

## Board of Regents, State of Iowa

### REQUEST TO IMPLEMENT A NEW BACCALAUREATE, MASTERS, DOCTORAL OR FIRST PROFESSIONAL DEGREE PROGRAM

THE PURPOSE OF ACADEMIC PROGRAM PLANNING: Planning a new academic degree program provides an opportunity for a Regent University to demonstrate need and demand as well as the university's ability to offer a quality program that is not unnecessarily duplicative of other similar programs offered by colleges and universities in Iowa.

Institution: **Iowa State University**

Departments involved: Department of Kinesiology

CIP Discipline Specialty Title: Athletic Training/Athletic Trainer

CIP Discipline Specialty Number (six digits): 51-0913

Level: Bachelor

Title of Proposed Program: Athletic Training

Degree Abbreviation (e.g., Minor, B.S., B.A., M.A.): B.S.

Approximate date to establish degree: Month: August Year: 2011

Contact person(s): (name, telephone, and e-mail)

Mary Meier, Athletic Training Program Director, 515-294-3587, [mkmeier@iastate.edu](mailto:mkmeier@iastate.edu)

Philip Martin, Chair, Department of Kinesiology, 515-294-8009, [pemartin@iastate.edu](mailto:pemartin@iastate.edu)

Please provide the following information (use additional pages as needed).

- 1. Describe the proposed new degree program, including the following:**
  - a. A brief description of the program and a statement of objectives including the student learning outcomes and how the learning outcomes will be assessed;**

The undergraduate degree program prepares students for a career in athletic training. Athletic trainers are health care professionals who collaborate with physicians to optimize physical activity and performance. Athletic training encompasses the prevention, diagnosis, and intervention of emergency, acute, and chronic medical conditions involving impairment, functional limitations, and disabilities. It involves the organization and administration of athletic training education programs, as well as the education and counseling of athletes.

The Athletic Training Education Program at Iowa State University is not a new program. The ISU Department of Kinesiology currently has an accredited program organized as an option within the B.S. in Kinesiology and Health degree program. The athletic training option has been in existence since the 1980s; initial accreditation for our program was received in 2001. Recently, the Commission on Accreditation of Athletic Training Education (CAATE) mandated that athletic training education programs must be stand-alone degree programs by 2014-15 in order to sustain accreditation (Standard I.1

of the *Standards for the Accreditation of Entry-Level Athletic Training Education Programs*). Quoting from CAATE: "by 2014-2015, individuals completing entry-level programs in athletic training must be awarded a degree in athletic training. With regard to the type of degree required, as long as the degree is in Athletic Training and titled as such, each institution may determine the type of degree awarded (e.g. Bachelor of Arts in Athletic Training, Bachelor of Science in Athletic Training)" (CAATE Special Bulletin, Summer 2009, p. 3). Graduating students cannot become a candidate to sit for the National Athletic Trainers Association certification examination and become a certified athletic trainer and licensed in the profession unless they complete an accredited athletic training education program. This proposal for a new degree program in Athletic Training is in direct response to the CAATE requirement.

The program appeals to a wide group of students interested in an allied health profession combined with the appeal of working with the physically active. Athletic training faculty are all certified, licensed athletic trainers and have achieved state, regional, and national reputations for strong clinical and academic achievements. The program combines a strong didactic foundation with diverse clinical experiences. The program has well established ties with Iowa State University Athletics, local physical therapy clinics, high schools, and Drake University for clinical placement of the undergraduate students providing them with the necessary clinical experiences.

Specific objectives of the program are to: 1) prepare athletic training students for the certification examination, 2) produce high quality athletic trainers for employment in educational, clinical, and professional settings, 3) promote professional and ethical conduct at all times, 4) provide athletic training students equal opportunity to develop their skills both in the classroom and in the clinical settings, 5) continually update the curricular offerings to provide current knowledge in the field, 6) provide high quality instruction in both the classroom and clinical setting, 7) assist the athletic training student in gaining employment or entrance into post-baccalaureate study, 8) promote the establishment of professional contacts by attendance at professional and educational meetings, 9) foster athletic training as a component of the sports medicine team, and 10) develop positive representatives of the profession and of Iowa State University.

Learning outcomes are identified as specific educational competencies and clinical proficiencies determined by CAATE. Currently, there are 1200 outcomes that are assessed in the didactic and clinical portions of the academic program. These outcomes are measured by several methods including written examinations, clinical practicum examinations, and other hands-on clinical proficiencies, laboratory projects, and completion of required coursework.

Graduates from the program seek employment in numerous settings, including:

- **Secondary Schools:** Public and private secondary schools offer abundant job opportunities for certified athletic trainers (ATCs). Many ATCs teach classes at the high school level. The American Medical Association recognizes athletic training as an allied health care profession, and recommends certified athletic trainers be in every high school.
- **Colleges and universities:** Certified athletic training jobs in colleges and universities generally fall into two categories: athletic department staff and combination teacher/athletic trainer.

- **Professional sports:** ATCs work year-round conditioning and rehabilitating athletes.
- **Sports medicine clinics:** This growing setting provides ATCs the opportunity to work with a number of different health care professionals and a diverse patient population. In addition to athletic injury rehabilitation, many clinics provide athletic training services for secondary schools via outreach programs.
- **Military:** Each branch of the U.S. military is increasing its use of athletic trainers. ATCs can be found as part of the health care team for active-duty injured service people, on- and off-base fitness and wellness centers, new-recruit readiness programs and pre-enlistment readiness programs, in addition to established military school sports teams.
- **Industrial and commercial:** These settings include both outreach clinics and full-time ATC employees to deliver services. Athletic trainers are a key component to the health care team, and work with physicians and other allied health personnel. As well, ATCs are first-responder medical personnel who are experts in injury assessment and treatment, particularly for orthopedic and musculoskeletal injuries.

**b. The relationship of the proposed new program to the institutional mission and how the program fits into the institutions, colleges, and department/program's strategic plan;**

Iowa State University's mission to "create, share, and apply knowledge to make Iowa and the world a better place" is in line with the athletic training education program's mission to provide high quality undergraduate education striving to instill in the students the intellectual curiosity, knowledge and skills essential for their development. The proposed program contributes to Iowa State University and the College of Human Science's mission by meeting the needs of communities, schools, and other organizations by linking discovery, science, creativity, and practice; applying the knowledge of learning in all endeavors; and developing leaders for roles in education, business and industry, and health and human services. Members of the College of Human Sciences community strive to improve the quality of people's lives-helping them learn better, live longer, and lead lives that are more productive and fulfilling. The athletic training profession fits very well into the College mission and overall service philosophy and in making the world a better place.

The strategic plans of ISU, College of Human Sciences, Department of Kinesiology, and the Athletic Training Education Program overlap in focusing on people and their potential, improving lives, and creating and expanding knowledge. Land-grant principles and outreach activities are interspersed throughout the program.

**c. The relationship of the proposed new program to other existing programs at the institution; describe how the proposed program will enhance other programs at the university.**

The Athletic Training Education Program has an established strong, collaborative relationship between the Department of Kinesiology and ISU Athletics. The Department of Kinesiology will continue to serve as the academic home for the new degree program. The athletic training education program will continue to fit well with the other academic options within the Department of Kinesiology. Athletic training students take common core classes in kinesiology with students in the other academic options. General

education and supporting courses from other departments will be used to meet program requirements (e.g., Biol 255, 256, Chem 163, FSHN 167).

Students in the athletic training major may also gain experience by helping other departments, academic clubs, social organizations, intramural activities, and other groups by providing first aid services. The students participate in various outreach activities and they will have opportunities to develop their management, leadership, people, and problem-solving skills.

**d. The relationship of the proposed new program to existing programs at other colleges and universities in Iowa, including how the proposed program is different or has a different emphasis than the existing programs; and**

Both the University of Northern Iowa and University of Iowa have undergraduate athletic training education majors. Ten other institutions in the state of Iowa have programs as well (see response to item 3 below). Iowa State University was the second institution in Iowa to achieve external accreditation for an athletic training education program. Due to stringent accreditation standards, the degree programs at all three Regent institutions are very similar in their didactic requirements, whereas minor differences in clinical experiences and program philosophies exist. Enrollment limitations exist in all programs because of CAATE policies regarding supervision of student clinical experiences. The CAATE recommended ratio of students to clinical supervisor is 8:1.

ISU has a collegial relationship with the other athletic training programs in the state. Most of our graduating students tend to seek employment as an athletic trainer in the collegiate setting, whereas other schools in the state have a stronger emphasis on placing students in physical therapy school or in the high school setting following graduation. We do have several students every year who choose these settings but the majority desire employment in the collegiate setting working as an athletic trainer.

**e. Special features or conditions that make the institution a desirable, unique, or appropriate place to initiate such a degree program.**

Iowa State University is the only land grant institution in Iowa and the only institution to provide undergraduate athletic training students with extensive clinical hands on experience during their sophomore year in the program. While many of our students come from Iowa and surrounding states (e.g., Minnesota, Illinois, Wisconsin), we draw students from around the country and have even had students from Malaysia and Sweden. We are the only undergraduate athletic training education program in the state where all full time clinical athletic trainers serve as didactic instructors as well as clinical supervisors and approved clinical instructors. Both the Athletic Training Program Director and the Clinical Coordinator have joint clinical appointments with the Department of Athletics, thereby strengthening the relationship between academics and athletics.

**f. Does the proposing institution have personnel, facilities, and equipment adequate to establish and maintain a high quality program?**

Personnel, facilities, and equipment are already in place for the athletic training education program. These resources exceed minimum CAATE requirements.

Seven full time certified athletic trainers, all of whom have split appointments between the Department of Kinesiology and ISU Athletics, teach in the didactic and clinical portions of the Athletic Training Education Program (ATEP):

<b>Staff member/title</b>	<b>Kines appt %</b>	<b>ISU Athl appt %</b>
Mary Meier, MS, ATC, ATEP Director	55%	45%
Victor Miller, MA, ATC, NASM-PES, CES, ATEP Clinical Coordinator	51%	49%
Mark Coberley, MS, ATC, CSCS, NASM-PES, CES, Assistant Athletics Director for Athletic Training	17%	83%
Jim Nespor, MS, PT, ATC, Director of Physical Therapy	17%	83%
Denise O'Mara, MS, ATC, Associate Director of Athletic Training	17%	83%
Shannon Peel, MA, ATC, Associate Director of Athletic Training	17%	83%
Tim Weesner, MS, ATC, ART, Assistant Director of Athletic Training	17%	83%

These faculty possess multiple certifications in a broad spectrum of specialty techniques. Second year graduate assistant, certified athletic trainers also contribute to clinical supervision of students. Clinical supervisors (certified athletic trainers, physical therapists, and physicians) from Drake University, Ames High School, McFarland Clinic, and Mary Greeley Medical Center strengthen the clinical experiences of the students.

Required and elective coursework in kinesiology that falls outside of the didactic and clinical portions athletic training education program are taught by Department of Kinesiology faculty. Students in these classes usually represent multiple options in the Kinesiology and Health major.

Six fully functional athletic training clinical facilities (Feldman Athletic Health Care Center, Sukup Basketball Facility, Beyer Hall, Lied Recreational Center, Forker Building, Hilton Coliseum) are located on the ISU campus. Clinical facilities at Drake, McFarland Clinic, and Ames High School are also supporting clinical experiences of our students. All contain state of the art equipment. Students are exposed to the latest technologies and therapeutic techniques. Academic advising, secretarial support, and teaching supplies are also available to support the program.

**g. How does student demand for the proposed program justify its development?**

Enrollment in the athletic training option in Kinesiology has increased modestly in the past five years (from approximately 85 in 2005-06 to 105 in 2010-11). These data reflect the number of students formally admitted into the option *plus* those who have identified athletic training as their option of choice but are completing prerequisite coursework and observational clinical experiences. Student demand for the option continues to exceed our capacity to admit students into the option. Recall that CAATE policies for student supervision limit enrollment in the program.

**2. Describe the state and/or national workforce need and/or demand for graduates of the proposed program currently and in the near future (provide documentation about the sources of data used to estimate need and demand.)**

Employment opportunities for graduates are excellent. Athletic training is one of the fastest growing health care professions. Upon completion of the Athletic Training Education Program, the students have the opportunity to be a candidate for the National Athletic

Trainers Association Board of Certification examination which is mandatory for most employment opportunities. Opportunities exist in each state related to individual licensing requirements with the Board of Certification.

75% of Iowa State University's graduates from the athletic training option over the last five years continue their education in graduate school in anticipation of seeking employment at the collegiate or university level. 15% pursue employment opportunities in hospitals, physical therapy clinics, and high schools. The remaining 10% of graduates apply for graduate school in physical therapy, medical school, or physician assistant programs. Iowa State University has extensive networking opportunities with alumni placed in all areas of the country, and our students typically have multiple avenues for employment.

- 3. List all other public and private institutions of higher education in Iowa currently operating programs similar to the proposed new degree program. (For comparison purposes, use a broad definitional framework, e.g., such identification should not be limited to programs with the same title, the same degree designation, having the same curriculum emphasis, or purporting to meet exactly the same needs as the proposed program.)**

The following Iowa institutions offer athletic training education programs:

- University of Iowa
- University of Northern Iowa
- Buena Vista University
- Central College
- Clarke University
- Coe College
- Graceland University
- Loras College
- Luther College
- Northwestern College
- Simpson College
- Upper Iowa University

**If the same or similar program exists at another public or private institution of higher education in Iowa, respond to the following questions:**

- a. **Could the other institution reasonably accommodate the need for the new program through expansion? Through collaboration?**

The other athletic training education programs cannot accommodate the new program through expansion due to geographical locations of the institutions. Each program has their own niche of students and individual program philosophies. For these same reasons, there has been no need for significant collaboration with other athletic training education programs in Iowa.

- b. **With what representatives of these programs has there been consultation in developing the program proposal? Provide a summary of the response of each institution consulted.**

There has been positive communication between Iowa State University, University of Iowa, and the University of Northern Iowa regarding the new program proposal. Both

institutions support our proposal and have submitted letters of support that are included in supplemental documents section of our proposal. Faculty of the ISU athletic training education program periodically interact with colleagues in other programs around the state, and all have a collegial relationship with each other.

- c. Has the possibility of an inter-institutional program or other cooperative effort been explored? What are the results of this study? (Consider not only the possibility of a formally established inter-institutional program, but also how special resources at other institutions might be used on a cooperative basis in implementing the proposed program solely at the requesting institution.)**

There have been no discussions of an inter-institutional program or cooperative effort between institutions due to the proximity of Iowa State University to the other institutions. Athletic training education programs require extensive hands-on clinical experiences for the students with direct supervision by certified athletic trainers. This is true at ISU and each of the other institutions housing athletic training education programs. An inter-institutional program is not practical.

- 4. Estimate the number of majors and non-majors students that are projected to be enrolled in the program during the first seven years of the program.**

**a. Undergraduate**

Based on past trends and continuing interest by prospective undergraduate students, we have summarized our expectations for majors and non-majors in the table below:

Undergraduate	Yr 1	Yr 2	Yr 3	Yr 4	Yr 5	Yr 6	Yr 7
Majors	50	50	55	60	60	65	65
Non-Majors	55	55	55	60	60	65	65

Note: Non-Majors are pre-athletic training students who have identified the athletic training education program as their preferred option, but are completing prerequisite coursework and observational clinical experiences prior to being considered for admission. These non-majors cannot enroll in the clinical sequence courses until formally admitted into the athletic training program. As non-majors, these students will be enrolled in the Kinesiology and Health major in the Department of Kinesiology.

**b. Graduate**

Graduate	Yr 1	Yr 2	Yr 3	Yr 4	Yr 5	Yr 6	Yr 7
Majors	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Non-Majors	n/a	n/a	n/a	n/a	n/a	n/a	n/a

- c. What are the anticipated sources of these students?**

Most of the prospective athletic training students are direct entry from high schools from the state of Iowa. We also attract transfers from two year community colleges. We attract students to our athletic training education program from all areas of the country. Due to the daily clinical and didactic interactions with our students and in documenting information required for accreditation, demographic information is obtained and

maintained by the program. Students have been from the state of Washington, California, Virginia, Tennessee, Arizona, and the border states of Illinois, Minnesota, and Wisconsin.

**5. If there are plans to offer the program away from the campus, briefly describe these plans, including potential sites and possible methods of delivery instruction.**

There are no plans to offer the program away from campus.

**6. Has the proposed program been reviewed and approved by the appropriate campus committees and authorities? List them:**

Undergraduate Curriculum and Standards Committee, Department of Kinesiology  
Curriculum Committee, College of Human Science  
Faculty Senate Curriculum Committee  
Faculty Senate Academic Affairs Committee  
Faculty Senate

**7. List date the program proposal was submitted to the Iowa Coordinating Council for Post High School Education (ICCPHSE) and the results of listserv review. (THIS WILL BE FILLED IN BY THE PROVOST OFFICE.)**

**8. Will the proposed program apply for accreditation? When?**

Initial CAAHEP (Commission on Accreditation of Allied Health Education Programs, which was the accrediting body at that time) was achieved in April 2001. Reaccreditation by CAATE was achieved in March 2006. A third re-accreditation is scheduled to occur in spring 2011. External evaluators will be visiting campus during the spring semester to review all details of the program. We anticipate the review will find that we have a strong academic program.

**9. Will articulation agreements be developed for the proposed program? With whom?**

We do not have articulation agreements with any other academic institutions and do not anticipate any for the program. We currently have, however, several clinical affiliated agreements for the clinical education portion of our academic program. These agreements are with Drake University, Ames High School, McFarland Physical Therapy Clinic, McFarland Orthopedic Clinic, and Mary Greeley Medical Center.

**10. Describe the faculty, facilities, and equipment that will be required for the proposed program.**

The athletic training education program is fully functional now. All faculty, facilities, and equipment are already in place for the program (see response to 1-f above). We anticipate no need for additional faculty, facilities, or equipment.



11. From where will the financial resources for the proposed program come (list all that apply, e.g., department reallocation, college reallocation, grants, new to the university)?

The following summarizes current budget support for the athletic training education program:

SOURCES	TOTAL AMOUNT
Department of Kinesiology	\$103,400
Department of Athletics	\$36,600

12. Estimate the total costs/total new costs (incremental increases each year in expenditures) that will be necessary for the next seven years as a result of the new program:

	TOTAL COSTS	TOTAL <u>NEW COSTS</u>
Year 1	103,400	0
Year 2	106502	0
Year 3	109697	0
Year 4	112987	0
Year 5	116376	0
Year 6	119867	0
Year 7	123463	0

**Supplemental materials (to be used at Iowa State University in the review of the proposal):**

**13. Program requirements, including:**

- a. prerequisites for prospective students;

Please see attached document in supplemental materials entitled "Athletic Training Education Program Admission Requirements," which highlights the admission and application guidelines and procedures and prerequisites for the program. These guidelines and procedures are already in use in the athletic training option in the Kinesiology and Health major.

- b. language requirements;

Not applicable.

- c. courses and seminars presently available for credit toward the program;

All necessary courses and seminars are already available. No new courses have been developed for the program. The program requirements are highlighted in the attached document entitled "BS in Athletic Training: Proposed Catalog Description". Also attached are *sample* 4-year plans for students, one for the BS in Athletic Training and one for the current (2009-11) athletic training option in the BS in Kinesiology and Health. These two four-year plans reflect the high degree of similarity between current requirements for the athletic training option and those proposed for the new BS in Athletic Training. The few minor differences (e.g., removal of Com S 103, Kin 372 and 458; addition of Kin 266, 480, and 488) reflect option revisions that were approved prior to this degree program proposal. The courses added to the option already exist.

- d. proposed new courses or modifications of existing courses;

Not applicable.

- e. thesis and non-thesis options in master's programs;

Not applicable.

- f. implications for related areas within the university;

Transitioning the program from an athletic training option in the Kinesiology and Health major to a B.S. in Athletic Training major should have no implications for other units or personnel within the University. The program will continue to be delivered through a partnership between the Department of Kinesiology and ISU Athletics. No substantive changes in the staffing of the program are being proposed.

- g. admissions standards for graduate programs

Not applicable.

**14. Attach to the program proposal memos from the department chair(s), the college dean(s), and other appropriate persons, agreeing to the allocation of new resources and/or the reallocation of resources as described in the Regents questions**

Not applicable: no additional resources are being requested for the program.

**15. Attach to the program proposal, letters of support, recommendations, and statements when appropriate:**

- a. from programs at the other Regents universities

Please see attached letters of support from colleagues at the University of Iowa and the University of Northern Iowa.

- b. from programs and departments at ISU which are associated with the proposed program or have an interest in the proposed program

Not applicable – the two ISU units that link to the program are the Department of Kinesiology and ISU Athletics, specifically the Athletic Training team. The partnership between Kinesiology and ISU Athletics is well established and will not change with the transition of the academic program from an option to a degree program.

**Notes:**

1. The CIP Specialty name and number is found at:  
<http://nces.ed.gov/pubs2002/cip2000/>

Athletic training is practiced by 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.

**New Academic Program Plan**

**B.S. in Athletic Training  
Department of Kinesiology**

**SUPPLEMENTAL DOCUMENTS**

<b>Content</b>	<b>Pages</b>
Athletic Training Education Program Admission Requirements	13
B.S. in Athletic Training: Proposed Catalog Description	14-17
B.S. in Athletic Training: Proposed sample 4-year plan	18
B.S. in Kinesiology and Health: Athletic Training (2009-11 sample 4-year plan)	19
Letter of support from the University of Iowa Department of Health and Human Physiology	20
Letter of support from the University of Northern Iowa School of Health, Physical Education & Leisure Services, Division of Athletic Training	21

## Athletic Training Education Program Admission Requirements

Admission to the athletic training education program is competitive and is based on available department resources and will be determined on the basis of grades in foundation courses and other performance factors.

1. A student who expresses interest in entering the athletic training program will enroll in the pre-athletic training program. During that time, the student must:

- Complete and submit the [Athletic Training Education Program Application Form](#)
- Submit a copy of all high school and/or college transcripts. An overall grade point average of 2.50 without D's or F's in athletic training-related course work is required.
- Undergo an interview with the Athletic Training Education Program Interview Committee. This committee is comprised of athletic training clinical supervisors and educational instructors.
- Complete the following courses or equivalents:
  - BIOL 255 Fundamentals of Human Anatomy
  - BIOL 255L Fundamentals of Human Anatomy Laboratory
  - BIOL 256 Fundamentals of Human Physiology
  - BIOL 256L Fundamentals of Human Physiology Laboratory
  - KIN 222 - Basic Athletic Training for Athletic Trainers (minimum grade, B)
  - KIN 221 – Athletic Training Clinical Practicum (successful completion)
  - CPR Professional Rescuer/First Aid Certification
  - Complete a minimum of 75 hours of directed observation in a traditional athletic training setting.

2. All application materials are due to the athletic training education program director by April 1st each year.

During the semester that an athletic training student will complete the athletic training program admission requirements, he/she may apply for admission into the Athletic Training Education Program. Only students who are admitted to the education program will be allowed to obtain clinical experience within any clinical sites affiliated with the athletic training education program.

3. Submit an update of college transcripts. Student must have maintained 2.50 overall grade point average with no less than a B in athletic training related course work.

4. Submit three letters of recommendation forms from sources that verify the student's ability to successfully complete a program of rigorous academic study, to deal effectively with athletes and other physically active individuals, and to work in an allied medical setting. [Download the Athletic Training Reference Form](#)

5. Undergo an interview with the Admission Selection Committee.

6. Submit Pre-Athletic Training Observation List from clinical observation.

7. Submit proof of Hepatitis B vaccination or waiver.

8. Submit proof of physical examination for the ergonomic tasks required to complete the NATA competencies for athletic training knowledge and skill acquisition including proof of vaccinations.

9. Signed acceptance of Athletic Training Program Technical Standards. [Download the Athletic Training Program Technical Standards](#)

10. Submit proof of CPR Professional Rescuer/First Aid certification and renew on an annual basis.

11. Prior to participating in supervised observation clinical hours, a pre-athletic training student must complete Bloodborne Pathogen training.

12. Students that are admitted into the athletic training education program may incur additional costs associated with clinical experiences. For further information, contact the program director.

The admission is based on a competitive admission process and the number of students selected will vary based on department resources with the maximum number of students based on the ratio between athletic training students and approved clinical instructors and/or clinical instructors in the program at one time.

Once admitted to the athletic training education program, the student will be allowed to enroll in athletic training classes and will be given the opportunity to continue to complete clinical hours and obtain the necessary competencies to complete the program. Enrollment in coursework and assignment to athletic training rooms is contingent upon the student maintaining a 2.50 cumulative grade point average, satisfactory clinical evaluations, and clinical progress.

**Department of Kinesiology  
Iowa State University**

**B.S. in Athletic Training:  
Proposed Catalog Description**

This major prepares students for a career as an athletic trainer in high school, university/ college setting or professional settings or for work in other clinical settings (such as sports medicine clinics, the military, industry, and fitness centers). The program is CAATE accredited and students are prepared for the Board of Certification exam upon graduation. Admission to the athletic training program is competitive and based on available departmental resources. Admission procedures and technical standards can be found at: [www.cycloneathletictraining.com](http://www.cycloneathletictraining.com)

**Communication Proficiency**

In order to meet graduation requirements, all students must earn an average of C (2.0) or better in Engl 150 and 250, with neither grade being lower than a C-. Students not meeting this condition must earn a C or better in an advanced writing course (select from Engl 220, 302, 309, or 314).

**U.S. Diversity and International Perspectives**

In order to meet graduation requirements, students must complete 3 cr. of course work in U.S. Diversity and 3 cr. in International Perspectives. See university approved list.

**General Education:** (Minimum of 38.5 credits required)

Physical and Life Sciences: (8 cr. min required)

Biol 255, 255L, 256, 256L.

Additional requirements include:

Phys 106 or 111; Chem 163, 163L; FS HN 167

Mathematics: (3 cr. min required)

Math 140, 141, 142, 150 or 165

Additional requirements include: Stat 101, 104 or 226

Social Sciences: (9 cr. min required)

Psych 101 or 230 and Soc 134

Humanities: 6 cr. min required

Choose from department approved list.

Communications: 12.5 cr. min required

Engl 150, 250 and Sp Cm 212 and Lib 160

Choose one from Engl 302, 314, or Sp Cm 312

**Kinesiology requirements:**

Kin 252, 253, 258, 358\*, H S 110, 350\*

**Athletic Training requirements:**

Kin 221, 222, 223, 224, 225, 226, 227, 240, 266, 323, 324, 326, 327, 355\*, 360\*, 365\*, 425, 445, 450, 480, 488, 489, H S 215, 305

**Total cr. required:** A minimum of 124 credits is required, with a minimum of 46 credits in courses numbered 300 or above.

H S 110. Personal and Consumer Health. (3-0) Cr. 3. F.S. Physical, mental, and social aspects of health as a basis for understanding and preventing health problems. False and misleading advertising and effects of cultists and faddists on consumer health. Study of legislation and agencies concerned with consumer protection and health insurance.

H S 215. Drug Education. (3-0) Cr. 3. Prereq: Psych 101 or 230. Use and abuse of mood modifying substances in contemporary society. Includes study of tobacco, alcohol, and other drugs.

H S 305. Instructor's First Aid and Cardio-pulmonary Resuscitation. (1-2) Cr. 2. S. Prereq: 105, current Standard First Aid and Community CPR Certification. Discussion and practice of skills needed to teach first aid and cardiopulmonary resuscitation. ARC certification available.

H S 350. Human Diseases. (3-0) Cr. 3. Prereq: 110 and Biol 255, 256. Discussion of disease process and ill-health in the twentieth century. Emphasis on epidemiology, prevention, treatment, and the understanding of the etiology of communicable and noncommunicable diseases.

Kin 221. Pre-Athletic Training Clinical Practicum. (0-3) Cr. 1. S. Prereq: Credit or enrollment in 222 and permission of athletic training program director. Athletic training clinical observation experiences to accompany 222. Utilize knowledge to evaluate, analyze and demonstrate appropriate taping, wrapping and basic skill techniques. Open to students interested in the athletic training option. Satisfactory-fail only.

Kin 222. Basic Athletic Training for Athletic Trainers. (2-2) Cr. 3. S. Prereq: Biol 255, 255L. Provides pre-athletic training students with the knowledge of the profession of a certified athletic trainer, factors associated with injury prevention, treatment, emergency care of athletic injuries, protective equipment, basic organization, administrative, and legal concepts in the athletic training setting. To be taken concurrently with 221.

Kin 223. Clinical Practicum in Athletic Training. (0-3) Cr. 1. F. Prereq: Permission of Athletic Training Program Director. Athletic training clinical experiences for athletic training students during pre-season intercollegiate football. Clinical experiences include: Professional Rescuer CPR, AED certification, emergency splinting and spineboarding, medical record keeping and HIPPA regulations, environmental conditions, prevention of injury screening strategies, athletic training room and education program policies and procedures, review of athletic taping techniques, acute injury management, mouthpiece formation, and anatomy review. Satisfactory-fail only.

Kin 224. Evaluation of Athletic Injuries I. (2-3) Cr. 3. F. Prereq: Permission of athletic training program director. Sport injury assessment procedures and evaluation techniques for lower body injuries. Includes an overview of mechanisms of injury, general musculoskeletal disorders, and dermatological conditions. Designed for students in the athletic training option or preprofessional health programs.

Kin 225. Athletic Injuries I Clinical Practicum. (0-3) Cr. 1. F. Prereq: Permission of athletic training program director. Athletic training clinical experience to accompany 224. Open to students in the athletic training option. Satisfactory-fail only.

Kin 226. Evaluation of Athletic Injuries II. (2-3) Cr. 3. S. Prereq: Permission of athletic training program director. Sport injury assessment procedures and evaluation techniques for upper body injuries. Includes an overview of common illnesses of athletes and sport specific injuries. Designed for students in the athletic training option or preprofessional health programs.

Kin 227. Athletic Injuries II Clinical Practicum. (0-3) Cr. 1. S. Prereq: Permission of athletic training program director. Athletic training clinical experience to accompany 226. Open to students in the athletic training option. Satisfactory-fail only.

Kin 240. Introduction to Taping, Equipment, and Bracing Techniques. (0-3) Cr. 1. S. Prereq: Permission of athletic training program director. Basic information and laboratory instruction regarding basic taping techniques, athletic equipment fitting procedures, and the use and proper fitting of prophylactic braces. Open to students in the athletic training option. Satisfactory-fail only.

Kin 252. Disciplines and Professions in Kinesiology and Health. (1-0) Cr. 1. F.S. Overview of the various disciplines and professions that comprise the field of Kinesiology (the study of human movement) and help students determine the career option that best fits their interests.

Kin 253. Orientation in Kinesiology and Health. (1-0) Cr. 1. S. Prereq: Concurrent enrollment or credit in 252. Overview of ISU policies and procedures, academic advising operations, degree requirements, program of study planning, and campus resources. Satisfactory-fail only.

Kin 258. Physical Fitness and Conditioning. (1-3) Cr. 2. F.S. Prereq: Kinesiology and health majors only. Development of personal fitness using a variety of conditioning and exercise techniques such as aerobics, weight training, and aquatic fitness. Introduction to acute and chronic responses to exercise, and the role of exercise in health promotion and weight management. Credit for only one of the following courses may be applied toward graduation: KIN 163, 258.

Kin 266. Advanced Strength Training and Conditioning. (1-2) Cr. 2. F.S. Prereq: 258, 259. This course is designed to enhance the student's current level of knowledge and expertise to an advanced level in the area of strength training and conditioning. The course will prepare students interested in taking the National Strength and Conditioning Association Certified and Conditioning Specialist's exam. The course will focus on the assessment and implementation of training programs with strong emphasis on the areas of resistance training, metabolic training, flexibility, reaction time, speed, and agility.

Kin 323. Therapeutic Modalities for Athletic Trainers. (2-2) Cr. 3. F. Prereq: Permission of athletic training program director. Theory and technique of therapeutic modalities used in the management of injuries.

Kin 324. Therapeutic Modalities Clinical Practicum. (0-3) Cr. 1. F. Prereq: Permission of athletic training program director. Athletic training clinical experience to accompany 323. Open to students in athletic training option. Satisfactory-fail only.

Kin 326. Rehabilitation of Athletic Injuries. (2-2) Cr. 3. S. Prereq: Permission of athletic training program director. Theory and practical application of rehabilitation principles used in the management of athletic injuries.

Kin 327. Rehabilitation of Athletic Injuries Clinical Practicum. (0-3) Cr. 1. S. Prereq: Permission of athletic training program director. Athletic training clinical experience to accompany 326. Open to students in the athletic training option. Satisfactory-fail only.

Kin 355. Biomechanics. (3-0) Cr. 3. F.S. Prereq: Phys 106 or 111. Mechanical basis of human performance; application of mechanical principles to exercise, sport and other physical activities. Nonmajor graduate credit.

Kin 358. Physiology of Exercise. (3-0) Cr. 3. F.S. Prereq: Biol 255, 255L, 256 and 256L. Physiological basis of human performance; effects of physical activity on body functions. Nonmajor graduate credit.

Kin 360. Sociology of Sport and Exercise. (3-0) Cr. 3. F.S. Prereq: Soc 134 and one of Stat 101, 104 or 226/326, or KIN 471. Sport and exercise as social systems and as institutions related to other institutions such as the polity, the economy, mass media, and education. Nonmajor graduate credit.



Kin 365. Sport Psychology. (3-0) Cr. 3. F.S. Prereq: Psych 101 or Psych 230. Psychological factors that influence performance in sport settings. The influence of personality, anxiety, motivation, social factors, and psychological skills training. Nonmajor graduate credit.

Kin 425. Organization and Administration of Athletic Training. (3-0) Cr. 3. F. Prereq: Permission of athletic training program director, senior classification. Current administrative, professional, and legal issues pertaining to athletic training. Job search techniques and strategies including preparation of materials for athletic training students.

Kin 445. Legal Aspects of Sport. (3-0) Cr. 3. S. Students will understand legal concepts and terminology relevant to sport/activity, identify strategies for limiting liability in sport/fitness programs, and identify solutions for elimination of discriminatory practices in sport and physical activity.

Kin 450. Medical Concerns for the Athletic Trainer. (3-0) Cr. 3. F. Prereq: Permission of athletic training program director. Current medical issues and concerns, including pathology of illness and injury, dermatological conditions, exposure to allied health care professionals, and pharmacological indications in relation to the profession of athletic training and in patient/athlete care.

Kin 480. Functional Anatomy. (3-0) Cr. 3. S. Prereq: 355; Biol 155 or 255 and 256. The structure and function of human muscular, skeletal and nervous systems. The relationship of these systems to efficient and safe human motion. Nonmajor graduate credit.

Kin 488. Research topics in Athletic Training. Cr. 1-2. Repeatable, maximum of 4 credits. F.S. Prereq: Permission of athletic training program director. Clinical experiences in application of athletic training techniques under supervision of certified athletic trainers. Participation in monthly research journal discussion. Satisfactory-fail only.

Kin 489. Review of Athletic Training Competencies and Clinical Proficiencies. Cr. R. F.S. Prereq: Senior classification, permission of athletic training program director. Preparation for professional endorsement and certification by review of required competencies and clinical proficiencies. Required for endorsement or approval to sit for Board of Certification Exam. Satisfactory-fail only

(Prepared 1/2011)

BS Degree in Athletic Training  
Department of Kinesiology  
(proposed sample 4-year plan)

<b>Semester 1 - Freshman Year</b>	<b>Credit</b>	<b>Semester 2 - Freshman Year</b>	<b>Credit</b>
BIOL 255-Human Anatomy	3	BIOL 256-Human Physiology	3
BIOL 255L-Human Anatomy Lab	1	BIOL 256L-Human Physiology Lab	1
ENGL 150-Composition 1	3	KIN 221-Ath Train Practicum	1
KIN 252-Kines Disc & Professions	2	KIN 222-Basic Athletic Training	3
KIN 253-Kines Orientation	1	FS HN 167-Human Nutrition	3
KIN 254-Kines Learn Comm(Fr)	0.5	MATH 140-142,150 or 165	2to4
HS 110-Pers Consumer Health	3	SOC 134-Intro Sociology	3
LIB 160-Library Orientation	0.5		
PSYCH 101 or 230-Psychology	3		
Total	17	Total	16-18
<b>Semester 3 - Sophomore Year</b>	<b>Credit</b>	<b>Semester 4 - Sophomore Year</b>	<b>Credit</b>
ENGL 250-Composition 2	3	CHEM 163-General Chemistry	4
KIN 223-Ath Train Practicum	1	CHEM 163L-General Chemistry Lab	1
KIN 224-Eval of Ath Injuries I	3	KIN 226-Eval of Ath Injuries II	3
KIN 225-Ath Train Practicum	1	KIN 227-Ath Train Practicum	1
HS 215-Drug Education	3	KIN 240-Tape,Brace,Equip Fit	3
PHYS 106 or 111- Physics	4	KIN 266-Adv Strength/Condition	2
KIN 258-Concepts of Fitness	2	Humanities Choice	3
Total	17	Total	17
<b>Semester 5 - Junior Year</b>	<b>Credit</b>	<b>Semester 6- Junior Year</b>	<b>Credit</b>
KIN 323-Ther Modalities	3	KIN 326-Rehab of Ath Injuries	3
KIN 324-Ath Train Practicum	1	KIN 327-Ath Train Practicum	1
KIN 355-Biomechanics	3	KIN 358-Exercise Physiology	3
STAT 101,104 or 226	3to4	KIN 365-Sport Psychology	3
Humanities Choice	3	HS 350-Human Diseases	3
Social Science Choice	3	SP CM 212-Fund of Speech	3
Total	16-17	Total	16
<b>Semester 7 - Senior Year</b>	<b>Credit</b>	<b>Semester 8 - Senior Year</b>	<b>Credit</b>
KIN 425-Org & Admin of Ath Tr	3	ENGL 302, 314 or SP CM 312	3
KIN 360-Sociology of Sport	3	KIN 445-Legal Aspects of Sport	3
KIN 450-Med Concerns for ATs	3	KIN 489-Review of Ath Comp	1
KIN 488-Research Topics in AT	1	HS 305-Instructor's 1st Aid	2
Elective	4	KIN 480-Functional Anatomy	3
		KIN 488-Research Topics in AT	1
Total	14	Total	14

Students must complete a 3-credit course in US Diversity and a 3-credit course in International Perspectives. Check ISU homepage for list of approved courses. You must complete a minimum of 46 credits in 300/400 level courses and a total of 124 credits for graduation. Four year plans are arranged with courses in prerequisite sequence and within the term a course is usually offered. This is a SAMPLE plan - use the degree audit as "official" documentation of progress towards your degree.

BS Degree in Kinesiology and Health  
ATHLETIC TRAINING  
2009-11

<b>Semester 1 - Freshman Year</b>	<b>Credit</b>	<b>Semester 2 - Freshman Year</b>	<b>Credit</b>
BIOL 255-Human Anatomy	3	BIOL 256-Human Physiology	3
BIOL 255L-Human Anatomy Lab	1	BIOL 256L-Human Physiology Lab	1
ENGL 150-Composition 1	3	KIN 221-Ath Train Practicum	1
KIN 252-Kines Disc & Professions	2	KIN 222-Basic Athletic Training	3
KIN 253-Kines Orientation	1	FS HN 167-Human Nutrition	3
KIN 254-Kines Learn Comm(Fr)	0.5	MATH 140-142,150 or 165	2to4
HS 110-Pers Consumer Health	3	SOC 134-Intro Sociology	3
LIB 160-Library Orientation	0.5		
PSYCH 101 or 230-Psychology	3		
Total	17	Total	16-18

<b>Semester 3 - Sophomore Year</b>	<b>Credit</b>	<b>Semester 4 - Sophomore Year</b>	<b>Credit</b>
ENGL 250-Composition 2	3	CHEM 163-General Chemistry	4
KIN 223-Ath Train Practicum	1	CHEM 163L-General Chemistry Lab	1
KIN 224-Eval of Ath Injuries I	3	COM S 103-Computer Science	4
KIN 225-Ath Train Practicum	1	KIN 226-Eval of Ath Injuries II	3
HS 215-Drug Education	3	KIN 227-Ath Train Practicum	1
PHYS 106 or 111- Physics	4	KIN 240-Tape,Brace,Equip Fit	1
Humanities Choice	3	KIN 258-Concepts of Fitness	2
Total	18	Total	16

<b>Semester 5 - Junior Year</b>	<b>Credit</b>	<b>Semester 6- Junior Year</b>	<b>Credit</b>
KIN 323-Ther Modalities	3	KIN 326-Rehab of Ath Injuries	3
KIN 324-Ath Train Practicum	1	KIN 327-Ath Train Practicum	1
KIN 355-Biomechanics	3	KIN 358-Exercise Physiology	3
KIN 372-Motor Control	3	KIN 365-Sport Psychology	3
Humanities Choice	3	HS 350-Human Diseases	3
Social Science Choice	3	SP CM 212-Fund of Speech	3
Total	16	Total	16

<b>Semester 7 - Senior Year</b>	<b>Credit</b>	<b>Semester 8 - Senior Year</b>	<b>Credit</b>
KIN 425-Org & Admin of Ath Tr	3	ENGL 302, 314 or SP CM 312	3
KIN 445-Legal Aspects of Sport	3	KIN 360-Sport Sociology	3
KIN 450-Med Concerns for ATs	3	KIN 489-Review of Ath Comp	R
KIN 458-Princ of Fit Assessment	4	HS 305-Instructor's 1st Aid	2
STAT 101, 104 or 226	3or4	Elective	4
Total	16-17	Total	12

Students must complete a 3-credit course in US Diversity and a 3-credit course in International Perspectives. Check ISU homepage for list of approved courses. You must complete a minimum of 46 credits in 300/400 level courses and a total of 124 credits for graduation. Four year plans are arranged with courses in prerequisite sequence and within the term a course is usually offered. This is a SAMPLE plan - use the degree audit as "official" documentation of progress towards your degree.

March 2009




COLLEGE OF  
LIBERAL ARTS & SCIENCES

Department of Health and  
Human Physiology

E102 Field House  
Iowa City, Iowa 52242-1111  
319-384-4664 Fax 319-335-6966

December 30, 2010

TO: Philip E. Martin, Ph.D.  
Chair  
Department of Kinesiology  
Iowa State University

FROM: Kevin C. Kregel, Ph.D.   
Department Executive Officer  
Department of Health and Human Physiology  
University of Iowa

SUBJECT: Conversion of athletic training option into a degree program

Thank you for sharing the proposal to establish a separate degree program in athletic training in the Department of Kinesiology at Iowa State University.

Faculty in the Department of Health and Human Physiology at the University of Iowa reviewed your proposal for a new B.S. in Athletic Training within the Department of Kinesiology. We appreciate your need to convert the current athletic training option into a stand-alone degree program, which will be a requirement of the accrediting body (NATA/CAATE) going forward. As we understand the plan, there will not be substantive changes in the way the program is offered or managed.

The Department of Health and Human Physiology at the University of Iowa fully supports your proposed plan to develop a degree program in athletic training in the Department of Kinesiology. This is a highly sought program that meets the needs of many constituents at Iowa State University and within the State of Iowa.

Feel free to contact me ([kevin-kregel@uiowa.edu](mailto:kevin-kregel@uiowa.edu), 319-335-7596) if you have any questions or need further comment.

I wish you success in the pursuit of your plans.

January 14, 2011

Philip E. Martin, Ph.D.  
Professor and Chair  
Department of Kinesiology  
235 Forker Building  
Iowa State University  
Ames, Iowa 50011-1160

RE: Letter of support for transitioning Athletic Training to a degree

Dear Dr. Martin,

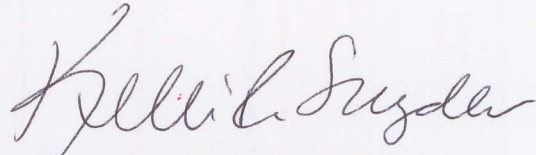
I am writing to express my support for your Department of Kinesiology as it moves to transition from offering an Athletic Training option to an Athletic Training degree. This change is mandated by the Commission on Accreditation of Athletic Training Education (CAATE) which requires all that athletic training education programs must be stand-alone degree programs by 2014-15 in order to sustain accreditation (Standard I.1 of the *Standards for the Accreditation of Entry-Level Athletic Training Education Programs*). This proposal is in direct compliance with CAATE and one which our program underwent several years ago. In my opinion, it does not represent a proposal for an entirely new major, rather the restatement of an existing program.

On behalf of the UNI Athletic Training Education Program and the School of HPELS, we fully support this proposal. Please let me know if we can be of any further assistance in your transition.

Respectfully submitted,



Todd A. Evans, PhD, ATC, LAT  
Associate Professor, Athletic Training Division  
Chair  
University of Northern Iowa  
Human Performance Center  
2351 Hudson Road  
Cedar Falls, IA 50614-0244  
(319) 273-6152  
[todd.evans@uni.edu](mailto:todd.evans@uni.edu)



Kelli R. Snyder, MS, ATC, LAT  
Instructor, Entry-level Athletic Training Program  
Director  
University of Northern Iowa  
Human Performance Center  
2351 Hudson Road  
Cedar Falls, IA 50614-0244  
(319) 273-7401  
[tkelli.snyder@uni.edu](mailto:tkelli.snyder@uni.edu)

I fully support the proposal to add a new B.S. degree in Athletic Training, as approved by the CHS faculty.

Sincerely,  
Pam

Pamela J. White

Dean, College of Human Sciences; University Professor of Food Science and Human Nutrition  
E262 Lagomarcino Hall, Ames, Iowa 50011; phone: 515-294-5380; fax: 515-294-7802

**From:** Fisher, Tara M [HS AD]

**Sent:** Friday, September 23, 2011 3:29 PM

**To:** Martin, Philip [KIN]

**Cc:** Carlson, Patricia M [C I]; Whaley, David [HS AD]; Meier, Mary E [KIN]; Hendrich, Suzanne [FSHNNH]; White, Pamela J [HS AD]

**Subject:** RE: athletic training major CHS college faculty vote

**Importance:** High

Good afternoon all,

The proposal from KIN to add a new B.S. degree in Athletic Training was **approved** by CHS Faculty: **45-0 (2 abstentions)**

Please let me know how I can be of any further assistance in moving this proposal along.  
-Tara

---

**Sent on behalf of the CHS Curriculum Committee by:**

*Tara Fisher*

Administrative Specialist

College of Human Sciences Student Council Advisor

Dean's Office, College of Human Sciences | E262 Lagomarcino | Iowa State University | Ames, IA 50011

Phone: (515) 294-7002 | Fax: (515) 294-7802 | Email: [tfisher@iastate.edu](mailto:tfisher@iastate.edu)