

# MASTER OF ATHLETIC TRAINING

## Program Director

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## Program Description

The Master of Athletic Training (MAT) degree is offered through the Bitonte College of Health and Human Services. The professional preparation coursework in this program encompasses the professional domains of athletic training. The overall objectives of the YSU Athletic Training Education Program are to instruct, evaluate, and provide learning-over-time for students in the following professional domains:

- 1. Injury/Illness Prevention and Wellness Protection:** Students identify injury, illness and risk factors associated with participation in sport/physical activity and implement all components of a comprehensive wellness protection plan and injury prevention program.
- 2. Clinical Evaluation and Diagnosis:** Students conduct a thorough initial clinical evaluation of injuries and illnesses commonly sustained by the athlete/physically active individual and formulate an initial diagnosis of the injury and or illness for the primary purposes of administering care or making appropriate referrals to physicians for further diagnosis and medical treatment.
- 3. Immediate and Emergency Care:** Students provide appropriate first aid and emergency care for acute injuries according to accepted standards and procedures, including effective communication for appropriate and efficient referral, evaluation, diagnosis, and follow up care.
- 4. Treatment and Rehabilitation:** Students plan and implement a comprehensive treatment, rehabilitation and/or reconditioning program for injuries and illnesses, including long and short-term goals, for optimal performance and function.
- 5. Organizational and Professional Health and Well-being:** Students plan, coordinate and supervise the administrative components of an athletic training program, comply with the most current BOC practice standards and state/federal regulations, and develop a commitment to life-long learning and evidence-based clinical practice

The MAT Program at YSU prepares students for entry-level athletic training practice across health care settings involving people of all ages. The program is two years with enrollment in five consecutive semesters either with one year at the undergraduate level and one year at the graduate level (accelerated track program) or both years at the graduate level (two-year Graduate School option).

YSU AT students are educated in cognitive and psychomotor skills related to recognition, treatment, and rehabilitation of injuries and illnesses involving the physically active, as well as risk management, health care administration, pharmacology, diagnostic imaging, and medical ethics and legal issues. In addition to the coursework, students are required to complete a minimum number of clinical education hours in a variety of settings.

## Admission Requirements

- Bachelor degree from an accredited institution
- Minimum 3.00 GPA average (based on 4.0 scale) in all coursework taken for the bachelor degree
- Complete the following prerequisite courses with a minimum grade of "C":
  - Sports First Aid & Injury Prevention, 3 s.h.
  - Human Anatomy & Physiology I, 4 s.h.

- Human Anatomy & Physiology II, 4 s.h.
- General Biology I and Lab, 4 s.h.
- General Chemistry and Lab, 4 s.h.
- Physics and Lab, 4 s.h.
- Kinesiology or Biomechanics, 3 s.h.
- Exercise Physiology, 3 s.h.
- General Psychology, 3 s.h.
- Normal Nutrition, 3 s.h.
- Statistics, 3 s.h.
- Apply by February 15<sup>th</sup>, - Apply online! (<http://cms.ysu.edu/college-graduate-studies/domestic-admissions>)
  - Athletic Training Application Form
  - Three Applicant Recommendation Forms (one must be from a faculty member)
  - A resume or curriculum vitae
  - Proof of 50hrs of athletic training observation
  - A personal statement (2pg maximum) of professional and educational goals to address the following:
    - What are your short- and long-term goals (i.e., education, training, work setting, etc.)
    - Discuss personal and professional influences that led you to want to become an athletic trainer and graduate student.
  - Official Academic Transcripts

## Graduate Faculty

**Sara Michaliszyn**, Ph.D., Associate Professor, Chair  
Obesity; diabetes; pregnancy

**Jennifer Pintar**, Ph.D., Professor  
Children with autism and the potential of exercise to reduce stereotypical behaviors; use of strength training to decrease low back pain and improve abdominal strength

**Jessica Wallace**, Ph.D., Assistant Professor  
Sport-related concussion; concussion and reporting behaviors in urban communities with high school aged athletes; return-to-learn strategies at school following a concussion; issues of access to health care for concussion injuries in lower SES communities

### Year 1

Fall		S.H.
MAT 6900	Basic Athletic Training Laboratory	1
MAT 6915	Evaluation and Management of Lower Extremity Injuries	4
MAT 6910	Clinical Practicum 1	4
MAT 5865	Functional Human Gross Anatomy	4
Semester Hours		13

### Spring

MAT 6920	Therapeutic Modalities	4
MAT 6925	Evaluation and Management of Upper Extremity Injuries	4
MAT 6930	Clinical Practicum 2	4
MAT 6935	Athletic Training Organization and Administration	3
Semester Hours		15

### Summer

MAT 6905	Psychosocial Aspects of Athletic Injuries	2
MAT 6950	Evidence-Based Practice/Research	3
MAT 6965	Advanced Perspectives	2
Semester Hours		7

**Year 2****Fall**

MAT 6940	Therapeutic Exercise	4
MAT 6945	General Medical Conditions	3
MAT 6960	Clinical Practicum 3	4
MAT 6985	Capstone Project 1	2
Semester Hours		13

**Spring**

MAT 6970	Pharmacology	3
MAT 6975	Advanced Seminar	3
MAT 6980	Clinical Practicum 4	4
MAT 6990	Capstone Project 2	2
Semester Hours		12
Total Semester Hours		60

## Learning Outcomes

1. Students will be able to identify injury, illness and risk factors associated with participation in sport/physical activity and implement all components of a comprehensive wellness protection plan and injury prevention program.
2. Students will be able to conduct a thorough initial clinical evaluation of injuries and illnesses commonly sustained by the athlete/physically active individual and formulate an initial diagnosis of the injury and or illness for the primary purposes of administering care or making appropriate referrals to physicians for further diagnosis and medical treatment.
3. Students will be able to provide appropriate first aid and emergency care for acute injuries according to accepted standards and procedures, including effective communication for appropriate and efficient referral, evaluation, diagnosis, and follow up care.
4. Students will be able to plan and implement a comprehensive treatment, rehabilitation and/or reconditioning program for injuries and illnesses, including long and short-term goals, for optimal performance and function.
5. Students will be able to plan, coordinate and supervise the administrative components of an athletic training program, comply with the most current BOC practice standards and state/federal regulations, and develop a commitment to life-long learning and evidence-based clinical practice

## Graduate Courses

**MAT 5865 Functional Human Gross Anatomy 4 s.h.**

The primary tool for learning gross anatomy is the human body. The laboratory prosections will present a regional approach (e.g., arm region, forearm region, etc.). General introductory and systemic anatomy topics (e.g., circulatory system, nervous system, etc.) will also be presented to help the student integrate the regional focus of the course into a broader anatomical perspective. The introductory section of the textbook is a good source of general information on systemic anatomy. Students are advised to read these chapters as early in the semester as possible, and to refer back to it as systemic anatomy topics are covered in lecture.

**Prereq.:** restricted to MAT students, instructor approval.

**MAT 5865L Functional Human Gross Anatomy Lab 0 s.h.**

Functional Human Gross Anatomy Lab.

**MAT 6900 Basic Athletic Training Laboratory 1 s.h.**

This laboratory course is an introduction to psychomotor skills associated with sports and fitness injury recognition, evaluation and management. The course emphasizes the development of competency in essential entry-level athletic training skills. Topics include injury and illness assessment skills, injury prevention techniques, and prophylactic bracing, taping and support techniques.

**Prereq.:** Admitted to the program.

**MAT 6905 Psychosocial Aspects of Athletic Injuries 2 s.h.**

This course examines issues related to the psychological impact and sociological factors related to exercise, injury, and illness, inactivity and rehabilitation following sports injury. Particular emphasis is placed on developing strategies for identifying problems, intervening, and making referrals for commonly encountered injuries and illnesses.

**Prereq.:** Admitted to the program.

**MAT 6910 Clinical Practicum 1 4 s.h.**

Introduction to basic clinical experience working in a CAATE approved setting.

**Prereq.:** Admitted to the program.

**MAT 6915 Evaluation and Management of Lower Extremity Injuries 4 s.h.**

The primary focus is to present a systematic process for accurately evaluating lower extremity musculoskeletal injuries and illnesses commonly seen in the physically active population. This course focuses on the athletic training competencies and proficiencies associated with lower extremity injury assessment and evaluation, risk management and injury prevention, and the acute care of injuries and illnesses.

**Prereq.:** Admitted to the program.

**MAT 6920 Therapeutic Modalities 4 s.h.**

This course focuses on the use of therapeutic modalities in the treatment and rehabilitation of the injured athlete. The course will present the physiological and mechanical modalities. Students will investigate the current literature on the safe and effective application of various modalities and their appropriate integration into a well-designed rehabilitation program.

**Prereq.:** MAT 6900.

**MAT 6925 Evaluation and Management of Upper Extremity Injuries 4 s.h.**

This course is designed to continue with the development of the injury evaluation process, injury mechanisms associated with common sports injuries, and increased recognition of pathologies associated with a physically active population. Instruction and experience are directed toward the athletic training and competencies and proficiencies associated with the upper extremity, hand, and neck recognition, assessment, and evaluation, risk management and injury prevention and implications for acute care.

**Prereq.:** MAT 6915.

**MAT 6930 Clinical Practicum 2 4 s.h.**

Involves both a clinical education experience which provides for integration of athletic training psychomotor, cognitive, and affective skills, and clinical proficiencies; and field experience providing informal learning and practice and application of clinical proficiencies in a clinical environment under the supervision of an approved instructor.

**Prereq.:** MAT 6910.

**MAT 6935 Athletic Training Organization and Administration 3 s.h.**

This course is a requirement for students in athletic training. It deals primarily with the administrative competencies necessary to accomplish the successful day-to-day operation of an athletic training program and facility.

**Prereq.:** MAT 6900, MAT 6910.

**MAT 6940 Therapeutic Exercise 4 s.h.**

A study of the indications, contraindications, physiological effects, special programs, and resistance methods that are used in the prevention and rehabilitation of athletic injuries. The focus of this course is to develop the cognitive competencies necessary for the safe, effective, and evidenced-based application of therapeutic rehabilitation techniques in a physically active patient population.

**Prereq.:** MAT 6920, MAT 6925.

**MAT 6945 General Medical Conditions 3 s.h.**

Many conditions that beset athletes, performers, and other patients and not musculoskeletal in nature. The athletic trainer must be cognizant of these - and well versed in their diagnosis and management - in order to be fully equipped to administer proper and comprehensive healthcare.

**Prereq.:** MAT 6925.

**MAT 6950 Evidence-Based Practice/Research 3 s.h.**

This course will introduce the research process in athletic training. Coursework will address the conception and methodological procedures of designing and pursuing research. The importance of pursuing quality research will be stressed and the procedures necessary to complete this process will be presented. Students will develop skills and a knowledge base that will aid them while conducting and critically reviewing research.

**Prereq.:** MAT 6930.

**MAT 6960 Clinical Practicum 3 4 s.h.**

Involves both a clinical education experience which provides for integration of athletic training psychomotor, cognitive, and affective skills, and clinical proficiencies; and field experiences providing informal learning and practice and application of clinical proficiencies in a clinical environment under the supervision of an approved instructor.

**Prereq.:** MAT 6930.

**MAT 6965 Advanced Perspectives 2 s.h.**

**Prereq.:** MAT 6945.

**MAT 6970 Pharmacology 3 s.h.**

This course serves as an introduction to pharmacology for students pursuing careers in Athletic Training. The molecular world of pharmaceutical processes and cellular biochemical determinants of therapeutic interventions will be explored. An understanding of the fundamental principles of therapies for various conditions will be discussed. Constraints placed on athletes in the performance environment, and correct protocols with medication management for athletes will be discussed.

**Prereq.:** MAT 6945, MAT 6950.

**MAT 6975 Advanced Seminar 3 s.h.**

This course is designed to explore the identification and treatment of athletic injuries. The information and skills are intended for those students with relatively high level of sophistication in sports medicine. This course is a writing intensive and research orientated upper division course.

**Prereq.:** MAT 6935, MAT 6950.

**MAT 6980 Clinical Practicum 4 4 s.h.**

Involves both a clinical education experience which provides for integration of athletic training psychomotor, cognitive, and affective skills, and clinical proficiencies; and field experiences providing informal learning and practice and application of clinical proficiencies in a clinical environment under the supervision for an approved instructor. Athletic training students are required to be involved in clinical education and field experiences in order to gain entry-level proficiencies in the profession.

**Prereq.:** MAT 6960.

**MAT 6985 Capstone Project 1 2 s.h.**

This course will develop skills and a knowledge base that will aid the student while conducting and critically reviewing research in athletic training. Coursework will address the design of research in athletic training. The importance of pursuing quality research in athletic training will be stressed and the procedures necessary to complete this process will be presented.

**Prereq.:** MAT 6930 and MAT 6935.

**MAT 6990 Capstone Project 2 2 s.h.**

Coursework will focus on developing the skills needed to critically synthesize material with accepted practice, and prepare professional presentations using acquired data and an appropriate statistical analysis. The importance of pursuing quality research in athletic training will be stressed and the procedures necessary to complete this process will be presented.

**Prereq.:** MAT 6950, MAT 6985.