ATHLETIC TRAINING

The Athletic Training major is designed for those students interested in pursuing a career in athletic training. Students who complete the Athletic Training major will be eligible to sit for the Board of Certification (BOC) examination. Furthermore, students are prepared to pursue post-professional education in athletic training or other areas of allied health (i.e., physical therapy, exercise physiology, biomechanics, cardiac rehabilitation, occupational therapy, wellness, nutrition, etc.). Students interested in pursuing an undergraduate degree in Athletic Training and a professional graduate degree in Physical Therapy should contact the Department of Physical Therapy and Human Movement Science for additional information.

The Athletic Training education program has a competitive admissions process. The Athletic Training major enrollment is limited to 30 students per class. Students interested in pursuing Athletic Training at Sacred Heart University should consult with the Office of Admissions and the Athletic Training Education program for current admission criteria. Two routes of Athletic Training Education program admission are available, direct acceptance upon admission as a high school senior to Sacred Heart University or as a first-year Sacred Heart University student.

Admission into the athletic training program is based on several factors including: high school academic performance (3.0 cumulative GPA), completion of three to four years of science during high school, SAT (1050) or equivalent ACT scores, and an expressed interest in the Athletic Training Education program. For students who qualify, a seat will be reserved in the program and they will be designated as an Athletic Training major upon entry to the University. Additionally, to retain acceptance status in the program, students must meet and maintain the following criteria as they move through their first year of study at Sacred Heart University:

- Complete the required First year prerequisites and meet or exceed a minimum GPA of 2.5, with no grade lower than a C in the science courses.
- Attend athletic training orientation and training events.
- Attend one information/advising session held once each semester.
- Complete health verification and personal information (available via the program’s website)

Students who do not meet the admission criteria, or who decide to apply during their first year or who are transfer students should apply for available seats by completing the formal application for admission to the Athletic Training education program, available on the programs website. The application can be found on the program’s website. Transfer students should inquire with the Athletic Training Education Program Director regarding their potential admission status before applying.

Acceptance into the Athletic Training education program for students who have not been granted acceptance is based on university or college scholarly achievement, overall GPA, science GPA, letters of recommendation, and a personal statement. Athletic Training education program acceptance is also conditional upon meeting the program’s technical and medical standards, which are located on the programs website. The program requires the completion of a certificate of health following a physical examination by a physician. All students must show proof of vaccination, immunization and hepatitis B vaccine series or signed waiver, prior to beginning the program. In addition, athletic training students are required to complete a criminal background check and meet physical and behavioral technical standards to successfully complete all program requirements. Complete written information on required technical standards can be
obtained from the Athletic Training Program Director, the Athletic Training Policy and Procedure Manual, and the program website.

The opportunity to participate in intercollegiate athletics while pursuing a career of study in athletic training is available. However, it is the responsibility of the student to manage the time commitment of both endeavors. Students should discuss the time commitments for participation in this major and their specific sport with their major advisor and coach.

Program Accreditation
Sacred Heart University's Athletic Training Education program is accredited by the Commission on Accreditation of Athletic Training Education (CAATE). Accreditation status was granted in October 2001. The SHU Athletic Training program’s Board of Certification Examination Pass Rate is available on the program’s website.

Clinical Education
Clinical education provides students the opportunity to apply classroom knowledge with clinical experience. All clinical experiences, traditional and non-traditional, are under the direct supervision of certified athletic trainers. Students are exposed to a variety of settings including public, private and preparatory high schools, a variety of colleges and clinical rotations including physicians’ offices and rehabilitation facilities. In addition, the clinical education program requires students to amass a minimum number of clinical hours per semester, as outlined in the syllabi of each practicum course. All students are required to maintain current CPR for the Professional Rescuer certification, annual PPD verification and blood-borne pathogen training (or its equivalent) throughout the clinical experience. Students will not be able to participate in the clinical experience without current certification. Students are responsible for providing transportation to off-campus sites.

Beginning first semester of the Sophomore year, students enroll in six sequential graded practicums for which they receive credit. These six practicum courses are didactic and clinical in nature and utilize an informal problem-based approach. Each practicum is designed to foster critical thinking and allows an opportunity for students to practice clinical skills they have been taught previously in the classroom. Small self-directed student groups are posed problem-based situations or cases requiring identification of pertinent strategies and clinical decisions to address the problem or case. The learning goals and new information discovered by the group during directed investigation of the problem, is researched by individuals of the group and then examined and processed by the entire group before presentation, discussion and evaluation. Facilitators (tutors) provide feedback to students regarding their decisions and guide students toward understanding the interconnections between their actions and the implications of their actions in the clinical environment.

Differential Tuition
Sacred Heart University has implemented a differential tuition for the Athletic Training program. The cost of athletic training education is increased relative to other majors due to intensive clinical laboratory courses and clinical supervision required to maintain the professional standards of athletic training education in addition to the associated expenses of clinical education. This charge will be reflected as a program fee each semester in addition to undergraduate tuition and fees. The fee will be initiated for Athletic Training students starting their Sophomore year.

All Athletic Training students must maintain a minimum grade point average (GPA) of 2.5 and receive a C or better in all prerequisite
and required courses. This undergraduate program leads to a Bachelor of Science (BS) degree in Athletic Training.

**Additional Requirements**
All students are required to maintain current CPR for the Professional rescuer certification, with AED (or its equivalent), annual PPD verification, Criminal Background Check, sexual harassment training. The AT program offers both CPR certification and sexual harassment training annually and PPD testing can be obtained from University Health services. Students will not be permitted to participate in the clinical experience (beginning with AT 129) without completing the above criteria. Students are responsible for providing transportation to off-campus sites.

**Faculty**

THERESA MIYASHITA, PH.D, ATC, PES, CES  
Director  
Assistant Professor

GAIL SAMDPERIL, ED.D, ATC  
Clinical Associate Professor

ELENI DIAKOGEORGIOU, MBA, ATC  
Clinical Coordinator  
Clinical Assistant Professor

ERIC SCIBEK, MS, ATC, CSCS  
Clinical Assistant Professor

**Athletic Training Professional Courses**

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**Athletic Training Required Supporting Courses**

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<td>BI 131/133</td>
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<tr>
<td>BI 132/134</td>
<td>Anatomy &amp; Physiology II</td>
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AT 100 Principles of Athletic Training  
3 CR  
This course is an introduction to basic principles of the athletic training profession. Content includes history of the athletic training profession, sports medicine team concepts and applications, environmental influences, health assessment screenings, basic injury and illness assessment, management and treatment, protective equipment, strength and conditioning concepts, and health risks related to the physically active. An overview of athletic training professional organizations and the role the athletic trainer plays in the health care system is introduced. Risk factors associated with blood-borne pathogens (BBP) and common diseases that affect the active population. Concepts of universal precautions and BBP training will also be provided.

AT 125 Athletic Training Basic Skills  
1 CR  
Course content includes skill development in taping, wrapping and splinting techniques, ambulatory aides, cryo- and thermal modalities, basic evaluation techniques, and topical anatomy. In addition, students gain a basic understanding of the healing process and the influence of supportive devices on injuries.  
Prerequisite: AT 100, Corequisite: BI 206/208, AT majors only

AT 129 Athletic Training Clinical Practicum I  
1 CR  
Specific content includes emergency procedures, heat and cold illnesses, environmental issues, and basic assessment and evaluation. Students also obtain clinical athletic training experience under the supervision and guidance of an approved preceptor. Students will gain a minimum of 98 clinical hours. Only those clinical hours performed under a certified athletic trainer will be used toward meeting the course requirement. The nature of the didactic portion of this course is problem based.  
Prerequisites: AT 100 and CPR/AED for the Professional Rescuer or its equivalent

AT 220 Athletic Training Clinical Practicum II  
1 CR  
The nature of the didactic portion of this course is problem based. Specific content includes case-based scenarios focusing on lower extremity orthopedic assessment and treatment, taping and bracing, biomechanical assessment and orthotic fabrication, assessment of pre-participation examinations. Students also obtain clinical athletic training experience under the supervision and guidance of an approved clinical instructor. Students will gain a minimum of 98 clinical hours.  
Prerequisites: AT 125, AT 129, AT 239, BI 131/133, and CPR for the Professional Rescuer or its equivalent

AT 221 Athletic Training Clinical Practicum III  
2 CR  
The nature of the didactic portion of this course is problem based. Specific content includes case-based scenarios focusing on upper extremity orthopedic assessment and treatment, taping and bracing, and biomechanical assessment. Students also obtain clinical athletic training experience under the supervision and guidance of an
approved preceptor. Students will gain a minimum of 168 clinical hours.

Prerequisites: AT 130, AT 240, and CPR/AED for the Professional Rescuer or its equivalent

AT 222 Athletic Training Clinical Practicum IV
2 CR
This class provides classroom and clinical athletic training experience under the supervision and guidance of an approved clinical instructor. Specific content includes case-based scenarios focusing on spine and head evaluation, assessment and treatment. In addition, neurological assessment, postural assessment and advanced emergency procedures for the spine are examined. Students will explore outcome measures to guide clinical decision making based on principles of evidence based practice, research skills and scientific writing. Students will begin a two semester capstone research project focused on the development of a case study. Students will gain a minimum of 168 hours of clinical experience.

Prerequisites: AT 221, AT 241 and CPR/AED for the Professional Rescuer or its equivalent

AT 239 Orthopedic Evaluation I, with Lab
4 CR
Focuses on the evaluation process, management, and treatment of orthopedic and neuromuscular injuries of the lower extremity. Course content includes the evaluation process of injuries across the lifespan, medical terminology and nomenclature, basic principles of goniometry and manual muscle testing. Lab portion of the class focuses on the skills needed to perform a comprehensive orthopedic evaluation.

Prerequisites: BI 111/113, BI 112/114, and currently taking BI 206/208

AT 240 Orthopedic Evaluation II, with Lab
4 CR
Focuses on the continued development of skills and knowledge needed for conducting comprehensive orthopedic evaluations. Course content includes the evaluation, management, and treatment of orthopedic and neuromuscular injuries to the upper extremity, head, and spine. Lab portion of the class focuses on the clinical skills needed to perform a comprehensive orthopedic evaluation of the upper extremity, head, and spine.

Prerequisites: AT 239, BI 206/208, and currently taking BI 207/209

AT 241 Therapeutic Modalities, with Lab
4 CR
Utilizing the injury-response cycle as a foundation for clinical decision making and a problem-solving approach to treatment planning, this course prepares students to investigate and analyze indications, contraindications, and set-up procedures for therapeutic agents, including pharmacological influences that aid the healing of injury, reduction of pain, and assistance in the rehabilitation process among the active population.

Prerequisites: AT 129, AT 240, and PY 100

AT 242 Therapeutic Rehabilitation, with Lab
4 CR
Explores foundational theories and techniques of various therapeutic approaches to rehabilitation through discussion, laboratory and lecture. Common surgical techniques and their implications on the rehabilitation process are examined.

Prerequisites: EX 260, AT 241

AT 275 Organization and Administration in Athletic Training
3 CR
This course presents an overview of administrative concepts and organization of an athletic training education program and facility in a variety of settings, including university, secondary school, and private clinic.

Prerequisites: AT 241 and AT 221
AT 310 Aspects of Clinical Medicine, with Discussion
4 CR
This course introduces athletic training students to the etiology of normal and abnormal responses to injuries/illnesses and diseases and presents an opportunity for students to acquire the necessary evaluation skills needed to provide immediate treatment or referral. Discussions center on general medicine topics: etiology, pathology, clinical evaluation, medical management, and prognosis of common types of musculoskeletal, reproductive, cardiovascular, visceral and neurological injury and disease. Students will also participate in a general medicine clinical rotation. This course also utilizes allied health practitioners to deliver specific course content pertinent to their professional field.
Prerequisites: AT 222, AT 240, EX 253 and CPR/AED for the Professional Rescuer or its equivalent

AT 322 Athletic Training Clinical Practicum V
3 CR
The nature of the didactic portion of this course is problem based. Specific content includes case-based scenarios focusing on advanced orthopedic assessment & treatment, nutrition, organization and administration and professional development. The capstone project will continue culminating in presentation. Students also obtain clinical athletic training experience under the supervision and guidance of an approved clinical instructor. Students will gain a minimum of 238 clinical hours for the semester.
Prerequisites: AT 222, AT 242, EX 255 and CPR/AED for the Professional Rescuer or its equivalent

AT 323 Athletic Training Clinical Practicum VI
3 CR
The nature of the didactic portion of this course is problem based. Specific content includes case-based scenarios focusing on general medicine, psychosocial issues, professional development, nutrition and strength and conditioning. Students also obtain clinical athletic training experience under the supervision and guidance of an approved clinical instructor. Weekly maximum of 18 hours of practical experience required.
Prerequisites: AT 310, AT 322, AT 324 and CPR/AED for the Professional Rescuer or its equivalent

AT 324 Strength and Conditioning for Rehabilitation Professionals
4 CR
This course prepares the athletic training student to apply a scientific basis and functional approach to the development of strength and conditioning programs for patients and clients. Students have opportunity to enhance their research and writing skills through a research assignment.
Prerequisite: AT 242 and EX 250