ATHLETIC TRAINING MAJOR (B.S.)

Athletic Training is practiced by Certified/Licensed Athletic Trainers; health care professionals who collaborate with physicians to optimize activity and participation of patients and clients. Athletic training encompasses the prevention, diagnosis, and intervention of emergency, acute, and chronic medical conditions involving impairment, functional limitations, and disabilities. Athletic Trainers have been recognized by the AMA (American Medical Association) as an allied health care profession since 1990 (www.nata.org, 2010).

Entry-level athletic training education uses a competency-based approach in both the classroom and clinical settings. Using a medical-based education model, athletic training students (ATS) are educated to provide comprehensive preventive services and care in six domains of clinical practice: injury/illness prevention and wellness protection; clinical evaluation and diagnosis; immediate and emergency care; treatment and rehabilitation; and, organizational and professional health and well-being. The Commission on Accreditation of Athletic Training (CAATE) determines the educational requirements for Athletic Training Programs (ATP). These requirements include cognitive (knowledge) and psychomotor (skill) content in the following 8 content areas:

1. evidence-based practice,
2. prevention and health promotion,
3. clinical examination and diagnosis,
4. acute care of injury and illness,
5. therapeutic interventions,
6. psychosocial strategies and referral,
7. healthcare administration,
8. professional development and responsibility.

Athletic training programs, academic majors, are accredited by CAATE and lead to a bachelor’s or master’s degree. Certification is granted by the Board of Certification, Inc. (BOC). The BOC conducts annual examinations to certify entry-level athletic trainers. The BOC also establishes and regularly reviews both the standards for the practice of athletic training and the continuing education requirements for BOC Certified/Licensed athletic trainers. The Bachelor of Science degree program in Athletic Training at Liberty University is nationally accredited through an independent process by CAATE.

The ATP at Liberty University is designed to produce athletic training professionals who will impact the world of sports and health with the highest standards of knowledge, skill, and compassion. This program of study provides a thorough investigation into the profession of Athletic Training, using rigorous academic instruction in the classroom and intense hands-on clinical study working with area colleges and universities, high schools, and other affiliated sites.

Program Learning Outcomes

The student will be able to:

1. Demonstrate assessment procedures for overall wellness including injury prevention techniques.
2. Evaluate pathologies through the use of evidence-based assessment techniques.
3. Demonstrate how to provide care during acute and emergency situations.
4. Implement evidence-based therapeutic treatments and rehabilitation protocols for various pathologies.
5. Demonstrate the components of healthcare administration while having the knowledge of maintaining professional health and well-being.
6. Demonstrate mastery of the knowledge and skills necessary to effectively perform as an entry-level Certified Athletic Trainer as defined by the program's accrediting body.
7. Integrate the biblical worldview into all aspects of practicing athletic training.

Program Policies And Degree Requirements/Application Procedures

A student interested in earning a Bachelor’s of Science Degree in Athletic Training at Liberty University must meet the requirements of the Athletic Training Program. The Athletic Training Program’s requirements include meeting the university admissions criteria as well as the additional standards associated with preparing competent athletic trainers for clinical practice. These additional standards are developed by the Athletic Training Program at Liberty University. Acceptance to Liberty University and declaring Athletic Training as one’s major is the way in which a student begins the process. However this first step is not synonymous with admission into the Athletic Training Program. Each athletic training candidate is to follow the steps associated with the process and meet the criteria established by the program.

The Athletic Training Program has a two stage (Initial & Full) application process. Each candidate will complete the initial application stage at the end of their freshman year or during the first year at Liberty University for transfer students.

Initial Application Process

In addition to completing ATTR 200 Introduction to Athletic Training (3 c.h.), students must meet the following criteria and provide the following information:

1. Candidates must be in good academic standing with the University and have a minimum cumulative GPA of 2.50 on a 4.0 scale.
2. Complete of initial application
3. All previous collegiate official transcripts must be available to the Athletic Training Program Admissions Committee.
4. Medical history form signed by a physician. The form shall include an endorsement by the physician that states the student is physically able to meet the requirements of the program (See Technical Standards). Meet the Technical Standards Policy for admission into the program.
   a. Copy of vaccination records, which must include: Rubella, Tetanus, Mumps, Polio, Chicken Pox and HBV vaccination.
   b. Due by April 1 to the Athletic Training Program Director
   • Initial acceptance will only occur after final grades have been confirmed by the registrar’s office.

Students will be notified of their initial acceptance status by June 1 via a letter that will be sent out to the student’s Liberty University E-Mail. Initial acceptance into Liberty University’s Athletic Training Program signifies that students are allowed to continue to take the following athletic training courses:

1. ATTR 200 Introduction to Athletic Training (3 c.h.)
### Full Application/Requirements

Students will apply for full acceptance into Liberty University's Athletic Training Program during the semester (Fall) following initial acceptance. The application deadline for full application submission is November 15, students must meet and submit the following criteria and provide the following information to the Athletic Training Program to be considered for acceptance:

1. Anticipated final grade for each of the following courses:

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>ATTR 225</td>
<td>Clinical Kinesiology for Health Professionals</td>
<td>2</td>
</tr>
<tr>
<td>ATTR 226</td>
<td>Clinical Kinesiology for Health Professionals Laboratory</td>
<td>1</td>
</tr>
<tr>
<td>ATTR 305</td>
<td>Emergency Care for Athletic Training</td>
<td>3</td>
</tr>
<tr>
<td>ATTR 306</td>
<td>Emergency Care for Athletic Training Laboratory</td>
<td>1</td>
</tr>
<tr>
<td>HLLT 216</td>
<td>Personal Health</td>
<td>3</td>
</tr>
<tr>
<td>BIOL 213/214</td>
<td>Human Anatomy and Physiology I</td>
<td>3</td>
</tr>
</tbody>
</table>

   a. Students will have to obtain their professor's signature to confirm the anticipated final grade
   b. Full acceptance will only occur after final grades have been confirmed by the registrar's office

2. Cumulative GPA of 2.75 or higher
3. Provide evidence of First Aid certification (certification must remain current while in ATP)
4. Provide evidence of professional rescuer CPR certification (certification must remain current while in ATP)
5. Completed background check through Liberty University approved background check
6. Complete an Essay titled “Why I want be in athletic trainer”
7. Three letters of recommendation (1 from each: non-Athletic Training professor/instructor, pastoral, professional)
8. Provide verification of clinical observation hours
9. Provide verification of the students ability to meet technical standards
10. Provide verification of Universal Precautions Training (annual requirement)
11. Read & sign the confidentiality statement (annual requirement)
12. Read & sign the Athletic Training Policy & Procedure Manuals (annual requirement)

Students will be notified of their initial acceptance status by January 1 via a letter that will be sent out to the student’s Liberty University E-Mail. Full acceptance into Liberty University’s Athletic Training Program signifies that students are allowed to continue to take the following athletic training courses:

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>ATTR 221</td>
<td>Clinical Education I</td>
<td>2</td>
</tr>
<tr>
<td>ATTR 300</td>
<td>Lower Extremity Injury Evaluation</td>
<td>3</td>
</tr>
</tbody>
</table>

### Transfer Students

Students transferring to Liberty University who are interested in entering the ATP must contact the Program Director by August 1. Due to the unique characteristics and background of each individual, a transfer student will be evaluated on an individual basis to determine his/her suitability for the program as well as an appropriate entry level. This evaluation will be made only after the Program Director has received the following:

1. Candidates must be in good academic standing with previous university as well as Liberty University and have a minimum cumulative GPA of 2.50 on a 4.0 scale.
2. Completion of provisional application
3. Copy of all official transcripts from prior academic institutions
4. Medical history form signed by a physician. The form shall include an endorsement by the physician that states the student is physically able to meet the requirements of the program (See Technical Standards).
   - Copy of current vaccination records, including: Rubella, Tetanus, Mumps, Polio, Chicken Pox and HBV vaccination.
5. Meet the Technical Standards Policy for admission into the program.

The above documents and materials must be submitted to Liberty University's AT Program Director by August 1 to be assured an opportunity to be provisionally accepted.

It is highly likely that the competencies covered in the transferring courses may differ from those covered in LU's courses. However, if a transfer student feels certain competencies have been completed, the student must provide the Program Director written documentation from his/her former school's Program Director. This documentation must include a weekly log of hours, a list of completed clinical experiences, competencies, and a statement signed by the Program Director verifying satisfactory completion of the competencies in question. All competencies must meet the standards set forth by CAATE. Any request for course credit transfer must be made to the Program Director.

Once a student has been granted entry into the athletic training program, a student is to maintain his/her status by consistently meeting the following criteria:

1. Earn a ‘C’ or higher in all athletic training courses.
2. Maintain satisfactory citizenship and ethical behavior.
3. Maintain a cumulative 2.75 GPA
4. Remain current with CSER requirement

### Program Retention Standards

Once admitted to the program, the student must demonstrate and maintain satisfactory academic and clinical progress as defined below:

- Overall GPA: Athletic training students will maintain a minimum cumulative GPA of 2.75. Students falling below a 2.75 GPA will be
Program of Study

Delivery Format: Residential Only

- Athletic Training (B.S.) - Resident

Career Opportunities

- Emergent Care
- Examination and Clinical Diagnosis
- Rehabilitation of Injuries and Medical Conditions

Courses

ATTR 200 Introduction to Athletic Training 3 Credit Hour(s)
An introduction to the profession of athletic training. Topics also include basic methods of care, treatment, and rehabilitation of athletic injuries.
Offered: Resident

ATTR 205 Musculoskeletal Terminology and Clinical Documentation 2 Credit Hour(s)
Foundations of scientific and medical vocabulary with specific discussion of anatomical, musculoskeletal and differential diagnostic terminology associated with the Allied Health Fields. Significant time will be devoted to the understanding of the proper application of scientific and medical vocabulary as it relates to the Allied medical practice of formal written and electronic documentation (SOAP Notes) for proper medical referral and reimbursement.
Offered: Resident

ATTR 210 Principles of Athletic Training 3 Credit Hour(s)
Introduction of Basic Athletic Training. Topics include: pre-participation exam; modalities; and prevention. Laboratory experiences are provided.
Offered: Resident

ATTR 211 Principles of Athletic Training Lab 1 Credit Hour(s)
Prerequisite: ATTR 210 (may be taken concurrently)
This class is in directed support of ATTR 210 and is designed to clinical application of preventative and treatment techniques associated with athletic training.
Offered: Resident

ATTR 221 Clinical Education I 2 Credit Hour(s)
Prerequisite: ATTR 200 and BIOL 213 and BIOL 214
Didactic and psychomotor skill instruction of competencies in Athletic Training. Emphasis will be placed on the application of extremity taping/wrapping and emergency care of athletic injuries through clinical scenarios. Will include a clinical education rotation.
Offered: Resident

ATTR 225 Clinical Kinesiology for Health Professionals 2 Credit Hour(s)
Prerequisite: BIOL 213 (may be taken concurrently) and BIOL 214 (may be taken concurrently)
Students will gain knowledge of clinical musculoskeletal human anatomy through a variety of Instructional techniques. The focus of the course will be on learning: bony landmarks, muscle origins and insertions, how to assess each muscle, & how to assess range of motion.
Registration Restrictions: For ATEP provisionally accepted students
Offered: Resident

ATTR 226 Clinical Kinesiology for Health Professionals Laboratory 1 Credit Hour(s)
Students will apply knowledge of clinical musculoskeletal human anatomy through a variety of hands on activities. The focus of the course will be to practice identifying bony landmarks and muscle origins and insertions along with demonstrating how to perform manual muscle testing & how to assess range of motion.
Registration Restrictions: For ATEP provisionally accepted students only
Offered: Resident
ATTR 299 Internship 0 Credit Hour(s)
Direct applicable work experience under the supervision of the Athletic Training Faculty Intern Advisor. Application processed through the Career Center. Must apply semester prior to internship.
Registration Restrictions: Sophomore status, 2.00 GPA, two courses in major; declared major, not more than one CSER behind
Offered: Resident

ATTR 300 Lower Extremity Injury Evaluation 3 Credit Hour(s)
Prerequisite: ATTR 200 and BIOL 213 and BIOL 214
Methods of evaluation of athletic injuries are investigated, including history, inspection, palpation, and orthopedic and neurologic testing with focus on the lumbar area and lower extremities.
Offered: Resident

ATTR 301 Lower Extremity Injury Evaluation Laboratory 1 Credit Hour(s)
Prerequisite: ATTR 300
The methods of evaluation including history, inspection, palpation, and orthopedic and neurological testing of athletic injuries will be practiced in a hands-on laboratory environment. This laboratory experience will focus on lower extremity injuries.
Offered: Resident

ATTR 302 Upper Extremity Injury Evaluation 3 Credit Hour(s)
Prerequisite: ATTR 300
Methods of evaluating injuries to the physically active are investigated including history, inspection, palpation, and orthopedic and neurological testing. Focus includes evaluation of injuries to the upper extremity, head, neck and torso. Other topics include management of crisis situations and facial injuries related to athletic participation.
Offered: Resident

ATTR 303 Upper Extremity Injury Evaluation Laboratory 1 Credit Hour(s)
Prerequisite: ATTR 200 and ATTR 300 and ATTR 301 and BIOL 213 and BIOL 214
The methods of evaluation including history, inspection, palpation, and orthopedic and neurological testing of athletic injuries will be practiced in a hands-on laboratory environment. This laboratory experience will focus on upper extremity injuries.
Offered: Resident

ATTR 305 Emergency Care for Athletic Training 3 Credit Hour(s)
Prerequisite: ATTR 200 (may be taken concurrently) and ATTR 210 (may be taken concurrently) and BIOL 213 (may be taken concurrently) and BIOL 214 (may be taken concurrently)
Advanced level of first aid and CPR training for individuals who have a job-related ‘duty to respond.’ This course includes such topics as: CPR use of the resuscitation mask bag-valve mask and Automated External Defibrillator; anatomy; patient assessment; shock; bleeding; burns; oxygen and airway care; spine board use; and other medical emergencies.
Registration Restrictions: For ATEP provisionally-accepted students only
Offered: Resident

ATTR 306 Emergency Care for Athletic Training Laboratory 1 Credit Hour(s)
Prerequisite: ATTR 200 (may be taken concurrently) and ATTR 210 (may be taken concurrently) and BIOL 213 (may be taken concurrently) and BIOL 214 (may be taken concurrently)
This lab course provides students with the application of advanced level first aid and CPR training for individuals who have a job-related ‘duty to respond.’ This course is designed for students to gain proficiency in first aid skills as it relates to such topics as: CPR use of the resuscitation mask bag-valve mask and Automated External Defibrillator; anatomy; patient assessment; shock; bleeding; burns; oxygen and airway care; spine board use; and other medical emergencies discussed in ATTR 305.
Offered: Resident

ATTR 310 Therapeutic Modalities in Athletic Training 3 Credit Hour(s)
Prerequisite: ATTR 305 and ATTR 306
A study of theories and principles of uses of different modalities to enhance the healing of injuries. Lab experiences included.
Offered: Resident

ATTR 311 Therapeutic Modalities Laboratory 1 Credit Hour(s)
Prerequisite: ATTR 305 and ATTR 306
This class presents the practical application of therapeutic modalities to enhance the healing of injuries. Laboratory experiences will include the set-up, application and probable outcomes of the use of various therapeutic modalities commonly used in athletic training.
Offered: Resident

ATTR 320 Clinical Education II 2 Credit Hour(s)
Prerequisite: ATTR 221
Didactic and psychomotor skill instruction of competencies in Athletic Training. Emphasis will be placed on the application of lower extremity injury and illness evaluation of athletic injuries and therapeutic modalities through clinical scenarios. Will include a clinical education rotation.
Offered: Resident

ATTR 321 Clinical Education III 2 Credit Hour(s)
Prerequisite: ATTR 320
Didactic and psychomotor skill instruction of competencies in Athletic Training. Emphasis will be placed on the application of upper extremity injury and illness evaluation of athletic injuries through clinical scenarios. Will include a clinical education rotation.
Offered: Resident

ATTR 325 Evidence Based Research in Athletic Training 2 Credit Hour(s)
Prerequisite: ATTR 225 and ATTR 226 and ATTR 305 and ATTR 306 and (RSCH 201 or Inquiry Research with a score of 80 or Research with a score of 80 or Research (prior to 2017-2018) with a score of 80)
This class introduces the research process in athletic training with an emphasis on evidence-based medicine. Students will learn to evaluate the quality of available research evidence and interpret statistical data and relevance. Scientific writing experience will be gained in the form of research proposals, literature reviews, case studies and critical appraisals.
Offered: Resident
ATTR 330 Clinical Musculoskeletal Anatomy 3 Credit Hour(s)
Prerequisite: BIOL 213 and BIOL 214 and BIOL 215 and BIOL 216
Students will gain and apply knowledge of clinical musculoskeletal
human anatomy and function through a variety of Instructional
Techniques/Methods. The focus of this course will be on learning:
Identification of musculoskeletal anatomical landmarks, muscle origins
and insertions, nerve innervations, how to assess each muscle’s range
of motion (Active ROM-AROM) and joint range of motion (Passive ROM-
PROM).
Offered: Resident

ATTR 331 Clinical Musculoskeletal Anatomy Lab 1 Credit Hour(s)
Prerequisite: BIOL 213 and BIOL 214 and BIOL 215 and BIOL 216 and
ATTR 330 (may be taken concurrently)
Students will apply knowledge of clinical musculoskeletal human
anatomy and function through a variety of hands on Laboratory activities.
The focus of this course will be to practice identifying and palpation of
musculoskeletal anatomical landmarks, muscle origins and insertions,
nerve innervations, how to assess each muscle’s range of motion (Active
ROM-AROM) and joint range of motion (Passive ROM-PROM).
Offered: Resident

ATTR 335 Musculoskeletal Injury Assessment 3 Credit Hour(s)
Prerequisite: ATTR 330 and ATTR 331 and ATTR 336 (may be taken
concurrently)
This course will provide students with the foundational knowledge
required to perform a musculoskeletal injury evaluation. The principles
taught in this course will include the following: 1) how to assess
the history of an injury, 2) how to perform the observation portion of
an evaluation, 3) how to utilize palpation when performing an injury
evaluation, 4) how to perform resistive range of motion and manual
muscle testing.
Offered: Resident

ATTR 336 Musculoskeletal Injury Assessment Laboratory 1 Credit
Hour(s)
Prerequisite: ATTR 330 and ATTR 331 and ATTR 335 (may be taken
concurrently)
This course will provide students with the opportunity to practice the
‘hands-on’ skills that are required to perform a musculoskeletal injury
evaluation in a laboratory setting. The principles taught in this course
will include the following: 1) how to assess the history of an injury, 2)
how to perform the observation portion of an evaluation, 3) how to
utilize palpation when performing an injury evaluation, 4) how to
perform resistive range of motion and muscle testing.
Offered: Resident

ATTR 400 Principles of Therapeutic Exercise and Rehabilitation 3
Credit Hour(s)
Prerequisite: ATTR 310 and ATTR 311 and BIOL 213 and BIOL 214 and
BIOL 215 and BIOL 216
In-depth study of theories and principles used to rehabilitate injuries
to the physically active, as well as physiological and psychological factors
affecting the rehabilitation function.
Offered: Resident

ATTR 402 Practical Applications in Therapeutic Exercise and
Rehabilitation 3 Credit Hour(s)
Prerequisite: ATTR 400 and BIOL 213 and BIOL 214 and BIOL 215 and
BIOL 216
Lecture and laboratory experiences will include the application,
instruction, progression and probable outcomes of the use of therapeutic
exercises and rehabilitation techniques commonly used in athletic
training.
Offered: Resident

ATTR 404 Medical Aspects of Athletic Training 3 Credit Hour(s)
Prerequisite: ATTR 300 and ATTR 400 (may be taken concurrently)
Recognition and treatment of general medical conditions and disabilities
of athletes and others involved in physical activity. Application of
pharmacological principles in the treatment of illness, injury, and disease
for an athletic population. Includes lecture and laboratory experiences.
Offered: Resident

ATTR 405 Applied Pharmacology in Athletic Training 2 Credit Hour(s)
Prerequisite: ATTR 404
Basic principles of pharmacology, including receptor mechanisms,
drug distribution and metabolism, and pharmacokinetics. Lectures and
tutorials on the interactions of drugs and biological systems as a basis
for rational disease therapy as it relates to the physically active patient.
Offered: Resident

ATTR 406 Theory of Therapeutic Rehabilitation 3 Credit Hour(s)
Prerequisite: ATTR 335 and ATTR 336
In-depth study of theories and principles used to rehabilitate injuries to
the physically active, as well as physiological and psychological factors
affecting the rehabilitation function.
Offered: Resident

ATTR 410 Administrative Aspects of Athletic Training 3 Credit Hour(s)
Prerequisite: ATTR 321 (may be taken concurrently) and ATTR 404
A study of the problems and considerations involved in the successful
management of an athletic training program. Areas discussed include:
budgeting; facility design; ordering and inventory; and legal liability.
Offered: Resident

ATTR 415 Leadership & Clinical Interactions in Athletic Training 3 Credit
Hour(s)
Prerequisite: ATTR 410
This course will be to provide students with leadership skills to prepare
them to interact with a wide variety patients across cultures. This course
will also help students learn how to utilize their Christian faith to guide
their ethical decision making process as it relates to clinical interactions
in the Athletic Training Profession.
Offered: Resident

ATTR 420 Clinical Education IV 2 Credit Hour(s)
Prerequisite: ATTR 321
Didactic and psychomotor skill instruction of competencies in Athletic
Training. Emphasis will be placed on the application of therapeutic
exercise and rehabilitation through clinical scenarios. Will include a
clinical education rotation.
Offered: Resident

ATTR 421 Clinical Education V 2 Credit Hour(s)
Prerequisite: ATTR 420
Didactic and psychomotor skill instruction of competencies in Athletic
Training. Emphasis will be placed on the application of athletic training
administration through clinical scenarios. Will include a clinical education
rotation.
Offered: Resident

ATTR 425 Allied Healthcare Evidence-based Research Analysis 3 Credit
Hour(s)
Prerequisite: MATH 201 and EXSC 320
Introduces the research process in allied healthcare with an emphasis on
evidence-based medicine. Students will learn to evaluate the quality of
available research evidence and interpret statistical data and relevance.
Scientific writing experience will be gained in the form of research
proposals, literature reviews, case studies, and critical appraisals.
Offered: Resident
ATTR 440  Senior Seminar in Athletic Training  2 Credit Hour(s)
Prerequisite: ATTR 402 and ATTR 404
A capstone course which will focus on reviewing the acquired knowledge
and experiences of the athletic training curriculum. Students will discuss
job search and interviewing skills, moral and ethical responsibility,
state licensure, continuing education, decision-making accountability
and conflict management. The NATA professional code of practice
and standards of practice will be reviewed. Preparation for the BOC
certification examination will be included.
Offered: Resident