

Athletic Training (AT)

WHAT DO ATHLETIC TRAINERS DO?

Athletic Training (AT) is a dynamic and exciting healthcare career that suits those with a passion for healthcare and sport. The U.S. Bureau of Labor Statistics predicts that employment for Athletic Trainers will grow by 16% — much faster than average — between 2019 and 2029.

Athletic Trainers (ATs) don't just care for high performing athletes in organized sports, either. You'll have the opportunity to work with members of the military, performing artists, recreational athletes, and anyone in physically-demanding jobs. If you want to work with athletes specifically, there are opportunities with colleges and universities, professional sports teams, secondary schools and other organizations. Athletic Trainers (ATs) are critical to the sports medicine healthcare team as they mitigate risk and promote wellness through prevention strategies, examine and diagnose patients, develop rehabilitation plans, and help patients improve their overall wellbeing. ATs provide immediate care on the field, ranging from first-aid for blisters to life-saving defibrillation. They provide rehabilitation to help their patients get back to their active lives, whether on the field, in the factory, or on their daily runs. With their whole-person approach to healthcare and wellness, ATs provide care for health conditions that affect all parts of a person - whether it's screening for strep throat or identifying those in need of a mental health referral. (From [ATeachmoment](#) Website)

WHAT ARE THE ACADEMIC PREREQUISITES?

In making decisions about admissions, AT schools consider a range of factors *that may vary from one school to another*.

It is recommended, and often required, that you complete the following courses:*

Biology	<ul style="list-style-type: none"> Human A&P I: Cells and Tissues (Bio 143) & Human A&P II: Organs and Organ Systems (BIO 243); (please note that Cell Biology (Bio 227) can be taken in place of Bio 143) Evolutionary Foundations of Biodiversity (BIO 150) One additional biology course, such as Bio 121 or 123 Medical Terminology (BIO 291)
Chemistry*	1 year Gen Chemistry w. lab (CHEM 122 & 126 OR CHEM 125 and 126). See note below regarding calculus-based chemistry. (check individual schools, some only require one semester with a lab).
Physics	1 year Gen Physics with lab (PHYS 124 & 125) (check individual grad schools, some only require one semester with a lab)
Math & Stats	Statistics - (STAT 110 OR 172)
Psychology	PSYCH 125, PSYCH 241, PSYCH 247
Recommended	KINES 374, 375, 376

Sample Course Timeline

The following timeline is an example of how you **might** wish to schedule your prerequisite courses. Timing of these courses may change due to major requirements, study abroad experiences, and admissions guidelines at graduate schools. In addition to these courses, each student will fit in any classes required by their major. All students must also consult with their advisors regarding course selection.

Year 1/2: PSYCH 125, BIO 150, STATS 110 or 172

Year 2: BIO 143 - Fall, BIO 243 - Spring (**Please note:** BIO 143 is only offered in the fall.)

Year 3/4: PSYCH 241, PSYCH 247, BIO 227, BIO 291, KINES 374, KINES 375, KINES 376

*Note: Chemistry and Physics courses can be taken anytime before your application to AT school. They can also be taken elsewhere and transferred back in with permission from the registrar **before** taking the class. All courses should have labs. Please note that Chem 126 requires calculus; the majority of grad schools do not require calculus-based chemistry.

Sample Prerequisite Course Requirements for Admission to AT Programs

- [Minnesota State University-Mankato](#)
- [Winona State University](#)
- [North Dakota State University](#)
- [Ball State University](#)
- [Iowa State University](#)
- [University of Iowa](#)
- [Search for accredited AT programs](#)

**Please note, it is the applicant's responsibility to ensure they complete all prerequisite coursework in the time required for admission. Please consult each program's website for more information.*

WHAT STANDARDIZED TEST WILL I NEED TO TAKE? _____ None

WHAT CENTRALIZED APPLICATION WILL I USE? [Athletic Training Centralized Application Service \(ATCAS\)](#)

*Not all programs use ATCAS, so please consult each program's website for more information.

WHAT ARE THE EXPERIENTIAL PREREQUISITES?*

- **Shadowing:** Most programs have minimum requirements for shadowing hours. We recommend completion of a minimum of 125 hours shadowing with an athletic trainer. Shadowing should occur with a number of different providers, in a variety of settings (inpatient, outpatient, etc.), and with a diverse clientele. Applicants may be required to have a licensed athletic trainer [verify the hours](#).
- **Volunteering:** It is highly recommended that you volunteer in your community, starting as early as your first year at St. Olaf. Although your volunteer role can be in healthcare or outside of healthcare, we recommend that you aim to volunteer in both capacities. AT schools are looking for applicants with **sustained** and **meaningful** volunteer experiences. They don't want students who are simply checking the "volunteer box."
- **Internship(s):** It is considered an important prerequisite that you gain exposure to multiple and varied areas of practice in athletic training (and additional health care exposure).
- **Research:** It is highly recommended that you complete at least one-10 week research experience. You do not have to find a research opportunity that is related to AT, although that would be desirable.
- **Leadership:** It is strongly recommended that you serve in a leadership capacity (president of an organization, academic tutor, service on an advisory board, etc.). Leaders can enhance their communication and organizational skills, as well as learn how to interact with individuals from a wide variety of backgrounds.
- **Certification:** Current CPR or first aid certification is required for most programs. Check program requirements for the programs you intend to apply to.

ADDITIONAL RESOURCES

[Study Abroad](#)

[Alpha Epsilon Delta: Preprofessional Health Honor Society](#)

[Pre-health Professionals Club](#)

[Collaborative Undergraduate Research and Inquiry](#)

PROFESSIONAL ORGANIZATIONS

[National Athletic Trainers Association](#)

WHO IS THE DESIGNATED ADVISING SPECIALIST?

Professor Cindy Book (Associate Professor of Kinesiology, Chair of the Kinesiology Department)

Office: SAC 114

Phone: 507-786-3255

Email: book@stolaf.edu

***Ultimately, it is the responsibility of applicants to ensure that they complete all prerequisite coursework and experiential opportunities required for successful admission to physical therapy graduate school.**