Athletes and active people put their bodies under stress often, sometimes even daily. Increased activity can sometimes lead to injury. This is where athletic trainers come in to help, caring for injuries or providing education to promote wellness. Athletic trainers are health care professionals that practice in the field of sports medicine. They work with or under a physician to provide services and treatment for injuries. As a part of a health care team, services provided by ATs include injury and illness prevention, wellness promotion and education, emergent care, examination and clinical diagnosis, therapeutic intervention, and rehabilitation of injuries and medical conditions. The pre-athletic training program at Wayne State College will prepare you to provide these services. After graduating with your bachelor’s in applied human and sport physiology, you’ll be ready to pursue graduate work at a professional school and obtain your athletic training degree.

This program is designed for students who want to become a Certified Athletic Trainer and prepares them for an entry-level master’s program in athletic training. After earning your master’s degree, you may sit for the National Athletic Trainer’s Association Board of Certification Exam.

**Skills Learned**
- Anatomical dissection
- Body composition assessment
- Functional movement assessment
- Health status and risk factor identification
- Prevention and care of injuries
- Fitness appraisal
- Injury evaluation and rehabilitation
- Exercise technique and prescription
- Biomechanical or motion analysis
- Chemistry and lab techniques
- Nutritional assessment

**Possible Careers**
- Clinical, head, or assistant athletic trainer
- Professor
- Sports medicine director
- Consultant
- Academic program director
- Durable medical equipment associate
- Orthopedic equipment sales representative

**Types of Employers**
- Schools, colleges and universities
- Professional and Olympic organizations
- Youth sports facilities
- Physician practices and clinics
- Hospitals
- Commercial health departments
- Police and fire departments
- Military organizations

**Activities / Opportunities**
- Attend state, regional, and national conferences for the National Strength and Conditioning Association, National Athletic Trainers’ Association, and American College of Sports Medicine
- Attend Center for Neuroscience, Orthopaedics, and Spine sports medicine clinics
- Assist with high school hydration and body composition assessments

**FAST FACTS**

**Hours:**
- 58-60 hours in the major
- 30 hours in general education
- 120 hours are required for graduation from Wayne State College. You may choose to add electives or a minor to help meet these requirements.

**Degrees offered:** This program is set up so you will receive your B.A. or B.S. in applied human and sport physiology from WSC. Then you’ll be ready to move on to graduate work in a professional athletic training program.

**Department:** Health, Human Performance, and Sport

**School:** Natural and Social Sciences

**Popular minors:** Psychology, Biology, Foods and Nutrition

**outside the classroom**
Visit [www.wsc.edu/clubs](http://www.wsc.edu/clubs) to learn more about clubs and organizations on campus.
SAMPLE PROGRAM OF STUDY

Every effort is made to ensure this information is current, but please be aware that some content may have changed. There is no substitute for developing a careful course registration plan in consultation with your advisor. For questions about this content, please see your advisor. This schedule varies depending on when student begins the program.

* The four-year plan is provided as a suggestion. Final decision rests with the student and advisor based on availability of courses.
* Summer courses are not included in this plan but may be an option. This should be discussed between the student and advisor.
* Students must have a 2.75 cumulative GPA to enroll in PED 452, 453, 469, and 495.
* Students must have a 2.5 GPA to enroll in PED 400, 471, and 472.
* Students must earn a "B" or better in PED 470 to enroll in PED 472.
* To graduate, students must pass 120 total credit hours of which 40 hours must be upper level (300 or above) and a 2.75 cumulative GPA.

FRESHMAN - 1st semester
ART 102 The Visual Arts Experience (General Studies CAT 4)...........3
CHE 106 General Chemistry 1 (General Studies CAT 7)..................4
ENG 102 Composition Skills (General Studies CAT 1).....................3
PED 130 Intro to Sports Medicine** ...........................................3
PSY 101 Psychology (General Studies CAT 5)............................3

FRESHMAN - 2nd semester
BIO 108 Medical Terminology ...................................................1
BIO 110 Biology Concepts .......................................................4
CHE 107 General Chemistry II ....................................................4
CNA 100 Principles of Human Communication (General Studies CAT 2).................................................................3
FCS 207 Nutrition (General Studies CAT 9).................................3

SOPHOMORE - 1st semester
BIO 220 Human Anatomy .......................................................4
GEO 120 World Regional Geography (General Studies CAT 10) ......3
PED 207 Athletic Performance and Nutrition ...............................3
PHY 201/321 General Physics I with Lab ....................................4

SOPHOMORE - 2nd semester
BIO 340 Human Physiology .....................................................4
MAT 180 Applied Probability and Statistics (General Studies CAT 3) .3
PED 275 Prevention and Care of Athletic Injuries .........................3
PED 351 Biomechanics ...........................................................3
PHI 105 Ethics and Values (General Studies CAT 6) .....................3

JUNIOR - 1st semester
PED 242 CPR Certification ......................................................0
PED 305 Exercise Physiology ....................................................3
PED 399 Athletic Training Internship .........................................2
POS 100 American National Government (General Studies CAT 8).3
Electives ..............................................................................6

JUNIOR - 2nd semester
PED 357 Principles of Strength and Conditioning .........................3
PED 470 Fitness Evaluation and Assessment ...............................2
PED 471 Tests and Measurements .............................................3
Accumulate at least 25 observation hours

SENIOR - 1st semester
PED 452 Musculoskeletal Evaluation and Management** .............3
PED 469 Sports Medicine Practicum** .................................2
PED 400 Cardiac Rehabilitation* .............................................3
PED 472 Wellness Practicum I ................................................2
Electives ..............................................................................6
Accumulate at least 25 observation hours

SENIOR - 2nd semester
PED 453 Rehabilitation of Musculoskeletal Injuries .....................3
PED 480 Assessment Seminar ..................................................0
PED 495 Research Design in Sports Medicine** .........................3
PSY 450 Abnormal Psychology ................................................3
Electives ..............................................................................6
Accumulate at least 25 observation hours

*Designates courses offered spring only or fall only
**Designates courses once every two years

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