

# PREATHLETIC TRAINING INFORMATION SUMMARY



@uofuppa

Room 206, Building 44 (801) 581-5744 Email: [ppa@advising.utah.edu](mailto:ppa@advising.utah.edu) Website: <http://ppa.utah.edu>

Advisors: Shelley Nicholson (Director) [snicholson@advising.utah.edu](mailto:snicholson@advising.utah.edu)

Amy Urbanek [aurbanek@advising.utah.edu](mailto:aurbanek@advising.utah.edu)

Quentin Hodges, [qhodges@advising.utah.edu](mailto:qhodges@advising.utah.edu)

Alessandra Holt, [aholt@advising.utah.edu](mailto:aholt@advising.utah.edu)

## ACADEMICS + ACTIVITIES = ATHLETIC TRAINING SCHOOL PREPARATION

Preparation for a Master of Athletic Training (MAT) involves curricular and extracurricular experiences which demonstrate communication, leadership, and familiarity with the profession. Any major is appropriate. Study something you love!

### Academic Preparation

Your performance in college is the best indicator of your performance in an AT program. As such, plan to take a rigorous, yet balanced course load which allows you to demonstrate both your proficiency in science and balance of academic interests. Academic preparation for an AT program requires a Bachelor's degree and completion of a set of prerequisite classes that vary from school to school. Common classes are listed on the last page of this summary. For your degree is no preference for majors, so study something you love! Competitive applicants have high grades so pace yourself in order to succeed, and remember that all grades will count when you apply even if you repeat classes.

## Why Athletic Training?

### Demonstration of AT Traits

#### Maturity & Professionalism

ATs work with clients from a variety of backgrounds. It is important to demonstrate you can maturely interact with all clients with good interpersonal and communication skills. Demonstration of strong work ethic through various activities will show your professionalism as a future healthcare professional.

#### Extracurricular Activities

Many AT programs also encourage students to engage in **service to the community** and have **leadership** experiences prior to their application to AT programs. Visit **Bennion Center** <https://bennioncenter.org> and <https://getinvolved.utah.edu/> for what's available at the U!

### Observing and Clinical Experience with Athletic Trainers

This should be one of your first experiences as a PreAT student. Observing Athletic Trainers in action, working in different environments will help you understand the profession. Shadowing will also help you get to know ATs. This is important, as many AT programs require at least one recommendation letter from an AT. (**UofU MAT requires students shadow a minimum of 50 hours**). Only hours with a certified AT will count toward this requirement. Most students observe an AT long enough to get a strong recommendation letter.

Many AT programs also encourage students to engage in **community service** and have **leadership** experiences prior to their application to AT programs. Visit **Bennion Community Service Center** ([bennioncenter.org](https://bennioncenter.org)) for what's available at the U!

### Things to Remember

- What you do outside of class is important so don't neglect activities. However, remember that activities *complement* your coursework, but *they will not compensate for low grades*
- Make sure you have contact information for supervisors and health professionals you shadow or work with, in case you need to have them write recommendation letters. Even if you discontinue an activity, try to keep an open relationship with them.
- Keep a record of all hours of service and experiences. Writing your reflections in a journal will be helpful when you write a personal statement.

## • USEFUL WEBSITES

- \* National Athletic Trainers' Association: NATA ([nata.org](http://nata.org)) - Find AT programs in the nation.
- \* Commission on Accreditation of Athletic Training Education: CAATE ([caate.net](http://caate.net)) - search for schools and programs
- \* University of Utah Athletic Training Program (<https://health.utah.edu/physical-therapy-athletic-training/degree-programs/athletic-training/>) - Email: [athletictraining@utah.edu](mailto:athletictraining@utah.edu)
- \* Tutoring Center ([tutoringcenter.utah.edu](http://tutoringcenter.utah.edu)) - SSB 328, 581-5153

## • APPLICATION PROCESS

Your application process begins in spring or summer at the end of your junior year, if you have completed the necessary requirements. Most AT programs admit students once a year, for summer or fall matriculation, but UofU MAT classes start in June. You'll take the GRE (Graduate Record Exam) if necessary, and submit an application about a year in advance of the year for which you are applying. See below.

## • GRE

Although UofU's MAT program doesn't require the **GRE**, there are many AT programs that do. **The GRE is administered throughout the year.** Taking the exam by spring will enable you to apply earlier. The GRE is divided into three sections which are: Verbal Reasoning, Quantitative Reasoning (multiple choice scored on a scale of 130-170), and Analytical Writing (essay format score out of 6 points). The exam may be repeated, but the best strategy is to prepare thoroughly and take the GRE once. For more information about content and structure, visit [http://www.ets.org/gre/revised\\_general/about/content/](http://www.ets.org/gre/revised_general/about/content/).

	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug
<b>GRE</b>	Take exam. Deadline for the last GRE score accepted depend on program. It is usually the same as the application deadline. <b>UofU MAT does not require the GRE.</b>																
<b>Recom. Letters</b>	Request letters & get contact info from letter writers at least 3 months before your application submission.																
<b>Application</b>	<b>Prep</b> Write draft of personal statement and research programs.			<b>ATCAS is available Online in mid-July</b> till spring of following year. However, many programs' deadline is fall to early spring. <b>UofU's application should be available in ATCAS by mid-September. UofU MAT priority admissions deadline is January 15. Late admissions deadline is March 15.</b>													
	<b>Supplemental Requirements &amp; Interviews</b> are depend on AT programs. Check their websites for more information. <b>UofU MAT's interview is usually mid February</b>											<b>UofU's MAT</b> starts late June.					
<b>Financial Aid</b>							Priority filing for federal financial aid										

## • ATCAS (Athletic Training Central Application System)

- ◆ Most AT programs are part of **ATCAS**, which is available at <https://atcas.liaisoncas.com/applicant-ux/>.
- ◆ Application requirements include transcripts, personal background information, extracurricular experiences, personal statements, and fees.
- ◆ Because many programs use a "rolling" admission process (they begin reviewing applications and admitting before deadlines), it will enhance your chances if you **submit your application early**, regardless of when you take the GRE. **ATCAS and UofU MAT** recommend students to submit their application a month before the deadline at the latest.
- ◆ Completing the application will take at least a week; most students take several weeks. Make sure you will have plenty of time to fill out the application, and to have somebody **review** your entire application before you submit.
- ◆ To help us advise other students, we would appreciate it if you would release your information to the Health Professions Advisor. This information will always be kept confidential.

## • Letters of Recommendation

Students are required to submit **Letters of Recommendation** through the ATCAS. ATCAS limits applicants to 4 letters, but most programs just require 2-3 letters. Almost all AT programs require a letter from an AT. In addition, some schools require a letter from a professor or any supervisor of your choice, or both.

UofU's MAT's requirements are as follows:

- ◆ **Athletic Trainer you shadowed or worked with**
- ◆ **Professor OR any professional who can write about your academic ability**

- **PreAT Curriculum Policies**

<b>CLEP Credit &amp; Correspondence Study</b>	You are required to report all of the courses and credit hours that you earned through CLEP exams or Correspondence/Independent Study courses. However, <b>those credits may not be accepted as completed prerequisite coursework.</b> Check each program's requirements online.
<b>AP Credits &amp; IB courses</b>	No AP/IB will be accepted, per CAATE standards.
<b>Online Courses</b>	Accepted by most schools as long as they are not independent study courses.
<b>Repeats</b>	ATCAS will include all of the grades, but, how each AT program view repeated courses varies; for example, UofU's MAT will take the best grade. However, many programs will consider your performance in each class and the frequency of repeats. It is better to take it once and do well.
<b>Withdrawals</b>	W's should be used only for non-academic emergencies, though W's will not affect GPA.
<b>Minimum Grade Requirement</b>	Most programs set a minimum grade requirement for prerequisite courses of C or better. Check each school's requirements.
<b>Grade Expiration</b>	Check each program's requirements. <b>UofU's MAT</b> does not have grade expiration.
<b>Community College Courses</b>	Many programs will accept prerequisite courses taken at a 2 year community college, but some may have a preference for courses from 4 year university over from a community college.
<b>International Students</b>	Depends on program. UofU MAT accepts international students. Most schools which accept international students usually require taking TOEFL in addition to GRE.

- **GPA**

Most AT programs require minimum overall AND prerequisite GPA of 3.0. Competitive applicants for most programs have higher GPAs in both the overall and prerequisite GPA. For example, **UofU MAT's minimum GPA is 3.0** for both cumulative and prerequisite (courses required by AT program) GPA. For **UofU MAT**, if undergraduate GPA is below 3.0, a GPA will be calculated based upon the last 60 semester credits if the student attended a US institution.

- **Bachelor's Degree and Major Choices**

Although some schools offer AT as a bachelor's degree, more and more schools are transitioning AT to a master's degree, which requires a bachelor's degree. There is no specific major you need to pursue in order to increase your chances of admission to an AT program.

- **University of Utah Athletic Training Program**

The University of Utah approved the new entry-level professional Master of Athletic Training degree in August 2019. The Master of Athletic Training will provide students graduate-level didactic knowledge and clinical skills in preparation for their future career in athletic training. Currently, an accredited Bachelor of Science program, by the Commission on Accreditation of Athletic Training Education (CAATE), is being phased out.

## PreAT Course Guide

This guide is designed for students preparing to apply to a *range* of AT programs. Some courses may not be required by all programs; some programs may require additional courses not on this list. Students are encouraged to research requirements for the schools they wish to apply to. **Shading indicates most commonly required by AT schools in the west, including UofU's**

BIOLOGY	CHEMISTRY	MATH	PHYSICS	KINES and Other Courses*
<p><b>BIOL 1610 (4)</b> Fundamentals of Biology I (prereq: MATH 1010) Formerly BIOL 1210</p> <p><b>Required by UofU MAT</b></p>	<p><b>CHEM 1210 (4)</b> General Chemistry I (prereq: MATH 1050)</p> <ul style="list-style-type: none"> <li>• CHEM 1130 may also be accepted</li> </ul> <p><b>Required by UofU MAT</b></p> <p><i>The most common chemistry requirement for AT programs is one semester of chemistry. The lab may or may not be required.</i></p>	<p><b>MATH 1050 (4)</b> College Algebra and/or <b>MATH 1060 (3)</b> Trigonometry</p> <p>May be needed in order to complete other prerequisite courses</p>	<p><b>PHYS 2010 (4)</b> General Physics I (prereq: MATH 1060)</p> <p><b>PHYS 2015 (1)</b> General Physics I Lab</p> <p><b>Required by UofU MAT</b></p>	<p><b>KINES 3093 (3)</b> Biomechanics (QI) (prereqs: BIOL 2325 &amp; MATH 1050)</p> <p><b>Required by UofU MAT</b></p>
<p><b>BIOL 2325 (4)</b> <b>Human Anatomy</b> (prereq: BIOL 1610) <i>Lab included</i></p> <p><b>Required by UofU MAT</b></p>		<p><b>MATH 1070 (3)</b> <b>Stats</b> (prereq: B or higher in MATH 980, C or higher in MATH 1010 or 1030)</p> <ul style="list-style-type: none"> <li>• PSY 3000, FCS 3210, SBS 3000, SOC 3112, PRT 3780, MATH 1070 @ UofU</li> <li>• MATH 1040 or 2040 @ SLCC</li> </ul> <p><b>Required by UofU MAT</b></p>		<p><b>KINES 3091 (3)</b> Exercise Physiology (prereqs: BIOL 2325 &amp; MATH 1050)</p> <p><b>Required by UofU MAT</b></p>
<p><b>BIOL 2420 (4)</b> <b>Human Physiology</b> (prereqs: Biol 1610 &amp; Chem 1210)</p> <p><b>Required by UofU MAT</b></p>				<p><b>NUIP 1020 (3)</b> Scientific Foundations of Human Nutrition and Health</p> <p><b>Required by UofU MAT</b></p>
				<p><b>PSY 1010 (4)</b> General Psychology</p> <p><b>Required by UofU MAT</b> <i>One semester of psychology is generally required by most programs</i></p>
				<p><b>ATSM 3300 (4)</b> Intro to Sports Medicine</p> <p>Preferred course for UofU MAT</p>

- ◆ \*What is required varies by program. Check each website for specific requirements.
- ◆ **UofU MAT program: applicants must have 7 out of the 10 prerequisite courses complete at the time the application is submitted. BIOL 2325 and 2420 must be completed with a final grade at the time of the application.**
- ◆ **MATH 10 Math Boot Camp for Intermediate Algebra (1 week workshop offered the week before fall and spring semesters begin.)**