Why should I major in Athletic Training at Cal State Fullerton?

Cal State Fullerton, through its nationally accredited program, offers a B.S. in Athletic Training for qualified undergraduate students. Athletic trainers (AT) are professionals who collaborate with physicians to specialize in the health care of their sport/exercise-related patients. AT services include prevention, clinical diagnosis, treatment and rehabilitation of activity-related injuries or illnesses. To become an athletic trainer, students must graduate from an accredited athletic training education program (ATEP) and then pass the national board exam, as well as any required state board exams.

As one of about 350 accredited ATEPs, Cal State Fullerton provides an outstanding opportunity for high-quality students who are passionate about health care for active individuals. AT majors complete intense didactic and clinical experiences during five semesters of clinical rotations involving both on- and off-campus affiliations. To learn more about athletic training, visit our website (http://hdcs.fullerton.edu/at/) and the National Athletic Trainers' Association site (http://www.nata.org/).

The AT major at Cal State Fullerton offers:

**Highly-Qualified Faculty:** Students admitted to the athletic training major at CSUF learn from a faculty of nationally known teachers, clinicians and scholars. Our AT majors also learn from and interact with a group of experienced health care providers throughout their undergraduate education. With 10 full-time and numerous part-time AT employed at CSUF, our limited-enrollment program allows for an outstanding student-to-faculty ratio. Our AT students regularly interrelate with some of Southern California’s best sports health care professionals.

**Outstanding Resources:** AT majors experience state-of-the-art labs with the latest technologies in clinical health care and research. Our students gain experience in numerous labs including the Wellness Center, as well as the Fitness, Human Performance, Movement Analysis, Exercise Physiology, Sport Psychology, and Athletic Training labs. Additionally, they learn in the Titan AT Clinic, our Physical Therapy and Sports Rehabilitation Center, our physicians’ offices, as well as our local high school and community college AT clinics.
Reputation for Excellence: The first Titan AT student graduated in 1978 and the strong tradition continues through today. With over 200 alumni, Cal State Fullerton does not graduate a large volume of sports health care professionals, but continues to prepare high-quality, professional, and dedicated athletic trainers. The University and ATEP commits to excellence and focusing on quality rather than quantity.

What are the admission requirements for the Athletic Training major?

CSUF entrance does not guarantee admission to the AT major. Admission to the B.S. in Athletic Training is a competitive process that considers: academic history, athletic training experiences, professional recommendations and communication skills. Minimal Academic, Clinical, Professional and Technical standards are required to enter and remain in the major. Ongoing assessments determine appropriateness for completion, retention, probation or dismissal.

Application Packets: Application materials are available online (http://hhd.fullerton.edu/at/). A completed application and all support materials must be submitted by the stated deadline (usually February 1, but see website to verify).

Course Prerequisites: Applicants must pass (C or better) these courses or their equivalents to be considered for admission.

- any Chemistry or Physics from G.E. B1
- Psychology 101: Introductory Psychology (G.E. D1)
- Health Science 101: Personal Health (G.E. E)
- Kinesiology 200: Foundations of Athletic Training
- Kinesiology 191A: Integrated Human Anatomy & Physiology or Biology 361 Human Anatomy

Grade Prerequisites: Each applicant MUST have a minimum overall college GPA of 2.50 (4.0 scale), as well as minimal grades for the above prerequisite courses.

Clinical Prerequisites: All ATEP applicants must complete at least 100 hours of clinical experience with AT supervision.

Support Materials: All applicants MUST submit:

1. A minimum of three Recommendation Forms (Application packet) from individuals knowledgeable about their ability to succeed in the major, (athletic trainers, physicians, professors, etc.).
2. A Personal Statement (less than 500 words) that briefly detailing the candidate's reasons for pursuing athletic training, previous experiences, ATEP expectations, and future professional goals
3. All college transcripts.
4. Proof of current Emergency Cardiac Care (CPR) certification.
What is the Mission of the Cal State Fullerton ATEP?
The Cal State Fullerton BS in AT degree prepares students for distinguished careers in sports medicine as athletic trainers. Through didactic, clinical, and professional preparation, students develop an understanding of, expertise in, and appreciation for the healthcare of patients with activity-related injuries and/or illnesses. Student learning focuses on evidence-based practice related to fundamental sciences, as well as injury/illness prevention, clinical diagnosis, management, and rehabilitation. Additionally, CSUF AT students mature as exceptional communicators, critical thinkers, and effective problem solvers.

What should I expect with regard to the costs as an Athletic Training major?
The most current information regarding student costs can be found on the CSUF Financial Aid web site (http://www.fullerton.edu/FinancialAid/). AT majors usually incur additional expenditures related to their clinical responsibilities. AT students must maintain membership in the National Athletic Trainers’ Association at a cost of about $100 per year. They must also provide their own transportation to and from their clinical rotation sites. Although the ATEP supplies most of the necessary specialized clothing, some additional clothes may be required. The ATEP provides AT students with the needed liability insurance, as well as their medical kits and related provisions.

What are the AT major Academic Standards?
AT majors must abide by CSUF Academic Dishonesty policies.
AT majors must be full-time (12+ units) CSUF undergraduate students.
AT majors must maintain the following GPA standards (4.0 scale).
- Cumulative GPA of 2.5
- AT Core GPA of 3.0 (no grade below C)
- AT Foundation GPA of 2.5 (no grade below C)
- Semester GPA of 2.0

What are the AT major Clinical Standards?
AT majors must meet the clinical rotation entry requirements
- complete or provide evidence of CSUF immunization requirements.
- meet ATEP Technical Standards requirements.
AT majors must abide by every clinical site’s policies & procedures.
AT majors must complete each Clinical Proficiency class.

What are the AT major Professional Standards?
AT majors must abide by the CSUF Professional Standards and the NATA Code of Ethics.
AT majors must:
- maintain ECC (CPR) certification (meet BOC standards).
- acquire professional liability insurance.
- be MMR and Hepatitis B compliant (CSUF standards).
- pass a Livescan background check.
- demonstrate an ongoing professional affect and/or demeanor.
- maintain patient confidentiality.
- provide positive leadership, direction and guidance.
- always communicate positively & professionally.
- respect and value the property, opinions, and actions of others.
- regularly dress/appear professional.
What are the AT major Technical Standards?

The Athletic Training major is an intense program with specific rigorous demands. The Technical Standards establish the essential qualities necessary to achieve the knowledge, skills, and competencies of an entry-level athletic trainer, as well as meet expectations of the Program's accrediting agency (Commission on Athletic Training Education). All AT students must meet the following abilities and expectations. If an AT major is unable to fulfill these Technical Standards, with or without reasonable accommodation, the student will not be successfully advanced through the major.

Each candidate must demonstrate the following AT Technical Standards:

- the mental capacity to assimilate, analyze, synthesize, integrate concepts, and problem solve to formulate assessment and therapeutic judgments and distinguish deviations from the norm.
- sufficient postural and neuromuscular control, sensory function, and coordination to perform appropriate physical skills using accepted techniques; and accurately, safely and efficiently use equipment and materials during the assessment and treatment of patients.
- the ability to communicate effectively and sensitively with patients and colleagues, including individuals from different cultural and social backgrounds; this includes, but is not limited to, the ability to establish rapport with patients and communicate judgments and treatment information effectively. AT majors must understand, write, and speak the English language at a level consistent with competent professional practice.
- the ability to record the physical examination results and a treatment plan clearly and accurately.
- the capacity to maintain composure and continue to function well during periods of high stress.
- the perseverance, diligence, and commitment to complete the athletic training major as outlined and sequenced.
- the flexibility and the ability to adjust to changing situations and uncertainty in clinical situations.
- the affective skills and appropriate demeanor and rapport that relate to professional education and quality patient care.

AT majors must verify they understand and meet these Technical Standards or that they believe that, with certain accommodations, they can meet the Technical Standards. CSUF will evaluate each student who states he/she could meet these Technical Standards with accommodation and confirm the stated condition qualifies as a disability under applicable laws. If a student states he/she can meet the Technical Standards with accommodation, then the University will determine whether it agrees that the student can meet the Technical Standards with reasonable accommodation; this includes a review of whether the accommodations are reasonable, taking into account whether accommodation would jeopardize clinician/patient safety, or the educational process of the student or the institution, including all coursework, clinical experiences and internships deemed essential to graduation.

It should be noted that compliance with CSUF – ATEP Technical Standards does not guarantee a student’s eligibility for the BOC certification exam.
What career opportunities are available in athletic training? AT provide health care in many settings. Scores of secondary schools, colleges, universities, and professional sports teams employ Titan graduates to care for their student-athletes. Many CSUF graduates practice their profession in sports medicine clinics, working alongside physicians and others to assist their patients. Lesser known, but rapidly growing worksites for athletic trainers include military and law enforcement settings, industrial or commercial sites, and the performing arts. Over 200 Titan graduates are currently employed in these and other settings.

What courses are required for the athletic training major? The Bachelor of Science in AT includes educational requirements needed to take the national board exam to become a certified athletic trainer and pursue a career in the profession. The AT degree includes 120 units, with 71-72 units in the major (31-32 AT Foundation and 40 AT Core). Many of the major courses also apply to General Education* requirements: B1 (Chemistry or Physics), B5 (HESC 349 & BIOL 310), D1 (PSYC 101), and E (HESC 101 & 350).

**Athletic Training Foundation (31-32 units)**
- BIOL 191B Int. Human Anat. & Phys. (4) or Biology 310 Human Phys. (3)*
- ENGL 301 Advanced College Writing (3)
- HESC 349 Measurement & Statistics in Health Science (3)*
- HESC 350 Nutrition (3)* or KNES 470 Nutrition / Exercise & Perform. (3)
- KNES 348 Physiology of Exercise (3)
- KNES 348L Physiology of Exercise Lab (1)
- KNES 360 Movement Anatomy (3)
- KNES 361 Principles of Human Movement (3)
- KNES 351 Principles of Strength and Conditioning (3)
- KNES 371 Human Motor Control and Learning (3)
- KNES 383 Psychology of Sport and Physical Activity (3)

**Athletic Training Core (40 units)**
- KNES 200 Foundations of Athletic Training (3)
- KNES 365 Pathologies in Sport/Exercise (3)
- KNES 367 Clinical Proficiencies in Athletic Training I (2)
- KNES 368 Clinical Proficiencies in Athletic Training II (2)
- KNES 369 Clinical Proficiencies in Athletic Training III (2)
- KNES 373 Clinical Diagnosis of Lower Ext & Lumbar Pathologies (3)
- KNES 374 Clinical Diagnosis of Upper Ext & Cervicothoracic Pathologies (3)
- KNES 375 Management of Athletic/Exercise Emergencies (3)
- KNES 377 Therapeutic Exercise in Rehabilitation (3)
- KNES 378 Therapeutic Modalities in Rehabilitation (3)
- KNES 451 Sports Medicine (3)
- KNES 463 Biomechanics of Musculoskeletal Injury (3)
- KNES 465 Administration and Leadership in Athletic Training (3)
- KNES 468 Clinical Proficiencies in Athletic Training IV (2)
- KNES 469 Clinical Proficiencies in Athletic Training V (2)
What courses will transfer from my community college?

Many community college courses transfer to CSUF as General Education classes. Specific G.E. classes to be taken as prerequisites by transfer students might include Chemistry or Physics (G.E. B1), Introductory Psychology (G.E. D1), and Personal Health (G.E. E). Generally community college courses do not transfer for a 300 or higher-level course. The B.S. in Athletic Training degree minimally requires six or more units of human anatomy and human physiology. These courses can be taken as distinct classes or as integrated classes (combined anatomy and physiology).

Who should I contact for advisement?

CSUF provides general advising at its Academic Advisement Center (www.fullerton.edu/aac). The Department of Kinesiology provides student advisement through their Advisement Center (KHS 161B). Athletic Training faculty are available to assist students seeking specific information on the major or the profession. Interested students are strongly encouraged to meet with the ATEP Director, or an Athletic Training faculty in person, but can seek advice by calling 657-278-3430 or via e-mail at athtrngedprg@fullerton.edu.

What else should I know about the Titan AT major?

To successfully complete the B.S. in AT degree and be eligible to take national and/or state board exams, students must complete all requirements and meet all Standards as described, including Academic, Clinical, Professional and Technical. Failure to meet any of requirements or Standards may result in probation and/or dismissal from the major. Completion of the degree program does NOT guarantee success with any state and/or national regulatory exams.

How can I learn more about the AT profession and the Cal State Fullerton ATEP?

Many answers are available by visiting the various University websites, including: www.fullerton.edu (university), www.hhd.fullerton.edu/knes/ (Department), or http://hhd.fullerton.edu/at/ (Athletic Training major). Additionally, the Kinesiology Department Advisement Center contact number is 657-278-4757 and the Athletic Training Education Program number is 657-278-3430. Related professional organization websites include the National Athletic Trainers’ Association (www.nata.org), the Board of Certification (http://www.bocatc.org/), and the Commission on the Accreditation of Athletic Training Education (http://www.caate.net/).