ATHLETIC TRAINING

Thomas Koesterer, Program Director

Program Offered
Master of Science in Athletic Training

Program Overview
University of the Pacific’s Professional (Entry-level) Master of Science in Athletic Training program is a full-time cohort (team) model that consists of 60 units taught over two years, beginning with a 10-week summer session. Students learn through extensive hands-on experiences with athletes/patients, and excellent classroom and laboratory instruction from experienced, caring faculty. The program prepares students to become highly qualified health care professionals who collaborate with physicians and other healthcare professionals.

Mission
The mission of the Athletic Training Program is to empower students to become disciplined, self-reliant, responsible leaders in their careers and communities by providing superior hands-on, student centered learning experiences and professional education in athletic training.

Goals
The goals of the Athletic Training Program are to graduate students:
1. Who integrate knowledge and skills into safe competent clinical practice
2. Who communicate effectively
3. With Clinical Reasoning skills
4. Who incorporate Evidence-based Practice
5. With Professional Leadership skills

Accreditation
University of the Pacific is seeking accreditation for our new Masters of Science in Athletic Training (MSAT) program, but is not currently accredited by the Commission on Accreditation of Athletic Training Education (CAATE). The institution will submit a Self-Study to begin the accreditation process by July 1, 2019, with an expected accreditation Site-Visit date in spring 2020. Once the MSAT program achieves “Active - in good standing” accreditation with CAATE, students that graduate after the Site-Visit will be eligible to sit for the Board of Certification (BOC) examination to become a Certified Athletic Trainer.

Admission Requirements
• ATCAS Application
• Bachelor’s degree from a regionally accredited college or university
• Cumulative GPA of 3.0 or greater
• Prerequisite course GPA of 3.0 or greater with no grade below a “C”
• 100 hours of observation supervised by a currently certified athletic trainer(s)
• Current certification in Emergency Cardiac Care (CPR/AED) as indicated by the Board of Certification
  • The course is required to include demonstration and testing of the following skills: Adult CPR, Pediatric CPR, Second rescuer CPR, AED, Airway obstruction, and Barrier devices (e.g., pocket mask, bag value mask)
• Current First Aid certification
• Two (2) letters of recommendation describing your academic and clinical abilities related to Athletic Training
  • One letter from the athletic trainer, who supervised the majority of observation hours
  • One letter from a college/university instructor or professional reference
• Official transcripts
• Resume
• Personal interview, if invited

Required Prerequisite Courses
The equivalent of one undergraduate 3.0 unit course is required for each of the courses listed below.
• Biology
• Anatomy
• Physiology
• Chemistry
• Physics
• Kinesiology or Biomechanics
• Exercise Physiology
• Psychology

Preferred Prerequisite Courses
The following courses will strengthen a candidate’s application, but are not required for admission.
• Athletic Training
• Health
• Wellness
• Nutrition
• Statistics
• Research methods
• Medical terminology

Integrate knowledge and skills
Within the five(5) practice domains, perform tasks critical for the safe and competent practice as an entry level Athletic Trainer
• Injury and Illness Prevention and Wellness Promotion
• Examination, Assessment and Diagnosis
• Immediate and Emergency Care
• Therapeutic Intervention
  • Healthcare Administration and Professional Responsibility

Communicate Effectively
Incorporate appropriate and effective written and oral communication when interacting with athletes/patients, family members, coaches, administrators, other healthcare professionals, consumers, payors, policy makers and/or employers

Clinical Reasoning
Assimilate information to form a diagnosis and plan of care, with ongoing assessment to adjust care, while reflecting and learning from the process
Evidence-based Practice
Integrate the best available research evidence with clinical expertise, patient values and circumstances to make decisions about the care of individual athletes/patients

Professional Leadership
Establish effective interactions and collaborations with athletic trainers, physicians, and other health care professionals in a manner that optimizes the quality of individual athlete/patient care and appropriately promotes the profession of athletic training.

Master of Science in Athletic Training
Students must complete 60 semester units with a Pacific cumulative grade point average of 3.0 to earn the master of science in athletic training degree. Students must maintain a cumulative GPA of at least a 3.0. Any grade below a B- will not count towards the degree.

Year 1

<table>
<thead>
<tr>
<th>Semester</th>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>Summer</td>
<td>ATTR 200</td>
<td>Anatomical Kinesiology for Athletic Training</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>ATTR 201</td>
<td>Techniques in Athletic Training I</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>ATTR 211</td>
<td>Lower Extremity: Examination and Clinical Diagnosis I</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>ATTR 220</td>
<td>Therapeutic Modalities</td>
<td>1</td>
</tr>
<tr>
<td>Fall</td>
<td>ATTR 202</td>
<td>Techniques in Athletic Training II</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>ATTR 212</td>
<td>Upper Extremity, Spine &amp; Thorax: Examination and Clinical Diagnosis II</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>ATTR 221</td>
<td>Lower Extremity: Therapeutic Intervention I</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>ATTR 231</td>
<td>Evidence Based Practice in Athletic Training</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>ATTR 241</td>
<td>Exercise Physiology in Athletic Training</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>ATTR 287A</td>
<td>Clinical Experience I</td>
<td>1</td>
</tr>
<tr>
<td>Spring</td>
<td>ATTR 203</td>
<td>Techniques in Athletic Training III</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>ATTR 213</td>
<td>Head and Face: Examination, Clinical Diagnosis and Therapeutic Intervention</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>ATTR 222</td>
<td>Upper Extremity, Spine and Thorax: Therapeutic Intervention II</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>ATTR 232</td>
<td>Research Methods in Athletic Training</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>ATTR 251</td>
<td>Acute Care and Emergency Management</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>ATTR 287B</td>
<td>Clinical Experience II</td>
<td>1</td>
</tr>
</tbody>
</table>

Year 2

<table>
<thead>
<tr>
<th>Semester</th>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>Summer</td>
<td>ATTR 252</td>
<td>Healthcare Administration in Athletic Training</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>ATTR 292A</td>
<td>Pre-Season Clinical Internship</td>
<td>2</td>
</tr>
<tr>
<td>Fall</td>
<td>ATTR 214</td>
<td>General Medical Conditions in Athletic Training</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>ATTR 242</td>
<td>Strength and Conditioning in Athletic Training</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>ATTR 261</td>
<td>Pharmacology in Athletic Training</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>ATTR 292B</td>
<td>Clinical Internship</td>
<td>4</td>
</tr>
<tr>
<td>Spring</td>
<td>ATTR 215</td>
<td>Psychosocial Intervention and Referral in Athletic Training</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>ATTR 262</td>
<td>Nutrition in Athletic Training</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>ATTR 270</td>
<td>Athletic Training Capstone</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>ATTR 287C</td>
<td>Clinical Experience III</td>
<td>1</td>
</tr>
</tbody>
</table>

Athletic Training Courses

ATTR 200. Anatomical Kinesiology for Athletic Training. 3 Units.
Functional anatomical study of human movement with emphasis on clinical injury evaluation, performance enhancement and injury prevention. Prerequisite: Admission to the MSAT program or permission of instructor.

ATTR 201. Techniques in Athletic Training I. 1 Unit.
Foundational profession knowledge and skills in Athletic Training with emphasis on regulations and the applications of prophylactic and resistive taping techniques. Prerequisite: Admission to the MSAT program or permission of instructor.

ATTR 211. Lower Extremity: Examination and Clinical Diagnosis I. 3 Units.
Perform an examination to formulate a clinical diagnosis of lower extremity conditions commonly seen in athletic training practice to include obtaining a history, identification of comorbidities, assessment of function, and selection and use of test and measure to assess the athlete/patient's current presentation. Prerequisite: Admission to MSAT program or permission of instructor.

ATTR 212. Upper Extremity, Spine & Thorax: Examination and Clinical Diagnosis II. 3 Units.
Perform an examination to formulate a clinical diagnosis of upper extremity, spine and thoracic conditions commonly seen in athletic training practice to include identifying those conditions that require medical referral. Prerequisite: ATTR 211 with a "B" or better.

ATTR 213. Head and Face: Examination, Clinical Diagnosis and Therapeutic Intervention. 3 Units.
Perform an examination to formulate a clinical diagnosis of head and face conditions commonly seen in athletic training practice to include obtaining a history, identification of comorbidities, assessment of function, and selection and use of test and measure to assess the athlete/patient's clinical presentation. Prerequisite: ATTR 211 with a "B" or better.

ATTR 214. General Medical Conditions in Athletic Training. 3 Units.
Perform an examination to formulate a clinical diagnosis and plan of care for general medical conditions commonly seen in the practice of athletic training. Prerequisite: ATTR 213 with a "B" or better.

ATTR 215. Psychosocial Intervention and Referral in Athletic Training. 3 Units.
This course examines psychosocial aspects of athletic training and social determinants of health including strategies for identifying, intervening, making referrals and providing support. Prerequisite: ATTR 214 with a "B" or better.

ATTR 220. Therapeutic Modalities. 1 Unit.
Safely and competently, apply modalities used in athletic training practice with comprehension of the physiology effects, indications, contraindications, and proper maintenance. Prerequisite: Admission to the MSAT program or permission of instructor.
ATTR 221. Lower Extremity: Therapeutic Intervention I. 3 Units.
Theory and application to select and incorporate therapeutic interventions that address an athlete/patient's identified impairment, activity limitations, and participation restrictions of the lower extremity. Prerequisites: ATTR 211 and ATTR 220 with a "B-" or better.

ATTR 222. Upper Extremity, Spine and Thorax: Therapeutic Intervention II. 3 Units.
Theory and application to select and incorporate therapeutic interventions that address an athlete/patient's identified impairment, activity limitations, and participation restrictions of the upper extremity, spine and thorax. Prerequisites: ATTR 212 and ATTR 221 with a "B-" or better.

ATTR 231. Evidence Based Practice in Athletic Training. 3 Units.
Introduction to Evidence-based practice concepts and critical thinking in Athletic Training. Prerequisite: Admission to the MSAT program or permission of instructor.

ATTR 232. Research Methods in Athletic Training. 3 Units.
Current research methods and evidence-based practice in athletic training. Prerequisites: ATTR 231 with a "B-" or better.

ATTR 241. Exercise Physiology in Athletic Training. 2 Units.
This course covers physiological response to exercise under normal and pathological conditions, and the mechanism responsible for those changes. Prerequisite: Admission to the MSAT program or permission of instructor.

ATTR 242. Strength and Conditioning in Athletic Training. 1 Unit.
Develop, implement, supervise and assess wellness and fitness programs designed to mitigate the risk of long-term health conditions, reduce the risk of injury and/or maximize sports performance using biometrics and physiological monitoring systems. Prerequisite: ATTR 241 with a "B-" or better.

ATTR 251. Acute Care and Emergency Management. 3 Units.
Evaluate and manage athletes/patients with acute conditions in athletic training practice including triaging conditions that are life threatening or otherwise emergent.

ATTR 252. Healthcare Administration in Athletic Training. 3 Units.
Management physical, human, and financial recourses in the delivery of healthcare services related to Athletic Training. Prerequisite: Training. Prerequisite: ATTR 251 with a "B-" or better.

ATTR 261. Pharmacology in Athletic Training. 2 Units.
Indications, contraindications, dosing, administration, interactions, adverse reactions and regulations of pharmacological agents related to the practice of athletic training and emergencies.

ATTR 262. Nutrition in Athletic Training. 2 Units.
Current evidence-based recommendations for proper intake, sources of, and effect of micro- and macronutrient need related to activity, optimal performance, health and disease over a lifetime. Additional related topics include ergogenic aids, thermoregulation, food labels, body composition, weight control, disordered eating, tissue growth and repair, and making recommendations based on patient's lifestyle, activity level and their goals.

ATTR 270. Athletic Training Capstone. 3 Units.
Prepare students for the national certification examination, to transition to practice, for professional development, to contribute to the profession and to educate the public on health issues. Prerequisite: ATTR 287B with a "B-" or better.

ATTR 287A. Clinical Experience I. 1 Unit.
Introductory clinical education experience provides a developmental progression of increasingly complex care experiences through direct contact with athletes/patients and guided supervision by a preceptor. Prerequisites: ATTR 200, ATTR 201; ATTR 211; ATTR 220 with a "B-" or better.

ATTR 287B. Clinical Experience II. 1 Unit.
Intermediate clinical education experience continues the developmental progression of increasingly complex care experiences though direct contact with athletes/patients, while the preceptor's guided supervision progresses from interdependence toward independence based on the student's knowledge and skill, as well as the context of care. Prerequisite: ATTR 287A with a "B-" or better.

ATTR 287C. Clinical Experience III. 1 Unit.
Advanced clinical education experience culminates the developmental progression of increasingly complex care experiences though direct contact with athletes/patients in a variety of settings, while the preceptor's supervision progresses to independence based on the student's knowledge and skills, as well as the context of care. Prerequisite: ATTR 292B with a "B-" or better.

ATTR 292A. Pre-Season Clinical Internship. 2 Units.
Full-time, practice-intensive preseason clinical internship allows the student to experience the totality of care provided by athletic trainers. Prerequisite: ATTR 287B with a "B-" or better.

ATTR 292B. Clinical Internship. 4 Units.
Full-time, practice-intensive clinical internship allows the student to experience the totality of care provided by athletic trainers. Prerequisite: ATTR 292A with a "B-" or better.