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**Athletic Training Education Program**

**Athletic Training  
Education Program**

**ATEP**



**Candidate Handbook**

2011-2012

**University of Wisconsin - Eau Claire  
College of Education and Human Services  
Department of Kinesiology**

Dear Candidate,

Welcome to the University of Wisconsin – Eau Claire (UWEC) and the Athletic Training Education Program (ATEP). The faculty of the ATEP are pleased that you have decided to pursue athletic training as your academic major and career choice. This profession and studies are both challenging and rewarding.

UW-Eau Claire has been educating students that have been interested in the profession of athletic training for over 30 years. The UW-System Board of Regents approved our major in athletic training in 2002. All students that successfully finish the major and CAATE requirements will be eligible to sit for the Board of Certification national examination.

Enclosed you will find information regarding the athletic training major and our admission process. This handbook was created to provide you with some information about the major and expectations of the candidacy phase of the program. If you have any questions once you have finished looking over this information, please do not hesitate to contact us. We look forward to having you as a student in our Athletic Training Education Program.

Sincerely,

Bob Stow, PhD, ATC, CSCS  
Director - Athletic Training Education

Mary La Rue, PhD, ATC  
Clinical Coordinator - Athletic Training Education

## Athletic Training Major Academic Advising Sheet

Kinesiology Core Courses					General Education Requirements				
Dept	No.	Title	Cr.	Sem/Yr	Category	Title	Cr.	Sem/Yr	
KINS	294	Anatomical Kinesiology	3	_____	I. <b>Communication (6 credits)</b>	CJ 202 Fundamentals of Speech	3	_____	
KINS	304	Biomechanical Kinesiology	3	_____		MATH 246 Elementary Statistics	4	_____	
KINS	308	Exercise Physiology	3	_____					
		<b>Subtotal</b>	<b>9</b>						
ATEP Major Courses					II. <b>Natural Sciences (12 credits)</b>	BIOL 214 Human Anatomy & Physiology I	4	_____	
NRSG	375	Pharmacology & Pathophysiology for Allied Health Professionals	3	_____		CHEM 103 General Chemistry	5	_____	
BIOL	314	Human Anatomy & Physiology II	4	_____		PHYS 100 Physical Science	4	_____	
CHEM	103	General Chemistry	5	_____		III. <b>Social Sciences (12 credits)</b>	PSYC 100 General Psychology	3	_____
KINS	204	Introduction to Athletic Training	1	_____			Electives	9	_____
KINS	275	Prevention & Care of Athletic Exercise Injuries	2	_____			IV. <b>Humanities (11 credits)</b>	Electives	11
KINS	277	Prevention & Care of Athletic Exercise Injuries Lab	1	_____					
KINS	280	Acute Care of Athletic Injuries/Illnesses	3	_____					
KINS	310	Therapeutic Modalities in Athletic Training	3	_____					
KINS	312	Psychology of Sport & Physical Activity	3	_____					
KINS	315	Athletic Training Lab I	1	_____					
KINS	316	Athletic Training Lab II	1	_____					
KINS	330	Therapeutic Exercise in Athletic Training	3	_____					
KINS	357	Essentials of Strength Training	3	_____					
KINS	375	Evaluation Techniques - Lower Body	3	_____					
KINS	376	Evaluation Techniques - Upper Body	3	_____					
KINS	415	Athletic Training Lab III	1	_____					
KINS	416	Athletic Training Lab IV	1	_____					
KINS	420	Medical Aspects of Athletic Training	3	_____					
KINS	430	Admin & Org. in Athletic Training	3	_____					
KINS	450	Applied Nutrition in Kinesiology	3	_____					
KINS	474	Research Methods in Kinesiology	3	_____					
PHP	450	Epidemiology	3	_____					
NRSG	220	The Language of Healthcare	1	_____					
		<b>Subtotal</b>	<b>52</b>						
<b>Total Credits for Graduation</b>			<b>120</b>		<b>University Requirements</b>				
Upper Division Credits Required			39		ENGL 110 Intro to College Writing	5	_____		
Residence Credits Required			30		Foreign Language Requirement	3-9			
Senior Residence Credits Required			23 of last 30 hours		Wellness (activity met in major)				
Minimum non S/U Credits Required			108		Wellness Theory (KINS 186)				
Minimum Credits Through coursework			90		Service Learning Requirement (met in major)				
Cultural Diversity Requirement					Electives	8			
					<b>Recommended Electives</b>				
					CS 100 Computer Information Technology	3			
					KINS 274 First Aid and Community CPR	1			
					KINS 313 Sociology of Sport & Physical Activity	3			
					PHIL 306 Ethics of Healthcare	3			
					SW 424 Alcohol & Other Drug Abuse	3			
					PSYC 230 Human Development	3			

*\*This document is to be used to assist with course planning; it does not replace the university's degree audit which is the official documentation for graduation.*

### Class Scheduling

The ATEP has a strong clinical education component incorporated into the curriculum. Thus, students majoring in Athletic Training must schedule class in a manner that allows them to attend clinical experiences. All students are required to have the times 1:15pm - 6:30pm, Monday - Friday available as well as some evenings and weekends for events related to clinical experiences.

**Bachelor of Science in Athletic Training**  
**University of Wisconsin - Eau Claire**  
*(4-Year Academic Plan Sample)*

FALL SEMESTER		SPRING SEMESTER	
General Education Category III or IV Elective	3	KINS 204 Introduction to Athletic Training	1
ENGL 110 Introduction to College Writing	5	KINS 294 Anatomical Kinesiology	3
PHYS 100 or 211 Physics (GE II)	4	C J 202 Fundamentals of Speech (GE I)	3
PSYC 100 General Psychology (GE III)	3	CHEM 103 General Chemistry (GE II)	5
		General Education Category III or IV Elective	3
<i>Total Credit Hours</i>	<i>15</i>	<i>Total Credit Hours</i>	<i>14</i>

*Athletic Training Education Program*

FALL SEMESTER		SPRING SEMESTER	
<u>Level II - Sophomore Year (2<sup>nd</sup> Year)</u>			
BIOL 214 Human Anatomy and Physiology I (GE II)	4	BIOL 314 Human Anatomy and Physiology II	4
KINS 275 Prev. & Care of Athletic/Exercise Inj	2	KINS 280 Acute Care of Athletic Injuries/Illnesses	3
KINS 277 Prev. & Care of Athletic Injuries Lab	1	KINS 304 Biomechanical Kinesiology	3
NRSG 220 The Language of Health Care	1	KINS 375 Evaluation Techniques – Lower Body	3
KINS 186 Wellness Concepts	2	PSYC 230 Human Development (GE III)	3
MATH 246 Elementary Statistics (GE I)	4		
<i>Total Credit Hours</i>	<i>14</i>	<i>Total Credit Hours</i>	<i>16</i>

<u>Level III - Junior Year (3<sup>rd</sup> Year)</u>			
KINS 308 Exercise Physiology	3	KINS 312 Psychology of Sport and Physical Activity	3
KINS 310 Therapeutic Modalities in AT	3	KINS 330 Therapeutic Exercise in AT	3
KINS 315 Athletic Training Lab and Practicum I	1	KINS 316 Athletic Training Lab and Practicum II	1
KINS 376 Evaluation Techniques – Upper Body	3	KINS 357 Essentials of Strength Training	3
KINS 420 Medical Aspects of Athletic Training	3	General Education Category III or IV Elective	3
General Education Category III or IV Elective	3	KINS 450 Applied Nutrition in Kinesiology	3
<i>Total Credit Hours</i>	<i>16</i>	<i>Total Credit Hours</i>	<i>16</i>

<u>Level IV - Senior Year (4<sup>th</sup> Year)</u>			
KINS 415 Athletic Training Lab and Practicum III	1	KINS 416 Athletic Training Lab and Practicum IV	1
KINS 430 Admin. & Organization in AT	3	KINS 474 Measurement & Research Design	3
NRSG 375 Pharmacology & Pathophysiology for Allied Health Professionals	3	KINS 460 Psychosocial Aspects of Injury & Illness	3
ENPH 450 Epidemiology	3	General Education Elective	3
Elective	6	Elective	3
<i>Total Credit Hours</i>	<i>16</i>	<i>Total Credit Hours</i>	<i>13</i>

Program Total Credit Hours: 121

ATEP Total Credit Hours: 61

## Profession of Athletic Training

The athletic trainer, with the consultation and supervision of attending and/or consulting physicians, is an integral part of the healthcare system associated with sports and the physically active population. Through extensive preparation in both academic and clinical education experience, the athletic trainer provides a variety of services including injury prevention, recognition, immediate care, treatment, and rehabilitation of athletic trauma. In 1990, the American Medical Association (AMA) recognized athletic training as an allied health profession.

### Information About Certified Athletic Trainers (ATCs)

- Certified athletic trainers hold a bachelor's or master's degree with a major in athletic training and are focused on injury prevention, assessment, treatment and rehabilitation.
- Seventy percent hold a master's degree or higher.
- ATCs are required to pursue continuing education to retain their certification, which is awarded by the Board of Certification, Inc., an organization independent of NATA.
- ATCs provide medical and allied health care services. Their official title is "certified athletic trainer" or "athletic trainer."
- ATCs should not be confused with personal trainers, who are focused primarily on physical conditioning and fitness. There are no standardized educational requirements for personal trainers.

**Certified Athletic Trainers**  
**Caring for the physically active!**

### **Professional Requirements for Athletic Trainers**

The National Athletic Trainers' Association (NATA) is the professional organization for athletic trainers. It is a not-for-profit organization with more than 25,000 members internationally. The NATA is committed to advancing, encouraging, and improving the athletic training profession. After successfully passing the Board of Certification (BOC) certification exam, individuals then earn the title of "Certified Athletic Trainer" and can place the credentials, "ATC" behind their name. However, many states also require athletic trainers to obtain state licensure, registration, or certification.

The NATA sets the standards for athletic trainers through its educational programs and the BOC establishes requirements for certification. A candidate must meet these requirements and pass a certifying examination in order to become certified as an athletic trainer. As of January 2004, all students must graduate from an athletic training program that is accredited by the Commission on Accreditation of Athletic Training Education (CAATE). Some of the requirements for the program include:

- Students must complete this Athletic Training Educational Program (ATEP) in no less than two calendar years.
- The program must include supervision of clinical education experiences under the direction of an BOC certified athletic trainer who is also an Approved Clinical Instructor (ACI).
- The clinical experience must be accumulated over a period of at least two years, but not more than five years.
- The ATEP must meet the standards of CAATE, NATA Competencies in Athletic Training, and other NATA
- Education Council requirements.

### **Confidentiality**

All records or information regarding an athlete/patient that you are working with should be kept in the strictest confidence. Information regarding physical examinations, medical histories, etc, should not be released to any party at any time. If you have questions regarding the release of information, please see a staff athletic trainer.

### **Candidate Responsibilities**

The responsibilities of the candidate will vary greatly from one field experience to the next. Each field experience site will have different expectations for the athletic training student. It is the responsibility of the student and the Clinical Instructor to identify these expectations. Although each site will have different responsibilities and policies there are some general responsibilities that each student should follow:

- Each candidate should be at least 5 minutes early to all of their field experience activities unless otherwise stated by their Clinical Instructors.
- Each candidate should act appropriately and respectfully.
- Each candidate should dress professionally and appropriately according to the Clinical Instructors expectations.
- Each candidate should keep all patient/athlete care confidential.
- Each candidate should never be under the influence of alcohol or any drug while representing the UWEC ATEP.
- No profane language or vulgarity should ever be used by a candidate.
- Each candidate should be inquisitive and willing to learn at all times.
- Each candidate should be enthusiastic, cheerful, and willing to assist.
- Each candidate should be dependable and responsible

### **Dress Code**

The following guidelines are intended as a dress code for what the candidate wears during their clinical and field experiences and not what is worn outside of those areas; however, the way you dress is a reflection of you as a person, the athletic training education program, and the University of Wisconsin-Eau Claire:

#### *Off-campus clinical sites:*

- UWEC does not schedule or arrange any off-campus clinical observations for candidates. Although you may observe ATC off-campus, it is expected that you will dress professionally.

#### *On-campus clinical sites:*

- Nice jeans and shorts are fine (with ACI/FES permission). Low-cropped shirts, tank tops, cut-offs, and skirts are to be avoided at all times. Apparel advertising alcohol, tobacco, derogatory information, or advertising for a non-university sponsor is not allowed. Professional appearance is very important and shirts must be tucked in at all times. Clinical shirts can be purchased for the ATEP director.
- Sandals, flip-flops, and other open toed shoes cannot be worn during clinical and field experiences because of requirements by OSHA (Occupational Safety and Health Administration) to prevent work-place injuries and disease transmission. Nice, clean athletic or casual shoes should be worn. Socks must be worn at all times.
- Hats are not to be worn while working indoors at any time. However, hats may be worn for outdoor activities. Hats with a UW-Eau Claire logo, NATA logo, WATA logo, or plain (nothing on them) are only allowed.
- When outdoors, candidates are expected to dress for the current conditions, but also must be prepared if the conditions change.
- Each candidate must wear a wrist watch at all clinical assignments/classes that has some type of second counter on it.
- Cell phones (messaging, IM, Internet, etc) are not to be used for any personal usage during clinical experiences. It is recommended that all student phones be turned off or left at home during clinical experiences.

### **Program Faculty**

**Robert Stow**, PhD, LAT, CSCS      stowrc@uwec.edu  
Director, Athletic Training Education / Assistant Professor

**Mary LaRue**, PhD, LAT              laruemj@uwec.edu  
Clinical Coordinator / Assistant Professor

**Garry Grant**, MS, LAT, CSCS      grantga@uwec.edu  
Head Athletic Trainer / Lecturer

**Tadd Turnquist**, MS, LAT          turnquin@uwec.edu  
Staff Athletic Trainer / Lecturer

### **Mission Statement**

The mission of the Athletic Training Education Program (ATEP) at the University of Wisconsin-Eau Claire is to prepare students for certification/licensure as an Athletic Trainer and to work as a healthcare provider with the physically active population. The ATEP promotes this mission through a transformative environment that engages students through active participation in the course content and by embracing and offering experiential learning opportunities with the university and Chippewa Valley communities.

### **Philosophy of Education**

Central to the ATEP educational philosophy is the belief that all instruction should empower students as learners. Therefore, through the provision of both support and challenge, the program will encourage students to take responsibility for their learning and to engage in critical thinking, problem solving, and self-reflection. Preferences for instruction are to engage students in the teaching-learning process. The ATEP also supports and incorporates Learning over Time in its educational approach. Students are first exposed to material in the classroom and provided an opportunity to practice the skills both in the classroom and the clinical setting. After students have had an opportunity to refine their new skills, they are evaluated by both peers and clinical instructors to show proficiency in using these skills.

### **Program Overview**

The athletic training major is a comprehensive major comprised of 120 total credits, with 61 from the major, and the remaining credits made up of general education requirements, University required credits, and elective credits.

The educational components of the program are not limited to the classroom. Clinical/field experience is a valuable educational tool and an area of emphasis in the athletic training education program through site rotations. Combining the classroom knowledge with the ability to practice clinical skills and proficiencies on physically active individuals allows the athletic training students the opportunity to develop their knowledge and hands-on skills.

The primary clinical setting will be in the Athletic Training Clinic, as well as small satellite athletic training rooms located in Zorn Arena and Hobbs Ice Arena, and the exercise physiology lab located in the McPhee Center. Additional clinical/field experiences have been established in local high schools and sports medicine clinics around the Chippewa Valley, and with UW-Stout athletic training services.

### **Athletic Training Education Program Goals**

- Prepare the students to pass the Board of Certification (BOC) certification examination.
- Provide students with a high quality education in the athletic training education program.
- Provide students with high quality instruction in the classroom and clinical settings.
- Develop students into professionals who understand the importance of adhering to professional and ethical conduct.
- Encourage and promote the importance of personal and professional growth and development of each student.
- Develop students into professionals who will value a liberal education and recognize the importance of lifelong learning.
- Assist students in obtaining employment or admission into graduate school.
- Prepare students for future employment as certified athletic trainers.

### **Participation in Conflicting Programs**

The ATEP recognizes that participation in some activities within the University (intercollegiate athletics, study abroad, and other academic programs) is an important part of the educational process for many students. Students that are interested in the athletic training major and participating in another program should realize that there may be some conflicts. Students that gain acceptance into the major and participate in a conflicting program must meet all academic and clinical requirements.

### **Exposure to Potential Health Risks**

Students should be aware that they may be exposed to a variety of potential health risks throughout the educational program and clinical practice. These include, but are not limited to:

- Laboratory session in which students work with each other to practice various procedures including exercise, functional activities, physical agents, manual therapy, and the use of assistive and adaptive devices.
- Clinical experiences in which students perform various procedures including exercise, functional activities, physical agents, modalities, manual therapy, and the use of assistive and adaptive devices.
- Students may also be exposed to infectious diseases in the clinical setting.

### **Accreditation**

The ATEP is accredited by CAATE, which oversees all educational programs in Athletic Training. Initial accreditation was obtained in September of 2004. All students that graduate from the ATEP and meet the criteria established by CAATE will qualify to sit for the BOC certification examination.

### **Retention**

Once admitted into the Athletic Training major, the student must meet the following criteria to remain in the major:

- Maintain a 3.0 GPA overall in all athletic training core courses
- Earn a grade of B- or better in all ATEP core courses. ATEP courses with a grade lower than B- must be repeated.
- Must continue to be in compliance with the Athletic Training Education Program Technical Standards for Admission and the National Athletic Trainers' Association (NATA) Code of Ethics

*To graduate from this program a student must achieve a 2.75 or higher overall GPA.*

### **Transfer Student Policy and Procedure**

Transfer students must meet all application requirements prior to application to the program. KINS 204 Introduction to Athletic Training must be taken on-campus. Those students transferring from another institution with an accredited (CAATE) athletic training program and have taken an equivalent course, may petition the selection committee to accept the course. Transfer students who are interested in the Athletic Training major should inform the Admission Office upon application for admission to the University and contact the Athletic Training Education Program Director.

### **Student Transportation**

Students in the athletic training education program must provide their own transportation to and from clinical experiences. Some clinical experiences may require travel to other communities.

*Please contact the ATEP program director for more information, clarification, or to request an application.*

### **Program of Study**

#### ***Required Courses***

BIOL 214 Human Anatomy & Physiology I	4
BIOL 314 Human Anatomy & Physiology II	4
CHEM 103 General Chemistry	5
CJ 202 Fundamentals of Speech	3
KINS 186 Wellness Concepts & Related Fitness	2
KINS 274 First Aid and Community CPR	1
KINS 294 Anatomical Kinesiology	3
KINS 304 Biomechanical Kinesiology	3
KINS 308 Exercise Physiology	3
KINS 312 Psychology of Sport & Phy Activity	3
KINS 357 Essentials of Strength Training	3
KINS 474 Research Methods in Kinesiology	3
MATH 246 Elementary Statistics	3
NRSG 220 The Language of Healthcare	1
NRSG 375 Pharmaco & Pathophys for AH Prof.	3
PHP 450 Epidemiology	3
PHYS 100 Physical Science	4
PSYC 100 General Psychology	3

#### ***Athletic Training Core***

KINS 204 Introduction to Athletic Training	1
KINS 275 Prev. & Care of Athletic/Ex. Injuries	2
KINS 277 Prev. & Care of Athletic/Ex. Injuries Lab	1
KINS 280 Acute Care of Athletic Inj/Illnesses	3
KINS 310 Therapeutic Modalities in AT	3
KINS 315 Athletic Training Lab I	1
KINS 316 Athletic Training Lab II	1
KINS 330 Therapeutic Exercise in AT	3
KINS 375 Evaluation Techniques - Lower Body	3
KINS 376 Evaluation Techniques - Upper Body	3
KINS 415 Athletic Training Lab III	1
KINS 416 Athletic Training Lab IV	1
KINS 420 Medical Aspects of Athletic Training	3
KINS 430 Admin & Org. in Athletic Training	3
KINS 450 Applied Nutrition in Kinesiology	3

### **Candidacy Period**

All freshman/transfer students that declare athletic training as their major on admittance to the University must meet with the Program Director in an advising group meeting before the start of the first semester. At this meeting, the admission requirements are discussed and the candidacy rotations are set-up. All students are required to complete 75 hours of observation with a certified athletic trainer prior to the application date of April 1<sup>st</sup>. Students are assigned observation rotations, as their schedule allows, and continues until they have completed a minimum of 75 hours.

If students declare athletic training as his/her major at any other time during the fall semester, they will meet with the Program Director and start the candidacy process. Because of time constraints, any student that declares athletic training as their major after the beginning of the spring semester will be advised to start candidacy in the following fall semester. Periodic meetings will be held throughout the fall and spring semester with the candidates to disseminate information, review observation expectations, and to provide information for the application process.

### **Application Period**

As mentioned above, the application date each year is April 1<sup>st</sup>. At the time of application, students must submit:

- A completed program application form;
- Transcripts indicating an overall GPA of 2.75 or higher on a minimum of 25 credits of university level degree work;
- Evidence of completing & passing a background inspection;
- Proof of the completion of 50 hours of observation under the direct supervision of a certified athletic trainer
- Transcripts indicating completion of KINS 274 or hold a current American Red Cross CPR and First Aid card (or equivalent);
- Evidence of being tuberculosis free (University Health Services offers TB tests);
- Evidence of receiving at least two of the three required immunizations in the hepatitis B vaccine series (or a signed hepatitis B immunization declination) and verification of immunization history for measles, mumps, rubella, tetanus, and diphtheria;
- Completion of KINS 204 - Introduction to Athletic Training with a grade of "B" (3.0) or higher;

- Documentation of compliance with the Athletic Training Education Program Technical Standards for Admission, which are based on the physical, cognitive, and attitudinal abilities that an entry-level athletic trainer must possess.

After the application date, interviews will be scheduled for all candidates with the Athletic Training Education Program Committee, which will consist of the Program Director, one staff athletic trainer, two current athletic training students, and one faculty member from the Department of Kinesiology.

Student admission will be based on the following criteria:

1. Performance evaluations by clinical supervisors – 30%
2. Interview – 30%
3. Cumulative University GPA – 40%

Each student will be given a numerical score for each of the above categories. The totals for each student will be ranked and the top 12-15 students will be recommended to the Department Chair for admission to the program. Letters of acceptance status will be sent by June 15th each year. Students that are not accepted are encouraged to select another major at the University. Those students that choose to reapply again the following year are reminded that the major is a 3-year course of study once accepted and that reapplying will delay their graduation by at least one year.

Students accepted into the program will have to have a physical examination completed during the summer. Students will begin their athletic training course work and clinical education/field experiences in the fall.

Any cost incurred with application and acceptance into the program are the athletic training student's responsibility. These costs may include, but are not limited to: fees for CPR and First Aid certification; Hepatitis B vaccinations, updates of other immunizations; physical examination, membership in the NATA, athletic training specific clothing, travel to and from clinical sites, and other items need for didactic and/or clinical study.