

BACHELOR OF ARTS

ATHLETIC TRAINING

OVERVIEW

Athletic training is one of the most rapidly expanding fields of modern allied healthcare. Certified athletic trainers are skilled in the prevention, evaluation, treatment, and rehabilitation of injuries incurred by athletes and other persons engaged in physical activity. They function as important members of a healthcare team in a variety of settings including high schools, colleges and universities, professional sports teams, and other athletic healthcare facilities.

The mission of the Lewis Athletic Training Education Program is to educate undergraduate students in the allied healthcare profession of athletic training. Students gain a thorough understanding of anatomy, physiology, nutrition, and biomechanics. This knowledge is applied in a hands-on clinical experience in an athletic training setting, either at Lewis University or off-site. Clinical experiences coincide with a student's ultimate professional goals, and teach them principles of the legal, ethical, and administrative issues that relate to athletic training.

Successful completion of this degree program allows students to sit for the certifying exam administered by the Board of Certification.

CONTACT

Lewis University
Office of Admission, Unit 297
One University Parkway
Romeoville, IL 60446-2200
(815) 836-5250
admissions@lewisu.edu

ACCREDITATION

The Athletic Training Education Program is accredited by CAATE (Commission on Accreditation of Athletic Training Education). It is designed to prepare students for the following types of employment settings: physical therapy clinics, educational environments, fitness centers and professional sport franchises.

HIGHLIGHTS

- Lewis University's Athletic Training degree program offers diverse clinical assignments in various areas, including collegiate and high school environments, physician offices, and physical therapy clinics.
- Low student-to-instructor ratios both in the classroom and in clinical settings, provide individualized attention.
- This flexible program focuses on accommodating student athletes and student career goals.
- The Department of Sport and Exercise Science offers a major and minor in Sport Management, a program area that fully complements the Athletic Training major. Minors also are available in Fitness Management and Athletic Coaching.

PROGRAM REQUIREMENTS

Students pursuing the Athletic Training major MUST apply and BE ACCEPTED to the program. To apply, students must meet the following requirements:

1. A 2.50 cumulative GPA.
2. Meet technical standards.
3. Successful completion of the following courses:
 - First Aid and Adult CPR (16-171)
 - Introduction to Athletic Training (16-250)
 - Athletic Taping Lab (16-251)
 - Human Anatomy (16-196) (or equivalent).

The application and academic requirements of the program can be found in the Athletic Training Education Program Manual. To receive a copy, visit www.lewisu.edu/academics/athtrain or call the program director at (815) 836-5921.

Transfer students need six (6) semesters and one (1) summer session, or seven (7) semesters, to complete necessary coursework.

CAREER OUTLOOK

Certified athletic trainers work in a variety of environments, including:

- High schools
- Colleges and universities
- Professional sport franchises
- Amateur sport organizations
- Sports medicine clinics
- Olympic training centers and teams
- Fitness centers

According to the National Athletic Trainers' Association Web site, the profession continues to grow and to encompass opportunities in the military and corporate health centers. The U.S. Department of Labor predicts that employment for Certified Athletic Trainers will increase between 21 percent and 35 percent through 2012.

ADDITIONAL WEB SITES FOR FURTHER INFORMATION

American College of Sports Medicine – www.acsm.org

Board of Certification – www.bocac.org

Commission on Accreditation of Athletic Training Education – www.caate.net

Illinois Athletic Trainers' Association, Inc. – www.illinoisathletictrainers.org

Lewis University – www.lewisu.edu

National Athletic Trainers' Association – www.nata.org

World Federation of Athletic Training and Therapy – www.wfatt.org

BACHELOR OF ARTS / ATHLETIC TRAINING

All Athletic Training majors must maintain a cumulative grade point average of 2.5. A grade of C or above is required in all required major courses. Students must receive a grade of B or above in all lab and required clinical courses.

Total Credit Hours: 128
Major Credit Hours: 62

I. Core Courses (62)

- 16-171 First Aid and Adult CPR (1)
- 16-196 Human Anatomy (3)
- 16-197 Human Physiology (3)
- 16-211 Weight Training (3)
- 16-250 Introduction to Athletic Training (3)
- 16-251 Athletic Taping Lab (1)
- 16-256 Sport Psychology (3)
- 16-263 Physical Assessment of the Lower Extremities (3)
- 16-264 Physical Assessment of the Lower Extremities Lab (1)
- 16-265 Physical Assessment of the Upper Extremities (3)
- 16-266 Physical Assessment of the Upper Extremities Lab (1)
- 16-271 Nutrition and Exercise (3)
- 16-275 Health Education (3)
- 16-300 Disease Processes and Exercise (3)
- 16-304 Athletic Training Clinical I (1)
- 16-305 Athletic Training Clinical II (1)
- 16-306 Emergency Procedures for Athletic Trainers (1)
- 16-307 Pharmacology for Sport and Exercise Science (1)
- 16-340 Kinesiology (3)
- 16-345 Exercise Physiology (3)
- 16-361 Management Strategies for Athletic Trainers (3)
- 16-370 Legal Aspects of Sport (3)
- 16-440 Therapeutic Exercise (3)
- 16-441 Therapeutic Modalities (3)
- 16-405 Athletic Training Clinical III (1)
- 16-406 Professional Development for Athletic Trainers (1)
- 16-481 Athletic Training Internship (4)

II. The advanced writing requirement of the General Education curriculum is satisfied by Athletic Training majors by the successful completion of Kinesiology (16-340).

FITNESS MANAGEMENT / MINOR

Minor Credit Hours: 28

I. Required Courses (19)

- 16-171 First Aid and Adult CPR (1)
- 16-196 Human Anatomy (3)
- 16-197 Human Physiology (3)
- 16-271 Nutrition and Exercise (3)
- 16-290 Developing Physical Training Programs (3)
- 16-345 Exercise Physiology (3)
- 16-350 Exercise Prescription for Varied Populations (3)

II. Select either 16-211 or 16-212: (3)

- 16-211 Weight Training (3)
- 16-212 General Conditioning (3)

III. Choose two of the following electives: (6)

- 16-210 Aerobics-Theory and Teaching (3)
- 16-250 Introduction to Athletic Training (3)
- 16-256 Sport Psychology (3)
- 16-330 Teaching Group Exercise (3)
- 16-343 Sport Performance Enhancement (3)
- 16-366 Corporate Health and Fitness Programming (3)

ATHLETIC COACHING / MINOR

The SES Department offers a program to prepare students to coach organized athletic teams. The athletic coaching minor fulfills one of the required programs within a Liberal Arts major.

Minor Credit Hours: 26-32

I. Required Courses (23-29)

53-481 Secondary Student Teaching (9)

OR

16-258 Sport Leadership and Program Development (3)

16-171 First Aid and Adult CPR (1)

16-200 Sports Appreciation (3)

16-201 Foundations of Coaching (3)

16-211 Weight Training (3)

OR

16-212 General Conditioning (3)

16-250 Introduction to Athletic Training (3)

16-251 Athletic Taping Lab (1)

16-256 Sport Psychology (3)

16-343 Sport Performance Enhancement (3)

II. Coaching Electives (3)

Students must select three hours from any of the advanced theory courses.

III. For students using the Athletic Coaching minor as a component of the Liberal Arts major, the advanced writing requirement is satisfied by successful completion of Writing for the Professions (06-300).

SPORT MANAGEMENT / MINOR

Minor Credit Hours: 24

I. Required Courses (21)

16-202 Foundations of Sport and Fitness Management (3)

16-258 Sport Leadership and Program Development (3)

16-281 Sport and Exercise Promotion (3)

16-362 Facility Management (3)

16-370 Legal Aspects of Sport (3)

25-200 Principles of Marketing (3)

61-200 Principles of Management (3)

II. Select one of the following four courses: (3)

16-314 Financing Sports (3)

16-360 Sport Program Administration (3)

16-366 Corporate Health and Fitness Programming (3)

16-375 Risk Management for Sport Managers (3)