



Athletic Training

Exercise Science, Health, and Recreation Programs

Athletic Training is offered as a major in the Exercise and Sport Science Department at UW-La Crosse, and leads to the Bachelor of Science degree in Athletic Training. The program prepares students for careers in athletic training and other areas related to sports medicine. Graduates are employed in a variety of settings, including high schools; colleges and universities; professional sport teams; sports medicine clinics; industry; and commercial or corporate health and fitness clubs.

The College of Science and Health and the Department of Exercise and Sport Science enjoy a long-standing national reputation for excellence. The athletic training program is part of that tradition of quality and is designed to continue to be a leader in the field.

The athletic training major is accredited by the Commission on Accreditation of Athletic Training Education (CAATE). Students who complete the program are prepared to take the national certification exam.

Undergraduate Program

Major:

- Athletic Training

Program Features

Students in the athletic training major complete both a strong theoretical foundation in the scientific disciplines related to exercise and human movement; health care; and an extensive clinical experience in athletic training settings. Courses include human anatomy, physiology, biomechanics, exercise physiology, assessment and treatment of injuries and illnesses; therapeutic modalities, pharmacology, rehabilitation, and program administration. Each student also completes an internship. The wide variety of sites available makes it possible to find an internship that meets the individual's goals.

The athletic training program has maintained a positive accreditation status since 1980 and has a national reputation for graduating quality students that have become leaders in various aspects of the athletic training profession. Students in the program regularly complete

undergraduate research projects and many publish their results in professional journals prior to graduation. Students are also active on the state, regional and national level, receiving their first professional service positions with various athletic training associations.

Other programs offered by the Exercise and Sport Science Department include physical education teaching, sport management, and fitness. Opportunities in related fields such as therapeutic recreation, recreation management, and school and community health education are available within the college as well.

Entrance Requirements

Entrance into the athletic training program is strictly limited to ensure program quality. Therefore, admission to the program is competitive and not all who apply will be accepted. Students who are interested in the athletic training major are encouraged to contact the program director well in advance of university admission to discuss the requirements for selection and retention.

Admission to the program involves a two-step process. First, students must be admitted to the observational year. Admission is limited. The second step is formal admission to the program. Each year, 10-15 of the students who have completed the observational year are accepted into the athletic training program. All requirements for

admission to the program and application/reference forms can be found on the program Web page: www.uwlax.edu/athletictraining under prospective students.

Students who are not admitted to the athletic training program may find other areas of interest in the College of Science and Health or elsewhere in the university.

Sample Courses

- Introduction to Sports Medicine
- Human Anatomy
- Human Physiology
- Biomechanics
- Exercise Physiology
- Musculo Skeletal Injury Assessment Techniques
- Rehabilitation Techniques
- Readings and Research in Athletic Training
- Clinical Pathology Pharmacology

Career Opportunities

Entry Level

- Athletic Trainer

Long Term Career Development

- Masters or Ph. D. degree programs in athletic training or sports medicine

- Graduate programs in allied health, such as physical therapy or physician's assistant; human performance, exercise physiology or biomechanics
- Medical school
- College or university instructor
- Sports medicine clinic/hospital administration

Occupational Outlook

Athletic trainers are employed in a variety of settings, including schools; colleges and universities; professional sports organizations; health and fitness clubs; and sports medicine clinics. They work closely with physicians and other allied health professionals to prevent, identify, and treat injuries and conditions related to sport and physical activity.

All program graduates in athletic training have passed the national exam. Over 90% pass on their first attempt. Graduates enjoy a nearly 100% placement rate. Some of those enter professional practices immediately, while others choose to enter graduate programs throughout the U.S.

Professional Associations

- National Athletic Trainers' Association
www.nata.org
- Board of Certification
www.bocatc.org
- Commission on Accreditation of Athletic Training Education
www.caatc.net

**Exercise & Sport Science
Department**
137 Mitchell Hall
(608) 785-8173
www.uwlax.edu/athletictraining/

