

Bachelor of Science Athletic Training

The University of North Florida Department of Clinical and Applied Movement Sciences offers a challenging pathway to a career in the prevention, evaluation, treatment, and rehabilitation of injuries and conditions among patients and athletes. The Bachelor of Science (B.S.) in Athletic Training will prepare students for the Board of Certification Examination to become a Certified Athletic Trainer and a career at the secondary school, college and university, and professional athletic, clinic, hospital, industrial, and performing arts settings.

Many of our students continue their education in a variety of medical fields. The Athletic Training Education Program provides a strong foundation in the sciences for students interested in pursuing graduate study in athletic training or in the related fields of exercise physiology, occupational therapy, physical therapy, recreational therapy, physician's assistant, and medicine.

Pre-Physical Therapy Students

The B.S. in Athletic Training provides students interested in pursuing a career in physical therapy with extensive hands-on clinical experience that will prepare them for graduate study of physical therapy. Additionally, many of the required courses in the Athletic Training Education Program lay a strong foundation for education in physical therapy. The opportunity to be dual-credentialed in athletic training and physical therapy increases the marketability of individuals who want to be employed in an orthopedic and sports medicine setting.

For more information on the Doctor of Physical Therapy at the University of North Florida, go to the following website: <http://www.unf.edu/brooks/clinical-applied-movement/pt.html>

Pre-Med Students

The B.S. in Athletic Training provides the opportunity for students to add a deeper scientific foundation to their undergraduate curriculum and enables them to develop skills in hands-on techniques, diagnosis, and treatment. The Athletic Training Education Program will provide students with practical knowledge for clinical settings in medicine, including clinical assessment, treatment, rehabilitation, and the benefits of early identification in preventing injury and disease.

****According to the 2008-2009 Department of Labor Occupational Outlook Handbook, "Employment of athletic trainers is expected to grow 24 percent from 2006 to 2016, much faster than the average for all occupations."****

In 2009, the Athletic Training Education Program was awarded Continuing Accreditation through 2018-2019 from the Commission on Accreditation of Athletic Training Education (CAATE) by meeting all Standards for Entry-Level Athletic Training Education.

LIMITED ACCESS CRITERIA: Due to the exceptional number of applicants, the Athletic Training Education Program at UNF has been designated as a limited access Program and abides by the rules for limited access Programs established by the Florida Board of Governors as follows:

- a. Students who have graduated from a Florida community college with an Associate in Arts degree or those who have successfully completed 60 or more semester hours of course work at public universities in Florida will receive priority for admission over other applicants.
- b. Selection criteria will not discriminate against Florida community college transfer students in favor of public university students who are applying for admission or plan to continue enrollment after completion of 60 semester hours at the lower division level.
- c. Where necessary to achieve established equal access enrollment goals, some students may be admitted to the Program using different criteria.

Successful completion of admission requirements does not guarantee acceptance into the Program. Enrollment in the Program is limited by clinical site availability to a total of 55-60 students at any one time, with 30-35 new students typically admitted each year from a competitive applicant pool.

APPLICATION PROCESS: Application deadline is **MAY 1** (postmark) of the year of application to the Program. The Athletic Training Education Program has a separate application form that must be completed. Please contact the Brooks College of Health/Advising Office at (904) 620-2812 for the Program application. Students not currently enrolled at UNF must apply for admission to UNF through the UNF Office of Admissions (904-620-5555) and designate athletic training as their preferred major on the UNF application form. Students currently enrolled at UNF must complete appropriate forms in the Office of Admissions to declare athletic training as their major prior to the **MAY 1** deadline. To be considered for admission to the Athletic Training Education Program, each applicant must fulfill the following minimum requirements:

- a. Submission of all official transcripts and documentation by **MAY 1** of the year of application;
- b. Submission of a complete Program application by **MAY 1** of the year of application;
- c. Attainment of minimum of 2.80 GPA overall (see Calculating GPAs);
- d. Attainment of minimum of 2.80 GPA on all prerequisite courses (see Calculating GPAs);
- e. Demonstration of communication and interpersonal skills during a required interview;
- f. Completion of all general education and prerequisite courses prior to entering the Athletic Training Education Program.
- g. Students must have a health evaluation completed by a health care professional (MD, DO, PA, NP) in light of the technical standards established by the Program. Included in this evaluation must be documented immunizations recommended by the Centers for Disease Control and Prevention for health care workers including: hepatitis B, measles, mumps, rubella, tetanus, and diphtheria. Any specific questions regarding the health care evaluation and immunizations should be referred to the Program Director.

CALCULATING GPAs: Students seeking admission vary in the ways they meet our requirements. To ensure consistency in the way grade point averages (GPAs) are calculated, the following guidelines apply:

- a. A prerequisite GPA of the required thirty one (31) semester hours will be calculated.
- b. The prerequisite GPA as well as the most recent sixty (60) undergraduate credit hour GPA will reflect the more recent grade if a given course has been repeated.

Grade point averages are calculated to reflect most current academic performance and to allow applicants to influence their GPAs by taking additional courses in areas that will enhance their performance in the curriculum.

EDUCATIONAL REQUIREMENTS: Applicants admitted to the Athletic Training Education Program must have completed all general education requirements for the baccalaureate degree at UNF prior to enrolling in athletic training courses. Information about general education requirements can be obtained from the UNF Office of Admissions (904-620-5555) or from the UNF Undergraduate Catalog. Specific prerequisite courses for the Athletic Training Education Program are as follows (two semesters are equivalent to three quarters):

Anatomy and Physiology	Two-semester sequence of Anatomy and Physiology, with labs (BSC 2085C/ BSC2086C or equivalent)
Biology	One semester in biology, with lab (BSC 1010C or equivalent)
Physics	One physics course, with lab (PHY 2053 / PHY 2053L or PHY 2048 / PHY2048L or equivalent)
Statistics	One course in principles of statistics (STA 2014 or equivalent)
Psychology	One general psychology course (PSY 2012 or equivalent)
Nutrition	One basic principles of nutrition course (HUN 2201 or equivalent)
First Aid	First Aid & Emergency Care (HSC 2400 or equivalent) Recommended course, but not required for entrance into the Program

EXPENSES AND FINANCIAL ASSISTANCE: The instructional fee per semester hour is the same for students enrolled in the Athletic Training Education Program as for other students enrolled at UNF.

In addition to tuition, housing, books/supplies, and transportation costs, students in the Athletic Training Education Program will incur additional expenses in at least the following areas: laboratory fees in professional courses; laboratory and clinical uniforms; immunizations and health screening; health insurance; background checks;

membership in professional organizations; and transportation and living expenses associated with clinical experiences. Students accepted into the Program will receive more specific information about these costs. Those anticipating the need for financial assistance while enrolled in the Program should contact the UNF Financial Aid Office (904-620-5555).

Since the Athletic Training Education Program is a professional Program, students will need to remain flexible with their time to participate fully in laboratory sessions AND clinical experiences. Most students are unable to maintain regular employment during enrollment in the curriculum.

THE BS ATHLETIC TRAINING CURRICULUM AT UNF: The Athletic Training Education Program will be approximately two (2) years in length. Upon successful completion of the Program, students will receive the Bachelor of Science (BS) degree following the limited access major for athletic training students.

MISSION STATEMENT

The CAATE Accredited Athletic Training Education Program at the University of North Florida is dedicated to preparing students for the Board of Certification Examination and entry-level clinical practice in the profession. The Program is committed to life-long learning and seeks to provide opportunities for ongoing professional development for students in the Program as well as for professionals in the field of athletic training

CURRICULUM GOALS & EDUCATIONAL OBJECTIVES

The Athletic Training Education Program at the University of North Florida endorses the following curriculum goals and plans its activities and learning experiences to ensure that students will have opportunities to develop personal and professional skills, attitudes and behaviors consistent with these goals. Students and graduates of the Program will demonstrate:

1. Effective communication skills:
 - Verbally and non-verbally
 - In writing and when speaking
 - By being a good listener
 - Using appropriate terminology
2. Good interpersonal skills:
 - With those representing various ages and cultures
 - With those who are ill and those who are healthy
 - With disabled and able-bodied individuals
 - With the terminally ill or those grieving
 - With those who are difficult to handle or inappropriate in their behaviors
3. Professional behaviors in roles as:
 - Teacher
 - Consultant
 - Caregiver
 - Team member
 - Advisor
 - Mentor
 - Friend
4. Management skills in:
 - Use of own time
 - Maintaining emotional stability
 - Providing care to individuals in a clinical setting
 - Supervising other professional and non-professional personnel
 - Equipping the clinical setting
 - Budgeting
5. Ethical behavior in:
 - Selecting an appropriate scope of practice
 - Maintaining level of skills and knowledge to meet needs of patients
 - Setting fees
 - Establishing relationships with patients
 - Establishing relationships with other health care providers

6. Good judgment in:
 - Making personal and professional commitments
 - Planning treatment
 - Setting goals
 - Modifying treatment
 - Problem solving
 - Setting limits on commitments
7. Appropriate levels of knowledge in:
 - Basic science areas pre-requisite to practice
 - Applied sciences
 - Application of skills
 - Evaluation and treatment techniques
 - Context of health care delivery
8. Life-long learning activities through:
 - Reading professional literature
 - Identifying appropriate resources to enhance skills and knowledge
 - Attending continuing education conferences
 - Asking critical questions
 - Participating in research
9. Commitment to the Athletic Training profession by:
 - Joining professional organizations
 - Contributing to the knowledge base of the profession
 - Conducting self in an appropriate manner
 - Delivering quality care
10. Responsible citizenship through:
 - Keeping commitments
 - Maintaining personal health and well-being
 - Participating in altruistic activities
 - Serving as an advocate for those less able
 - Contributing to the common good

The Athletic Training Education Program at the University of North Florida also endorses the Foundational Behaviors of Professional Practice set forth by the NATA Education Council in the Athletic Training Educational Competencies (4th ed). Students and graduates of the Program will demonstrate:

Primacy of the Patient

- Recognize sources of conflict of interest that can impact the patient's health
- Know and apply the commonly accepted standards for patient confidentiality
- Provide the best health care available for the patient
- Advocate for the needs of the patient

Teamed Approach to Practice

- Recognize the unique skills and abilities of other health care professionals
- Understand the scope of practice of other health care professionals
- Understand and execute duties within the identified scope of practice for athletic trainers
- Include the patient (and family, where appropriate) in the decision making process
- Demonstrate the ability to work with others in effecting positive patient outcomes

Legal Practice

- Practice athletic training in a legally competent manner
- Recognize the need to document compliance with the laws that govern athletic training
- Understand the consequences of violating the laws that govern athletic training

Ethical Practice

- Understand and comply with NATA's *Code of Ethics* and the BOC's *Standards of Practice*
- Understand the consequences of violating NATA's *Code of Ethics* and BOC's *Standards of Practice*
- Understand and comply with other codes of ethics, as applicable

Advancing Knowledge

- Critically examine the body of knowledge in athletic training and related fields
- Use evidence-based practice as a foundation for the delivery of care
- Understand the connection between continuing education and the improvement of athletic training practice
- Promote the value of research and scholarship in athletic training

- Disseminate new knowledge in athletic training to fellow athletic trainers, patients, other health care professionals, and others as necessary

Cultural Competence

- Understand the cultural differences of patients' attitudes and behaviors toward health care
- Demonstrate knowledge, attitudes, behaviors, and skills necessary to achieve optimal health outcomes for diverse patient populations
- Demonstrate knowledge, attitudes, behaviors, and skills necessary to work respectfully and effectively with diverse populations and in a diverse work environment

Professionalism

- Advocate for the profession
- Demonstrate honesty and integrity
- Exhibit compassion and empathy
- Demonstrate effective interpersonal communication skills

THE ADDITIONAL REQUIREMENTS FOR THE CLINICAL PROGRAM:

Additional Requirements for the Clinical Program include:

*(Must provide verification on first day of classes or **will not** be allowed to continue in the Program)*

- ❖ Students must have current certification in CPR/AED (Accepted Courses Include):
 - 1) CPR/AED for the Professional Rescuer – American Red Cross
 - 2) BLS for Healthcare Providers CPR/AED – American Heart Association
 - 3) CPR for Professionals – American Safety & Health Institute
 - 4) Professional Rescuer CPR – National Safety Council
 - 5) First Responder CPR/AED – American Academy of Orthopedic Surgeons
 - 6) Basic Life Support for Professionals – Medic First Aid
 - 7) ACLS – American Heart Association
 - 8) Healthcare Provider CPR/AED – Emergency Response Institute
- ❖ Students must have current certification in first-aid
- ❖ Students must meet the Program Technical Standards
- ❖ Students must have had at least the first shot of the hepatitis immunization series *(fulfilled by the end of the semester)*

Upon acceptance the following requirements must be fulfilled (with the assistance of the Program)

- ❖ Students must obtain an annual background check
- ❖ Students must have certification in Blood-Borne Pathogens
- ❖ Students must document membership in the NATA
- ❖ Students must document membership in the ATAF

SEQUENCE OF COURSES

Junior Year			Senior Year		
Fall			Fall		
PET 3603C	Intro Sports Medicine	3	PET 4634C	Ortho & Injury Assess II	3
PET 3620	Intro to Athletic Injuries	3	PET 3660	Athletic Training Admin	3
PET 3312C	Biomechanics	3	PET 4630C	Therapeutic Exercise	3
HSC 4612	Exercise Physiology for Hlth Sci	3	PET 4940	Clinical Prac in Athl Training I	3
PET 3621C	Orthopedic Taping and Bracing	3			
PET 3670	Athl Training Clinical Instr I	3			
Spring			Spring		
PET 4632C	Therapeutic Modalities	3	PET 4623	Rehab of Athletic Injuries	3
PET 3624C	Emer Mgmt of Athletic Trauma	3	PET 4933	Seminar in Athletic Training	3
HUN 4414	Sports Nutrition	3	PET 4947C	Clinical Prac in Athl Training II	3
PET 3321	Gross Anatomy for Athl Trainers	3	PET 4625	Research Sports Medicine	3
PET 3671	Athl Training Clinical Instr II	3			
			Completion of Core Classes		
Summer			Total Semester Hours		60
PET 4633C	Ortho & Injury Assess I	3			



Brooks College of Health
 1 UNF Drive
 Jacksonville, Florida 32224-2645
 Tel (904) 620-2812 Fax (904) 620-1770
 Web site: <http://www.unf.edu/brooks>

This fact sheet is intended to be a description of the degree requirements in effect for the 2009-2010 academic year. It should not be construed as an irrevocable contract between the student and the program, the Brooks College of Health, and/or the University of North Florida. The University of North Florida reserves the right to change any policies, academic programs, procedures or fees described in this fact sheet and to apply these changes to any or all of its students as required by the University, Board of Trustees, or Florida Legislative mandate. Questions about fact sheet information should be directed to the Advising Office, University of North Florida, Brooks College of Health at (904) 620-2812. The University of North Florida is Accredited by the Commission on Colleges of the Southern Association of Colleges and Schools to award the Baccalaureate, Master's, and Doctor of Education Degrees.