

# Athletic Training

## School of Health and Human Performance

### Mission Statement

The Mission of the Cedarville University Athletic Training Education Program (ATEP) is to advance the Kingdom of the Lord Jesus Christ by equipping godly men and women to be competent Certified Athletic Trainers for excellence in service to Christ in strategic fields of Christian ministry.

This is to be accomplished through an educational program that practices the skills associated with the prevention, management, and rehabilitation of injuries and illnesses associated with the physically active.

It is to be carried out in an environment of spiritual fellowship and relationships that emphasizes unreserved commitment to the worship of God, submission to the authority of the Scriptures, a life of personal holiness, the priority of the local church, and the mission of penetrating the world with the Truth.

Objectives of the Athletic Training Education Program:

- Provide an education that is current in content
- Develop clinicians who are professional in practice
- Encourage students to be spiritually sensitive
- Train students to demonstrate superior skill
- Develop students who are trained in technology
- Foster an excellent work ethic

The athletic training major prepares students for a career as a Certified Athletic Trainer (or ATC, which is the official credential awarded when students successfully pass all three portions of the certification exam administered by the NATA-BOC). Cedarville's athletic training program meets the requirements set forth by the National Athletic Trainers' Association (NATA) and the Commission of Accreditation of Allied Health Education Programs (CAAHEP).

### Personal Requirements

Athletic training requires a significant level of scientific and clinical preparation. Prospective athletic training students are encouraged to take college preparatory courses in high school, including biology, chemistry, physics, and advanced math. An ACT composite score of 24 (or SAT composite of 1100) or greater is highly recommended.

Typically, the student who is interested in athletic training as a potential career has a history of being involved in athletics personally and may even wish to pursue participating in athletics at the collegiate level. Students need to be aware that the Cedarville University Athletic Training Education Program depends on the varsity athletics program at CU to provide the primary "laboratory" experiences for the clinical education component of the program. Therefore, attempting to participate in varsity athletics while simultaneously pursuing the athletic training major may prove to be a significant conflict of interest.

Students are, however, expected to model appropriate stewardship of their physical bodies by being involved in a consistent program of regular exercise and activity. A semi-annual 1½ mile run is used to evaluate the status of the student's fitness.



*The athletic training major prepares students for careers as Certified Athletic Trainers with an emphasis on using athletic training as an opportunity for ministry in a variety of settings.*

## Department Requirements

### Admission and Retention

Athletic training clinical education is a labor-intensive product to deliver. Because there is a finite number of quality sports medicine opportunities available on campus, the ATEP limits each academic class to no more than 10 students each (i.e. 10 seniors, 10 juniors, and 10 sophomores). There is currently no limit to how many freshmen may declare athletic training as their major, but if more than 10 students desire to continue as athletic training majors beyond the freshman year, the competitive admission process is enforced. Transfer students are considered on an individual basis but are only eligible to be admitted directly into the ATEP if: 1) there is space available in their graduating class and 2) they have met all the admission criteria. Anyone thinking about transferring to Cedarville for the purpose of being an athletic training major should contact the program director as early in the process as possible. Admission criteria include:

1. Cumulative grade point average of 2.5 or better.
2. Completion of college-level biology and chemistry courses with a grade of "C-" or better
3. Completion of college-level first aid and basic athletic training courses with a grade of "B-" or better
4. Completion of at least 150 clinical hours in the Cedarville University Athletic Training Facility
5. Satisfactory physical exam.
6. Hepatitis B vaccine or signed declination.
7. Signed acceptance of technical standards, available at [www.cedarville.edu/athletictraining](http://www.cedarville.edu/athletictraining).
8. Current certification in cardiopulmonary resuscitation (CPR) including AED.

Retention criteria include:

1. Earning a grade of "C-" or better in all athletic training courses
2. Maintaining a cumulative grade point average of 2.25
3. Maintaining current CPR certification
4. Successful completion of clinical proficiencies established for each term
5. Positive recommendation by the faculty/clinical instructors of the ATEP

Graduation requirements include:

1. Earning a grade of "C-" or better in all athletic training courses
2. Member of the NATA
3. Successful completion of all clinical proficiencies
4. Applying for the NATA-BOC certification exam
5. Meeting university requirements for graduation

Students are encouraged to combine the athletic training major with another program of study depending upon their career objectives. Possible options include a business minor for those planning to be employed in the sports medicine clinic setting or a teaching certificate for those planning to be employed in the high school setting, and exercise science or biology electives for those pursuing graduate education or employment in higher education. Students need to be aware that preparing to be a marketable athletic trainer may require more than the traditional four years of college.

## Faculty

**Robert Duchardt**, Assistant Professor of Athletic Training. Certified athletic trainer (BOC). *Education:* B.S., Taylor University, 1965; M.S., Union College, 1973; graduate study, West Chester State College, 1977. At Cedarville since 1989.

**Evan Hellwig**, Associate Professor of Athletic Training. Certified athletic trainer (BOC); licensed physical therapist. *Education:* B.S., Mankato State University, 1984; Physical Therapy Certificate, University of Iowa School of Medicine, 1986; Ph.D., University of Virginia, 1992. At Cedarville 1986-89, 1992 to present.

**Christopher Cross**, Assistant Professor of Athletic Training. Head athletic trainer (BOC). *Education:* B.S., Alderson-Broadbent; M.S., West Virginia University. At Cedarville since 2004.



*The Cedarville Athletic Training program practices the skills associated with the prevention, recognition, management, and rehabilitation of injuries and illnesses that are associated with the physically active.*

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### Clinical Requirements

The clinical experience is an integral part of the ATEP. Accreditation standards require that the clinical education component of the curriculum be at least two full years in duration. Athletic training majors need to be routinely available during typical varsity practice and game times in order to fulfill the clinical education requirements. Freshmen will need to accumulate at least 150 hours in order to be eligible for admission into the ATEP. Sophomores will be scheduled to work (approximately 8-10 hours per week) with every team each semester on a rotation basis to expose them to all aspects of collegiate athletic training services. The junior and senior years are devoted to completing extensive clinical assignments, including assisting a certified athletic trainer with a lower extremity sport, an upper extremity sport, an equipment intensive sport (football), and a general medical clinical education rotation. Upperclassmen can anticipate working 12-18 hours per week. Therefore, students majoring in athletic training are not encouraged to participate in intercollegiate athletics.

Course Requirements involve 67.5 semester hours including:

ATRN-1550 Basic Athletic Training .....	5
ATRN-2560 Lower Body Injury Management .....	5
ATRN-2570 Upper Body Injury Management .....	5
ATRN-2650 Therapeutic Exercise for Athletic Injuries .....	2
ATRN-2900 Sports Medicine Clinic .....	0
ATRN-3550 Organization and Administration in Athletic Training .....	2
ATRN-3660 Modalities in Athletic Training .....	3
ATRN-3920 Supervised Experience in Athletic Training—Upper Body .....	2
ATRN-3930 Supervised Experience in Athletic Training—Lower Body .....	2
ATRN-4560 Medical Aspects of Athletic Training .....	2
ATRN-4610 Issues in Athletic Training .....	1
ATRN-4910 Supervised Experience in Athletic Training—ATF .....	2
ATRN-4940 Supervised Experience in Athletic Training—Football .....	2
BIO-1000 Principles of Biology .....	3.5
BIO-2010 Human Anatomy and Physiology .....	4
CHEM-1000 Principles of Chemistry .....	5
ESS-1400 First Aid and Safety Education .....	2
ESS-3800 Sport Psychology .....	2
ESS-3900 Physiology of Exercise .....	3
ESS-3920 Biomechanics .....	2
*ESS-4600 Research in Athletic Training and Exercise Science .....	2
MAHE-1000 Introduction to the Health Profession .....	1
MAHE-3030 Nutrition for Health and Weight Control .....	2
MAHE-3100 Drug Education .....	3
MAHE-3500 Community Health Concepts .....	2
PYCH-1600 General Psychology .....	3

\*Capstone Course

### Athletic Training Major Curriculum Summary

Proficiency Requirements .....	0-5
General Education Requirements .....	42-50
Athletic Training Major Requirements .....	67.5
Electives .....	11-19
<b>Total (minimum, not including proficiency) .....</b>	<b>128.5</b>

A complete description of the General Education Requirements is found on page 18

### Suggested Four-Year Curriculum for a Major in Athletic Training

#### First year:

ATRN-1550 Basic Athletic Training .....	5
BEGE-1710 Christian Life and Thought .....	3
BEGE-1720 Spiritual Formation .....	3
BIO-1000 Principles of Biology .....	3.5
CHEM-1000 Principles of Chemistry .....	5
ENG-1400 Composition .....	3
ESS-1400 First Aid and Safety Education .....	2
GMTH-1020 College Algebra .....	3
MAHE-1000 Introduction to the Health Profession .....	1
PEF-1990 Physical Activity and the Christian Life .....	1
PYCH-1600 General Psychology .....	3
<b>Total .....</b>	<b>32.5</b>

#### Summer:

ATRN-2900 Sports Medicine Clinic .....	0
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#### Second year:

ATRN-2560 Lower Body Injury Management .....	5
ATRN-2570 Upper Body Injury Management .....	5
ATRN-2650 Therapeutic Exercise for Athletic Injuries .....	2
BEGE-2730 Old Testament Literature .....	3
BIO-2010 Human Anatomy and Physiology .....	4
COM-1100 Fundamentals of Speech .....	3
ESS-3900 Physiology of Exercise .....	3
GSS-1100 Politics and American Culture .....	3
Physical Education Activity Elective .....	1
Electives .....	3
<b>Total .....</b>	<b>32</b>

#### Third year:

ATRN-3550 Organization and Administration in Athletic Training .....	2
ATRN-3660 Modalities in Athletic Training .....	3
ATRN-3920 Supervised Experience in Athletic Training—Upper Body .....	2
ATRN-3930 Supervised Experience in Athletic Training—Lower Body .....	2
BEGE-2740 New Testament Literature .....	3
ESS-4600 Research in Athletic Training and Exercise Science .....	2
HUM-1400 Introduction to the Humanities .....	3
MAHE-3030 Nutrition for Health and Weight Control .....	2
MAHE-3100 Drug Education .....	3
MAHE-3500 Community Health Concepts .....	2
Literature Elective .....	3
Electives .....	5
<b>Total .....</b>	<b>32</b>

#### Fourth year:

ATRN-4560 Medical Aspects of Athletic Training .....	2
ATRN-4610 Issues in Athletic Training .....	1
ATRN-4910 Supervised Experience in Athletic Training—ATF .....	2
ATRN-4940 Supervised Experience in Athletic Training—Football .....	2
BEGE-3750 Christian Worldview Development .....	2
BEGE-3760 Christian Worldview Integration .....	2
ESS-3800 Sport Psychology .....	2
ESS-3920 Biomechanics .....	2
History Elective .....	3
Humanities/Global Awareness Elective .....	3
Electives .....	11
<b>Total .....</b>	<b>32</b>

### Athletic Training

**ATRN-1550 Basic Athletic Training–Sp 5 hours**

An overview of the allied health profession known as athletic training. This course focuses on prevention, management, and rehabilitation of sport-related injuries. Relevant topics include physical conditioning, evaluation, injury cycle, and superficial modalities. (Fee: \$50)

**ATRN-2560 Lower Body Injury Management–Fa 5 hours**

Comprehensive evaluation, management, and initial rehabilitation of athletic injuries involving the lower portion of the human body. *Prerequisites:* ATRN-1550 Basic Athletic Training; BIO-2010 Human Anatomy and Physiology. (Fee: \$35)

**ATRN-2570 Upper Body Injury Management–Sp 5 hours**

Comprehensive evaluation, management, and initial rehabilitation of athletic injuries involving the upper portion of the human body. *Prerequisites:* ATRN-1550 Basic Athletic Training; BIO-2010 Human Anatomy and Physiology. (Fee: \$35)

**ATRN-2650 Therapeutic Exercise for Athletic Injuries–Sp 2 hours**

Management of athletic injuries from the subacute phase through return to participation. Based on principles of biomechanics with emphasis on strength, flexibility, proprioception, endurance, and agility.

**ATRN-2900 Sports Medicine Clinic–Fa,Sp 0 hours**

Designed to expose the student to the sports medicine clinic. Students will spend a minimum of 25 hours in an appropriate sports medicine clinic to view first hand the role of the certified athletic trainer in this employment setting. *Prerequisites:* ATRN-1550 Basic Athletic Training; permission from the director of athletic training. Credit/no credit.

**ATRN-3550 Organization and Administration in Athletic Training–Fa 2 hours**

Management of the athletic training program and facility at all levels of sport. Topics include budgets, policies, design, record-keeping, and legal aspects of athletic training.

**ATRN-3660 Modalities in Athletic Training–Fa 3 hours**

An overview of the modalities used in athletic training including thermal agents, electrical agents, and mechanical modalities. *Prerequisite:* ATRN-1550 Basic Athletic Training or permission of the instructor. (Fee: \$35)

**ATRN-3920 Supervised Experience in Athletic Training–Upper Body–Sp 2 hours**

A practicum course that allows the student to demonstrate mastery of clinical proficiency by applying course content to the actual practice of athletic training. Students will be assigned to an approved clinical instructor and assist the athletic training staff in providing services. *Prerequisites:* ATRN-2560 Lower Body Injury Management; ATRN-2570 Upper Body Injury Management.

**ATRN-3930 Supervised Experience in Athletic Training–Lower Body–Fa 2 hours**

A practicum course that allows the student to demonstrate mastery of clinical proficiency by applying course content to the actual practice of athletic training. Students will be assigned to an approved clinical instructor and assist the athletic training staff in providing services. *Prerequisites:* ATRN-2560 Lower Body Injury Management; ATRN-2570 Upper Body Injury Management.

**ATRN-4560 Medical Aspects of Athletic Training–Fa 2 hours**

Focuses on medical issues related to athletic training, including but not limited to conditions of the cardiovascular, respiratory, digestive, and urinary systems.

**ATRN-4610 Issues in Athletic Training–Sp 1 hour**

A study of the current significant issues in athletic training with an emphasis on legal/ethical issues and professional development.

**ATRN-4850 Independent Study in Athletic Training–Fa,Sp 1-3 hours**

An independent study in athletic training by students pursuing the athletic training major. *Departmental approval is required.*

**ATRN-4910 Supervised Experience in Athletic Training–Athletic Training Facilities–Sp 2 hours**

A practicum course that allows the student to demonstrate mastery of clinical proficiency by applying course content to the actual practice of athletic training. Students will be assigned to an approved clinical instructor and assist the athletic training staff in providing services. *Prerequisites:* ATRN-3920 Supervised Experience in Athletic Training–Upper Body; ATRN-3930 Supervised Experience in Athletic Training–Lower Body

**ATRN-4940 Supervised Experience in Athletic Training–Football–Fa 2 hours**

Students will spend at least 200 hours working with a certified athletic trainer during preseason and regular season football. Assignment may be at the collegiate or high school level. Students are responsible for their own transportation. Assignments begin in early to mid-August. Students will also meet on campus weekly to demonstrate mastery of clinical proficiencies associated with equipment intensive sports and collision trauma. *Prerequisites:* ATRN-3920 SEAT-Upper Body; ATRN-3930 SEAT-Lower Body. (Fee: \$35)



Students gain experience by applying their athletic training knowledge to real-life injury.