

# Athletic Training

**A**thletic trainers are healthcare providers who work with physicians to provide sports medicine care to both athletes and the physically active. They specialize in the prevention, evaluation, care, and rehabilitation of athletic injuries. They work to manage injuries on the field and to safely return injured athletes to competition and patients to their normal lifestyle as quickly as possible. Athletic trainers also complete continuing professional education to maintain their certification. In most states, a license to practice is also required. Professionals become eligible for certification and licensure at the bachelor's degree level.

## Pursuing Athletic Training at Ohio State

Applicants to the athletic training major must have sophomore standing (45+ quarter hours) prior to autumn quarter admission and must have completed the following prerequisite courses (or their equivalents):

- AMP 500 (medical terminology)
- Math 148 (college algebra)
- Chemistry 121 (general chemistry)
- Biology 113 (biological principles)
- EEOB 232 (physiology)
- Psychology 100 (introductory psychology)
- Athletic Training 303 (introductory course—includes 25 hours of clinical observation)

Admission to the major is competitive. Overall academic performance, performance in prerequisites, and evaluation during clinical observation are considered for admission. A personal interview may be required. Students preparing to apply to this program should request more detailed information from the AMP Student Affairs Office at (614) 292-1706 or on the AMP web site, [amp.osu.edu](http://amp.osu.edu).

Completion of all admissions criteria does not guarantee admission. A maximum of 20-25 students are accepted for each incoming class. Those admitted are the most competitive applicants who apply. A minimum 2.2 cumulative point-hour ratio (CPHR) based on all course work completed at every institution attended is required to apply. Most students admitted will have a CPHR of over 3.0.

The professional program consists of nine quarters of course work and extensive concurrent clinicals. Students learn all aspects of professional practice including theory, clinical practice, and research. Clinicals will be completed on-campus with Ohio State's 36 intercollegiate athletics teams as well as a number of carefully chosen off-campus clinical sites. There is no provision

for completing the professional curriculum in fewer than nine quarters.

Ohio State's athletic training program is nationally respected and is accredited by the Commission on Accreditation of Athletic Training Education (CAATE).

Ohio State's Program Features:

- a 10-week off-campus internship at one of nearly 20 affiliated clinical sites
- daily clinicals working with elite-level athletes in Ohio State's 36 varsity sports teams
- hands-on, personalized instruction from a nationally respected faculty of professional athletic trainers
- state-of-the-art facilities in Ohio State's six athletic training rooms and research labs
- a degree program housed in one of the Midwest's finest health centers, in the highly respected Ohio State School of Allied Medical Professions.

## Co-Curricular Opportunities

Ohio State offers many opportunities for students to learn and grow outside of the classroom. These range from cooperative education (co-op) and internships to study abroad programs to student organizations. Co-ops and internships place students in professional environments while they are Ohio State students. Ohio State offers more than 100 study abroad programs in 40 countries around the world. Specific opportunities related to athletic training include:

- participation in class activities and Allied Med Student Council
- options to live in Allied Medical Learning Community
- opportunities to attend professional conferences
- Athletic Training Club
- summer internships for Athletic Training students

In addition, there are hundreds of student organizations on campus to meet the interests of a diverse student population.

These opportunities enable students to gain valuable work experience, learn about cultures, and take on leadership roles before they enter the workforce. All of these experiences enhance learning and may provide an advantage in the job market.

## Honors & Scholars Programs

Ohio State offers the Honors & Scholars programs to provide opportunities for undergraduate research and participation in the school's honors program and options to live in on-campus Honors or Health Sciences Scholars housing and participate in related

**For more information, check these web sites:**

**Athletic Training Division:** [amp.osu.edu/AT](http://amp.osu.edu/AT)  
**Allied Medical Professions:** [amp.osu.edu](http://amp.osu.edu)  
**Ohio State:** [osu.edu](http://osu.edu)

**Admissions:** [undergrad.osu.edu](http://undergrad.osu.edu)  
**Ohio Athletic Training Association:** [oata.org](http://oata.org)  
**First Year Experience Program:** [fye.osu.edu](http://fye.osu.edu)

## Curriculum Sample

This is a sample list of classes a student will take to pursue a B.S. in Athletic Training. Since university students need more than specific education in a narrow field, they also will take classes to complete the General Education Curriculum (GEC). The GEC will allow students to develop the fundamental skills essential to collegiate success across major programs. Course work options satisfying the GEC often come from a variety of academic areas of study allowing students to tailor their GEC toward their interests. Note: This sample represents one of several possible paths to a degree in Athletic Training. Consult the departmental web site, [amp.osu.edu/AT](http://amp.osu.edu/AT), for details on each specific track.

Freshman Year:	
English composition	5
Math (college algebra)	4
Medical Terminology	3
Biology (general principles)	5
Chemistry (physical chemistry)	5
Psychology (introductory)	5
Physiology	5
Basic Athletic Training	5
GEC	5
AMP Survey	1
<b>Total hours</b>	<b>43</b>

Sophomore Year:	
Clinical Experience Courses	6
Injury Evaluation Courses	14
Athletic Training Emergency Care Courses	7
Cadaver Anatomy	6
Chemistry	5
GEC courses	13
<b>Total hours</b>	<b>51</b>

Junior Year:	
Clinical Experience Courses	6
Therapeutic Modalities	5
Fitness program development	2
Sports Nutrition	4
Therapeutic Exercise Courses	10
Biomechanics	4
Exercise Physiology	5
Athletic Training Ethics	4
GEC	10
<b>Total hours</b>	<b>50</b>

Senior Year:	
Statistics	5
Clinical Experience Courses	6
Psychological Aspects of Sports Injury	4
Athletic Training Administration	4
Special Topics in Athletic Training	4
Community Health	3
Research Methods	3
Pharmacology	3
GEC courses and electives	15
<b>Total hours</b>	<b>47</b>

programming opportunities.

Honors & Scholars programs represent great opportunities to be part of a smaller community within a large university. Good candidates for these programs will receive additional information after admission to the university. Learn more about the Honors & Scholars program at [honors-scholars.osu.edu](http://honors-scholars.osu.edu).

## Career Prospects in Athletic Training

Most athletic trainers provide care for competitive athletes in professional, college, and high school athletics. One third of all athletic trainers work in outpatient clinics caring for competitive athletes, recreational athletes, and physically active people. Athletic trainers also work in factories providing industrial health care.

Many Ohio State athletic training graduates continue their education by pursuing a masters degree following graduation. These students have been very successful in obtaining paid graduate assistantships providing care to university athletes, particularly at the NCAA Division I-A institutions.

In 2005, the national average for athletic trainer salaries was over \$45,000. Starting salaries for new graduates typically range from \$27,000 to \$35,000.

## About Ohio State

The Ohio State University is recognized throughout the nation and the world for its innovative programs, exceptional faculty, and cutting edge facilities. In fact, Ohio State is consistently ranked among the country's best public institutions for overall academic reputation. Because Ohio State is a major teaching and research university, our students receive excellent preparation for entry into top graduate/professional programs and the job market.

Offering over 170 majors and more than 12,000 courses, Ohio State allows students to tailor their education to their interests through double majors, minors, and personalized study programs.

## Apply to Ohio State

Students wishing to apply to Ohio State may apply online by visiting [www.undergrad.osu.edu](http://www.undergrad.osu.edu) or contacting the Office of Undergraduate Admissions at (614) 292-3980 or [askabuckeye@osu.edu](mailto:askabuckeye@osu.edu). Student may be admitted to the School of Allied Medical Professions as a pre-major.

Students who have met admission criteria (prerequisite courses, etc.) for their intended major and are ready to begin professional coursework will apply to their professional program online at [professional.osu.edu/alliedmed.asp](http://professional.osu.edu/alliedmed.asp). The School's web site, [amp.osu.edu](http://amp.osu.edu), contains detailed information specific to all major programs in the School of Allied Medical Professions.

**Revised August 2007.** For the most up-to-date information on the athletic training program, visit [amp.osu.edu/AT](http://amp.osu.edu/AT).

## Contact information:

Mark A. Merrick, Ph.D. | Athletic Training Division Director  
453 West 10th Avenue | Columbus, OH 43210-1234  
(614) 247-6231