

ATHLETIC TRAINING

Thomas "TK" Koesterer, Department Chair

Program Offered

Master of Science in Athletic Training

Program Overview

University of the Pacific's Professional 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 summer session that starts mid-June. 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 professions 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:

- Who integrate knowledge and skills into safe, competent clinical practice
- Who communicate effectively
- With clinical reasoning skills
- Who incorporate evidence-based practice
- With professional leadership skills

Accreditation

University of the Pacific's Master of Science in Athletic Training (MSAT) program is accredited by the Commission on Accreditation of Athletic Training Education (CAATE). The program has received the maximum initial accreditation of five years through the 2024-2025 academic year.

Admission Requirements

- ATCAS Application
- Bachelor's degree with a 3.0 or higher GPA
 - A GPA below 3.0 may be considered on a conditional basis
- Official transcripts sent to ATCAS
- Completed prerequisite courses
 - No grade below a "C-" and a 3.0 or higher overall GPA for prerequisite coursework
 - A prerequisite GPA below 3.0 may be considered on a conditional basis
- Resume
- Personal Statement
- Two letters of recommendation
 - One letter from the athletic trainer who supervised the majority of observation hours
 - One letter from a college or university instructor or employer
- Verification of 100 Clinical Observation Hours by a Certified Athletic Trainer
- Personal interviews
- Signed Technical Standards for Admission
- Signed Confidentiality Statement
- CPR certification is not required with your application. The program will provide, at no cost to students, a CPR course that meets the BOC Emergency Cardiac Care (ECC) Standards. Students are required to be certified in CPR that meets ECC standards prior to beginning any clinical experiences, and throughout their time in the MSAT program.

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 they are not required for admission.

- Athletic Training
- Health
- Wellness
- Nutrition
- Statistics
- Research methods
- Medical terminology

Additional Information

- Applicants are required to complete all remaining prerequisite course work and observation hours prior to beginning MSAT coursework.
- Immunization requirements for Health Profession Students are located at Immunization Compliance (<http://www.pacific.edu/immunizationcompliance/>)
- Applicants are required to read and sign the Technical Standards
- Applicants are required to read and sign the Confidentiality Statement
- Personal interview will take place on the Stockton campus. Students are required to attend the interview in person. In some extraordinary cases (e.g., extreme distance), an alternate type of interview may be conducted.
- Background check is required prior to beginning the MSAT program.
- The program, in rare cases, may accept transfer credits for athletic training courses, at the Program Director's discretion
- *Policy on Nondiscrimination: University of the Pacific does not discriminate on the basis, of race, gender, sexual orientation, national origin, ancestry, color, religion, religious creed, age, marital status, cancer-related or genetic-related medical condition, disability, citizenship status, military service status, and any other status protected by law.*

Additional Program Cost

Prospective students should be aware that, upon acceptance into the MSAT program, there would be additional expenses associated with the program. These expenses include:

- Travel to clinical sites. Students are required to have their own reliable transportation to clinical sites, which may be up to approximately 1-hour travel time.
- Students may wish to purchase their own liability insurance for \$50 or less at HSPO (http://landing.hpso.com/hpso-ancillary-landing/?refID=WW2GWi&utm_source=yahoo&utm_medium=cpc&utm_campaign=HG-HPSO-HPSO-PPC_Brand&utm_term=hspo) or Proliability (<http://www.proliability.com/professional-liability-insurance/athletic-trainers/>). The University provides a blanket policy that covers all health care students during their clinical experiences.
- Program fee of \$500 per year for course supplies and equipment

Additional expenses may arise, if faculty and staff determine the need or accreditation standards dictate.

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 on-going 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

The MSAT program is a full-time program with a cohort based plan of study. Students are required to enroll full-time and must advance through a pre-determined curriculum in sequence with their cohort. Students are required to successfully pass each course in a given semester in order to advance to the subsequent semester with their cohort and progress in the program. Students who do not pass a course, or who withdraw from a course, will not be able to progress with their cohort in the program. Students may be able to rejoin the program at a later date if allowed by program policy and approved by the program chair/director.

Students must complete 60 semester units; are required to earn a "B-" or better to successfully pass each course, and maintain a Pacific cumulative grade point average (GPA) of 3.0 or better to earn the Master of Science in Athletic Training. Any grade less than "B-" will not count towards the degree.

Year 1

Summer		
ATTR 200	Anatomical Kinesiology for Athletic Training	3
ATTR 201	Techniques in Athletic Training I	1
ATTR 211	Lower Extremity: Examination and Clinical Diagnosis I	3
ATTR 220	Therapeutic Modalities	1
Fall		
ATTR 202	Techniques in Athletic Training II	1
ATTR 212	Upper Extremity, Spine & Thorax: Examination and Clinical Diagnosis II	3
ATTR 221	Lower Extremity: Therapeutic Intervention I	3
ATTR 231	Evidence Based Practice in Athletic Training	3
ATTR 241	Exercise Physiology in Athletic Training	2
ATTR 287A	Clinical Experience I	1
Spring		
ATTR 203	Techniques in Athletic Training III	1
ATTR 213	Head and Face: Examination, Clinical Diagnosis and Therapeutic Intervention	3
ATTR 222	Upper Extremity, Spine and Thorax: Therapeutic Intervention II	3
ATTR 232	Research Methods in Athletic Training	3
ATTR 251	Acute Care and Emergency Management	3
ATTR 287B	Clinical Experience II	1
Year 2		
Summer		
ATTR 252	Healthcare Administration in Athletic Training	3
ATTR 292A	Pre-Season Clinical Internship	2
Fall		
ATTR 214	General Medical Conditions in Athletic Training	3
ATTR 242	Strength and Conditioning in Athletic Training	2
ATTR 261	Pharmacology in Athletic Training	2
ATTR 271	Athletic Training Capstone I	1
ATTR 292B	Clinical Internship	4
Spring		
ATTR 215	Psychosocial Intervention and Referral in Athletic Training	3
ATTR 262	Nutrition in Athletic Training	2
ATTR 272	Athletic Training Capstone II	2
ATTR 287C	Clinical Experience III	1

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 the instructor and Program Director.

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 the instructor and Program Director.

ATTR 202. Techniques in Athletic Training II. 1 Unit.

Foundational professional knowledge and skill in Athletic Training with emphasis on the roles of the athletic trainer as a member of the healthcare system and the application of compressive wraps. Prerequisite: ATTR 201 with a "B-" or better or permission of the instructor and Program Director.

ATTR 203. Techniques in Athletic Training III. 1 Unit.

Foundational professional knowledge and skills in Athletic Training with emphasis on communication, documentation, bracing and padding. Prerequisites: ATTR 202 with a "B-" or better or permission of the instructor and Program Director.

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 clinical presentation. Prerequisite: Admission to MSAT program or permission of the instructor and Program Director.

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 obtaining a history, identification of comorbidities, assessment of function, and selection and use of test and measures to assess the athlete/patient's clinical presentation. Prerequisite: ATTR 211 with a "B-" or better or permission of the instructor and Program Director.

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, selection and use of test and measures to assess the athlete's/patient's clinical presentation, and select and incorporate appropriate therapeutic interventions. Prerequisite: ATTR 212 with a "B-" or better or permission of the instructor and Program Director.

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 or permission of the instructor and Program Director.

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 or permission of the instructor and Program Director.

ATTR 220. Therapeutic Modalities. 1 Unit.

Safely and competently, apply modalities used in athletic training practice with comprehension of the physiology effects, indications, contra indications, and proper maintenance. Prerequisite: Admission to the MSAT program or permission of the instructor and Program Director.

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 "B-" or better or permission of the instructor and Program Director.

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 or permission of the instructor and Program Director.

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 the instructor and Program Director.

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 or permission of the instructor and Program Director.

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 the instructor and Program Director.

ATTR 242. Strength and Conditioning in Athletic Training. 2 Units.

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 or permission of the instructor and Program Director.

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. Prerequisite: ATTR 211 and ATTR 212 with a "B-" or better, or permission of the instructor and Program Director.

ATTR 252. Healthcare Administration in Athletic Training. 3 Units.

Management physical, human, and financial resources in the delivery of healthcare services related to Athletic Training. Prerequisites: Training. Prerequisite: ATTR 251 with a "B-" or better or permission of the instructor and Program Director.

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. Prerequisite: ATTR 241 with a "B-" or better, or permission of the instructor and Program Director.

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 271. Athletic Training Capstone I. 1 Unit.

To begin the transition to professional practice, students will learn how to 1) develop an action plan to prepare for the BOC examination and 2) conduct a comprehensive job search for an athletic training position and prepare a professional athletic training resume and cover letter. Prerequisites: ATTR 287B Clinical Internship in Athletic Training with a grade of "B-" or greater.

ATTR 272. Athletic Training Capstone II. 2 Units.

Prepare students 1) to transition to practice, 2) for professional development, 3) to contribute to the profession and 4) to educate the public on health issues. Prerequisites: ATTR 271 Athletic Training Capstone I with a grade of "B-" or greater.

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 or permission of the instructor and Program Director.

ATTR 287B. Clinical Experience II. 1 Unit.

Intermediate clinical education experience continues the developmental progression of increasingly complex care experiences through 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 or permission of the instructor and Program Director.

ATTR 287C. Clinical Experience III. 1 Unit.

Advanced clinical education experience culminates the developmental progression of increasingly complex care experiences through 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 or permission of the instructor and Program Director.

ATTR 291. Independent Study. 1-4 Units.**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 or permission of the instructor and Program Director.

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 or permission of the instructor and Program Director.

ATTR 293. Special Topics. 1-4 Units.