

PRE-ATHLETIC TRAINING

If you have a passion for sports and health care, becoming an athletic trainer can be a rewarding career choice. Athletic trainers are health care professionals that practice in the field of sports medicine. They work closely with athletes, coaches, physicians, physical therapists, and other health care professionals to improve the overall health and performance of athletes. As a part of the 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. Athletic trainers must be licensed in nearly all states. To become a certified athletic trainer, you must first complete a master's program that is accredited by the Commission on Accreditation of Athletic Training Education (CAATE). Then you'll be eligible to sit for the Board of Certification (BOC) exam, which you must pass in order to obtain licensure.

fast facts

Recommended majors:

Applied Human and Sport Physiology (B.A. or B.S.)
Exercise Science (B.A. or B.S.)

Department: Health, Human Performance, and Sport

School: Science, Health, and Criminal Justice

Suggested minors: Biology, Foods and Nutrition, Psychology, Public and Global Health, Spanish

Partnership with UNO: The University of Nebraska-Omaha reserves two spots each year for WSC students in their Graduate Athletic Training Program (ATP). Students first complete their bachelor's degree at Wayne State. UNO then awards admission to the top two WSC applicants.

focus on results

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

outside the classroom

Activities, Opportunities, Clubs, and Organizations

- Attend 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
- Health Science Club
- Exercise is Medicine on Campus (EIM-OC) Club
- Pre-Physical Therapy / Pre-Occupational Therapy Club



Visit www.wsc.edu/clubs to learn more about clubs and organizations on campus.

The following information is provided to guide you in the pre-professional program described on this sheet. Every effort is made to ensure this information is current, but please be aware that some content may have changed. To develop a plan for choosing a major and registering for courses, please consult the current academic catalog and your advisor.

Suggested majors for Pre-Athletic Training

The following majors are recommended for students planning to attend athletic training school. Additional electives may be recommended. Participation in the Pre-Athletic Training program at WSC does not guarantee acceptance to a graduate school.

Applied Human and Sport Physiology (B.A. or B.S.) — Applied Human and Sport Physiology is the recommended major for students interested in athletic training. It's a specialized field focusing on the physiological aspects of sports-related exercise, performance optimization, and injury science. This is the option you'll choose if pursuing the master's partnership with UNO.

Exercise Science (B.A. or B.S.) — The Exercise Science program is a broader field of study that explores many aspects of human movement and exercise, including exercise physiology, nutrition, and sports marketing and management.

Sample courses

Students may be advised to take the following courses while pursuing one of the recommended majors. Please consult with your advisor to draft a final plan of study, and be sure to check with your intended medical school to make sure you're meeting all prerequisite course requirements.

BIO 220 Human Anatomy.....	4
BIO 340 Human Physiology.....	4
PED 130 Introduction to Exercise and Allied Health Professions.....	3
PED 275 Prevention and Care of Athletic Injuries.....	3
PED 305 Exercise Physiology.....	3
PED 351 Biomechanics.....	3
PED 357 Principles of Strength and Conditioning.....	3
PED 400 Exercise and Clinical Populations.....	3
PED 456 Lower Extremity Evaluation.....	3
PED 457 Upper Extremity Evaluation.....	3
PED 458 Rehabilitation of Musculoskeletal Injuries.....	3
PED 470 Fitness Evaluation and Assessment.....	3
PED 472 Advanced Fitness Evaluation and Assessment.....	3

health, human performance, and sport faculty

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Visit www.wsc.edu/health-human-performance-sport-department to learn more about the Department of Health, Human Performance, and Sport.

