hhd.fullerton.edu/at/>) or the ATEP Director (KHS 239) for the most current ATEP information.

Certified athletic trainers are health care professionals, educated and experienced in the prevention, assessment, management, and rehabilitation of active and/or athletic individuals with injuries or illnesses. The certified athletic trainer functions as an integral member of the health care team in secondary schools, colleges and universities, professional sports teams, as well as in sports medicine clinics, industrial settings, and other health care venues.

The ATEP is an arduous, professional experience for future certified athletic trainers. The AT major involves a minimum of 123 units, including 5 semesters of clinical rotations. Competence will be gained in each of the twelve athletic training domains as outlined by the National Athletic Trainers' Association.

CSUF admission does not guarantee admission into the AT major. Competitive admission is based upon the applicant's academic history, athletic training experiences, professional recommendations, and written communication skills. Following these screening procedures, select candidates will progress to an oral interview with the ATEP Selection Committee. Minimal academic, clinical, professional, and technical standards are required to enter and remain in the AT major. Continual academic, clinical, and professional evaluations determine appropriateness for ATEP retention, probation, or dismissal. As an undergraduate program, no ATEP student can earn their Bachelor of Science degree without completing both the academic and clinical requirements.

### **TRANSFER STUDENTS:**

Transfer students must meet the same admissions requirements (see below) as other students. Temporary exceptions **MAY** be made for students transferring from institutions not offering the required prerequisite courses (see ATEP Director).

### **ATEP COSTS:**

ATEP Students must provide their own transportation (and those costs incurred) to and from clinical rotation sites throughout the five semesters. Some clothing requirements (shorts and pants) will also be the responsibility of the student. The ATEP provides liability insurance, medical kits and supplies, and most clothing.

## **MISSION & VISION STATEMENTS**

### **ATEP Mission & Goals:**

The CSUF – ATEP mission is to prepare students for distinguished professional careers in sports medicine as Certified Athletic Trainers. Because of participation in the didactic, clinical, and professional aspects of the ATEP, students develop a thorough understanding of, expertise in, and appreciation for all patients with regard to:

- risk management and injury prevention,
- pathophysiology,
- acute injury/illness care,
- orthopedic examination,
- general medical conditions,
- therapeutic modalities,
- conditioning and rehabilitative exercises,
- pharmacology and nutritional considerations,
- psychosocial intervention and referral,
- health care administration and professional development,
- effective communications,
- critical thinking skills, and problem solving techniques.

### **ATEP Vision Statement:**

The CSUF – ATEP prepares Certified Athletic Trainers of recognized excellence in the context of a metropolitan, co-educational, undergraduate university learning environment. Cal State Fullerton commits to developing highly respected professionals who are competent in diverse athletic training situations. CSUF strives to be a nationally recognized leader in athletic training education.

The CSUF – ATEP pledges to continual evaluation and upgrading of the human, financial, and teaching resources needed to accomplish the goals of the program. The ATEP conforms to, and whenever possible, exceeds, the standards set forth by the Commission for Accreditation of Athletic Training Education (CAATE).

To prepare Certified Athletic Trainers to be effective health care professionals in a rapidly changing world, the CSUF – ATEP insures its students master the entry-level athletic training proficiencies. Specifically, the ATEP prepares athletic training students who: 1) understand the historical context of the profession and its place in the health care system, 2) possess a personal philosophy consistent with the values required to improve health care and the profession of athletic training, 3) consider the patient's health and safety a premiere professional priority, and 4) strive to improve professionally and personally.

The CSUF - ATEP shall be a program of recognized excellence by virtue of preparing certified athletic trainers who: 1) continue to learn and mature throughout life, 2) make significant professional contributions, and 3) serve their patients and communities with honor and distinction.

## **ADMISSIONS POLICIES & PROCEDURES**

ATEP acceptance involves a competitive admissions process that considers: academic history, athletic training experiences, professional recommendations, and written communication skills. Top candidates will also complete an interview. The Selection Committee minimally includes the Director, the Clinical Coordinator, a CSUF Staff ATC, a Graduate Assistant ATC, and a senior AT Student. Those admitted into the ATEP begin their clinical rotations in January of each year.

### **Application Packet:**

A completed ATEP Application and Support Material must be returned to the ATEP Director by October 1<sup>st</sup> of each year. Application packets are available online at <http://hhd.fullerton.edu/at/> or from the ATEP Director.

### **Course Prerequisites:**

Applicants must have completed 30 semester (45 quarter) units, including the following classes or their equivalent (minimum grade of “C”).

GE IIIA2a: Chemistry or Physics (student choice from GEIII A2a)

GE III C1: Psychology 101 (Introductory Psychology)

GE IV: Health Science 101 (Personal Health)

KNES 200: Introduction to Athletic Training

BIOL 361: Human Anatomy or KNES 191A Int. Human Anatomy & Physiology

### **Grade Prerequisites:**

To be considered for the ATEP, each student **MUST** have a minimum overall GPA of 2.50 (4.0 scale), as well as minimal grades for the above prerequisite courses.

### **Clinical Prerequisites:**

All ATEP applicants must complete 100 hours of clinical experience under the supervision of a Certified Athletic Trainer.

### **Support Materials:**

1. Applicants **MUST** submit **three Recommendation Forms** (ATEP Application Packet), from individuals knowledgeable about their ability to succeed in the ATEP, (athletic trainers, physicians, physical therapists, professors, etc.).
2. Applicants **MUST** submit a **Personal Statement** (<500 words). This document should briefly detail the candidate's: motive for pursuing athletic training at CSUF; argument for ATEP admittance over other candidates; and future professional goals.
3. Applicants **MUST** submit all **college transcripts** (unofficial are acceptable).
4. Applicants **MUST** submit proof of **Professional Rescuer CPR certification**.

## **ATEP STANDARDS**

ATEP students must achieve and maintain specific Academic, Professional, Clinical, and Technical standards. Failure to comply may result in ATEP probation or dismissal. Once admitted, all CSUF ATEP students shall meet or exceed the following ATEP Standards:

**Academic Standards:** achieve and maintain: (4.0 scale)

- full-time CSUF student status.
- an overall GPA of 2.5.
- an Athletic Training Core GPA of 3.0 (no grade below C).
- an Athletic Training Support GPA of 2.5.
- an individual semester GPA of 2.0.

**Clinical Standards:** demonstrate:

- compliance with the clinical site specific policies & procedures.
- effective and efficient time management skills.
- completion of 200-300 clinically supervised hours per semester.
- complete and/or comply with:
  - ATEP 1<sup>st</sup> Responder Policy.
  - ATEP Student Health Screening.
  - ATEP Clinical Practice Policy
  - ATEP Communicable Disease Policy.

**Professional Standards:** achieve and maintain:

- professional relationships with everyone associated with your ATEP role.
- a valid Professional Rescuer CPR Certification.
- a positive and professional attitude.
- patient confidentiality.
- positive leadership.
- professional communication.
- professional appearance.
- respect for the property and rights of all others.

**Technical Standards:** achieve and maintain ATEP Technical Standards as described in this document, the ATEP Handbook, and on the ATEP web site.

**Important: All CSUF AT students must clearly understand the following.**

- To take the BOC exam as a CSUF sponsored candidate, one must successfully complete the all ATEP requirements as presented, including the academic, clinical and professional requirements. Students cannot graduate (BS in AT degree) without successfully meeting ALL ATEP Standards (including academic, clinical and professional requirements).
- Successful completion of the ATEP does NOT guarantee BOC national certification as a Certified Athletic Trainer.
- Failure to meet any of these standards may result in probation or dismissal from the California State University, Fullerton – ATEP and the BS in AT major.

## **TECHNICAL STANDARDS**

The California State University, Fullerton – Athletic Training Educational Program (CSUF – ATEP) is a rigorous and intense program that places specific requirements and demands on the Athletic Training Students (ATS) enrolled in the Program. The ATEP prepares graduates to enter a variety of employment settings and to render care to a wide spectrum of individuals engaged in physical activity. The CSUF – ATEP Technical Standards establish the essential qualities considered necessary for ATS admitted to this program to achieve the knowledge, skills, and competencies of an entry-level athletic trainer, as well as meet the expectations of the program's accrediting agency (Commission on Accreditation of Athletic Training Education [CAATE]). All CSUF - ATEP students must meet the following abilities and expectations. If a student is unable to fulfill these Technical Standards, with or without reasonable accommodation, the student will not be successfully advanced through the CSUF – ATEP.

Each candidate must demonstrate the following ATEP Technical Standards:

- ◆ the mental capacity to assimilate, analyze, synthesize, integrate concepts, and problem solve to formulate assessment and therapeutic judgments and to be able to distinguish deviations from the norm.
- ◆ sufficient postural and neuromuscular control, sensory function, and coordination to perform appropriate physical examinations 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. Students must be able to understand 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 athletic training education program as outlined and sequenced.
- ◆ flexibility and the ability to adjust to changing situations and uncertainty in clinical situations.
- ◆ affective skills and appropriate demeanor and rapport that relate to professional education and quality patient care.

CSUF – ATEP candidates will be required to verify they understand and meet these Technical Standards or that they believe that, with certain accommodations, they can meet the Standards.

CSUF will evaluate each student who states he/she could meet ATEP's Technical Standards with accommodation and confirm that 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 a whether the accommodations requested 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 certification exam.

## **BS in ATHLETIC TRAINING ADVISING SHEET**

### **BS in Athletic Training (123 units minimum)**

#### **I. General Education Requirements (52 units)**

#### **II. Athletic Training Foundation (31-32 units)**

KNES 191B or BIOL 310	Int. Human Anat & Phys or Human Physiology	4/3
ENGL 301	Advanced College Writing	3
KNES 260	Movement Anatomy	3
KNES 300	Principles of Human Movement	3
KNES 348	Physiology of Exercise	3
KNES 48L	Physiology of Exercise Lab	1
KNES 349	Measurements & Statistics in Kinesiology	3
KNES 350	Nutrition	3
KNES 351	Principles of Strength and Conditioning	3
KNES 371	Human Motor Control and Learning	3
KNES 383	Psychology of Sport & Physical Activity	3

#### **III. Athletic Training Core (40 units)**

KNES 200	Introduction to Athletic Training	3*
KNES 365	Prevention & Care of Athletic Injuries	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	Advanced Injury Assessment-Lower Extremity	3
KNES 374	Advanced Injury Assessment-Upper Extremity	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 & Leadership in Athletic Training	3
KNES 468	Clinical Proficiencies in Athletic Training IV	2
KNES 469	Clinical Proficiencies in Athletic Training V	2

**\*Refer to page four (4) for additional required prerequisite GE courses.**

**Students must complete one year of coursework in human anatomy and human physiology. These courses may be completed as a sequence of integrated human anatomy-physiology (KNES 191A and 191B) or as two distinct courses of human anatomy and human physiology (BIOL 361 and BIOL 310). Note that Cal State Fullerton does consider the BIOL 310 (Human Physiology) as an upper division GE (Area IIIA3) for those selecting the non-integrated option.**