

Winona State University Athletic Training Program

The Athletic Training has transitioned from a nationally accredited undergraduate program by the Commission on Accreditation of Athletic Training Education (CAATE) to an entry level Master of Science in Athletic Training (MSAT) program. Students interested in this professional program have two admission opportunities: 1) a 3+2 option, or 2) a 2-year graduate program following completion of a baccalaureate program.

1. **3+2 Program:** Students would enroll at WSU with the intention to graduate with a MSAT degree in five years. The program is designed to provide students with all the necessary pre-requisite courses and degree requirements for admission into the professional phase of the program (graduate courses/clinical immersion). Following the completion of the 4th year students will be conferred an undergraduate Bachelor of Science (BS) degree in Exercise and Rehabilitative Sciences: Movement Science. At the completion of the professional program, students will be awarded a Master of Science in Athletic Training (MSAT) degree.

The 3+2 program is intended for students entering WSU as freshman or students who transfer/change majors early in their undergraduate education. Students that change majors or transfer to WSU are not guaranteed admission into the MSAT program. Student should be aware that it may take additional time to complete all undergraduate and graduate requirements.

2. **Two Year MSAT Program:** This entry route is for students who have completed a bachelor's degree and have met the admission requirements for the professional phase of the MSAT program.

Students interested in the graduate Athletic Training program must apply to the program, participate in a competitive selection process, and adhere to published retention guidelines. Once admitted to the professional phase of the program students will complete the academic curriculum and required clinical education experiences in a variety of athletic training settings. Students who complete the clinical education and academic requirements for the MSAT program are eligible for national certification through the Board of Certification (BOC).

Career Opportunities

Winona State University has a long-standing tradition of graduates who become certified athletic trainers and make positive contributions to the allied health profession of athletic training. While some WSU graduates have secured positions with professional, semi-professional, and Olympic teams, others have obtained positions as university head athletic trainers, clinic directors, physician clinics, industrial/corporate athletic trainers, military athletic trainers and high school athletic trainers.

Program Requirements

GRADUATE PROGRAM OF STUDY Entry Level Athletic Training Master's Program (51 cr.)

YEAR ONE

SUMMER (6 cr.)

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| • HERS 570* | Principles of Athletic Training | 3 |
| • HERS 571* | Clinical Examination and Diagnosis I | 3 |

FALL (11 cr.)

- HERS 572* Clinical Examination and Diagnosis II 3
- HERS 573 Therapeutic Modalities 3
- HERS 590 Athletic Training Clinical Experience I 2
- HERS 560* Nutrition for the Physically Active 3

SPRING (12 cr.)

- HERS 681 Physical Rehabilitation 3
- HERS 685 Evidence Based Practice & Research Design 3
- HERS 591 Athletic Training Clinical Experience II 2
- HERS 568* Pathophysiology 3
- HERS 683 Interprofessional Health Care 1

Undergraduate Degree Conferred at end of Spring Semester – for 3+2 program students

YEAR TWO

SUMMER (6 cr.)

- STAT 601 Statistics for Health Professionals 3 (On-Line)
- HERS 670 Therapeutic Interventions 2
- HERS 690 Athletic Training Clinical Experience III 1

FALL (9 cr.)

- HERS 672 Pharmacology for Athletic Training 1 (On-Line)
- HERS 680 Administration and Professionalism in Athletic Training 2 (Partially On-Line)
- HERS 673 Psychosocial Issues in Sports Medicine 2 (Partially On-Line)
- HERS 682 Advanced Rehabilitation & Treatment 1
- HERS 691 Athletic Training Clinical Experience IV 3

SPRING (7 cr.)

- HERS 692 Athletic Training Clinical Experiences V 3
- HERS 686 Athletic Training Research 2
- HERS 684 Applied Decision Making in Interprofessional Practice 1
- HERS 693 Topics in Athletic Training 1

*Classes fulfill 15 credits of undergraduate coursework for those students on the 3+2 option

Athletic Training Program

The MSAT program provides students with knowledge and skills in content areas outlined by the National Athletic Trainers' Association (NATA) and the CAATE. Academic coursework integrates the required professional knowledge competencies and the proficiencies of professional behaviors and practices to prepare students for a career in allied health care as a certified athletic trainer. Specific content areas include evidence based practices; prevention and health promotion; clinical examination; acute care and rehabilitation; therapeutic interventions; psychosocial strategies; and healthcare administration. Students will engage in a dynamic, technology-based curriculum designed to develop outstanding professionals who are prepared to the highest level.

MSAT students will obtain both traditional and immersive clinical education experiences at the collegiate and high school levels with a variety of individual and team sports. Students will have numerous opportunities to gain hands-on clinical experiences under the direct supervision of a preceptor that will allow them to master skills required of the profession of athletic training. Clinical education sites may include the athletic training facilities at WSU, Saint Mary's University, Rochester Community and Technical College, Winona Senior High School and Rochester area high schools. Other clinical sites in Minnesota, Wisconsin and Iowa may be

utilized for immersion experiences as available and approved by University administration. Students will also gain valuable community-based medical experience at rehabilitation clinics, chiropractic clinics, physician offices, and occupational health clinics, including clinical sites at Winona Health and Mayo Clinic Sports Medicine. Further clinical experiences have included the American Birkebeiner Ski Race and multiple state/national wrestling tournaments that are utilized to provide further competency in multiple areas of care.

Application and Selection Requirements

The MSAT Program requires a competitive admission process which will be the same for students applying to enter the professional phase of the program via the 3+2 (Option 1) or the two-year MSAT program (Option 2). Admission is not guaranteed to those meeting the minimum admission criteria. Only students admitted to the professional phase will be able to continue with the academic and clinical portion of the MSAT program.

NOTE: Students not admitted with the 3+2 option will have a seamless transition into the BS degree in Exercise and Rehabilitative Science as the program was designed using the same academic core.

Academic Admission Criteria:

1. Possess a minimum overall GPA of 3.0 on a 4.0 scale (includes all institutions attended).
2. Possess a minimum 3.0 GPA in the following pre-requisite courses:
 - a. Human Anatomy with lab 1 semester
 - b. Human Physiology with lab 1 semester
 - c. Physics 1 semester
 - d. Chemistry 1 semester
 - e. Biology 1 semester
 - f. Statistics 1 semester
 - g. General Psychology 1 semester
 - h. Nutrition 1 semester
 - i. Kinesiology or Biomechanics 1 semester
 - j. Exercise Physiology 1 semester
3. Current certification in CPR/AED/First Aid:
 - a. Acceptable Certifications can be found at www.bocatc.org and include the following:
 - i. BLS Health Care Provider – American Heart Association
 - ii. BLS for Healthcare Providers or CPR/AED for the Professional Rescuer – American Red Cross
4. Complete a minimum of 50 observational hours under the direct supervision of a BOC certified athletic trainer.
5. Complete ALL MSAT program application forms and all other forms required for admission to the WSU Graduate School.

Primary Application Process: Applications for the Winona State MSAT Program are being accepted at any time after August 1st. Applications will be reviewed upon submission and communication with the program will occur immediately. If you wish to be considered in our primary admission cycle your completed application are due by November 1st. Students who complete the application process prior to November 1st will receive priority consideration for admission into the program. The application materials are rated and ranked by a committee who will determine if a student is granted an interview. The committee will set up a time with the student to complete the interview process (via online or in person). Students will be notified by December 15th of their acceptance or denial into the MSAT program.

Secondary Application Process: If student admission for the MSAT program has not reached capacity (maximum of 20 students) following the primary application process, students may continue to apply by submitting completed application materials. A “rolling admission” process will be utilized in the spring semester accepting students who meet the application requirements until enrollment has reached capacity. Interviews are still required for admission. All admission procedures must be completed by May 15th. Contact the Program Director of the MSAT for more information.

See the Athletic Training program website (<http://www.winona.edu/hers/athletictraining.asp>) for complete instructions on the application requirements and process.