

ATHLETIC TRAINING

undergraduate program

The University of Pittsburgh Bradford Athletic Training Program is accredited by the Commission on Accreditation of Athletic Training Education (CAATE).

Employment Opportunities:

Aerobics Instructor
 Assistant Athletic Trainer
 Athletic Trainer
 Chiropractor
 Exercise Physiologist
 Fitness Consultant
 Fitness Instructor
 Massage Therapist
 Medical Equipment Sales Rep
 Personal Trainer
 Pharmaceutical Sales Rep
 Sports Club & Resort Manager
 Sports Dietician
 Sports Physical Therapist
 Strength & Conditioning Coach
 Team Physician
 University Athletic Trainer

* Some occupations will require advance training, certification and/or education.



Athletic training encompasses the prevention, diagnosis and intervention of emergency, acute and chronic medical conditions of athletes. Athletic trainers play a significant role in the management and rehabilitation of injured athletes. They also provide a vital communication link between the

injured athlete, the physician, the coach and sometimes the athlete's family, to determine readiness of an athlete's return to their sport.

Athletic training majors at Pitt-Bradford take courses in Athletic Training, Anatomy and Physiology, Nutrition, Pharmacological Issues, Psychology, Injury Rehabilitation, Exercise Science, and Sports Safety. Students receive hands-on experience by spending time with Pitt-Bradford athletes and the athletic training staff. Students in the program also experience working as a trainer at local high school sporting events.

Required Skills:

- Critical Thinking
- Active Listening
- Communication
- Social Perceptiveness
- Monitoring Performance
- Coordination
- Instructing
- Judgment and Decision Making
- Service Orientation

Possible Employers:

- Hospitals
- Professional Sports Teams
- High School, College or University
- Physician's Office
- Recreational Sports Center
- Industries
- Non-Profit Organizations
- Military

PROFESSIONAL ORGANIZATIONS:

National Athletic Trainers Association
 National Athletic Trainers Association Board of Certification
 National exercise & Sports Trainers Association
 Pennsylvania Athletic Trainers Society

www.nata.org
www.bocatc.org
www.nestacertified.com
www.gopats.org

FIND OUT MORE ABOUT CAREERS IN ATHLETIC TRAINING AT:

Becoming an Athletic Trainer
 Careers in Human Kinetic
 Occupational Outlook Handbook
 Sports Medicine Careers
 Career Services

www.nata.org/students
www.humankinetics.com/careers
www.bls.gov/oco/ocos294.htm
www.sportsmedicine.com
www.upb.pitt.edu/career/



Athletic Training (BS) – Curriculum Guide

Student Name:

Advisor:

GENERAL EDUCATION REQUIREMENTS

COMPETENCIES

(Minimum grade of C- required in all competencies)

- FS 0102 Freshman Seminar
(if transferring in fewer than 18 credits)

Writing

- ENG 0101 English Composition I
 ENG 0102 English Composition II

Mathematics

- *MATH 0098 College Algebra 2 or Higher

THE HUMAN EXPERIENCE

- Students are required to complete two courses designated as "Global"*

ARTS & LETTERS *(ONE course MUST be literature;*

ONE course MUST be a creative, fine or performing Arts course)

- Literature
 Arts
 Literature, Arts, Language

BEHAVIORAL, ECONOMIC, & POLITICAL SCIENCES

(Two different categories must be represented)

- (See Major)*

HISTORY, CULTURES, & PHILOSOPHICAL INQUIRY

(ONE course MUST be History, and ONE course must be Cultures or Philosophical Inquiry)

- HIST

PHYSICAL, LIFE, & COMPUTATIONAL SCIENCES

(ONE course must be a Physical Science, ONE must be a Life Science and ONE must include a lab)

- Physical Science
 Biological Science *(see major)*
 Lab *(see major)*
 Physical, Life or Computational Science *(see major)*

PHYSICAL EDUCATION

- PEDC

MAJOR REQUIRED COURSES

- BIOL 0212/0222 Human Anatomy and Physiology I (4)
 BIOL 0213/0223 Human Anatomy and Physiology II (4)
 HPRED 0101 Introduction to Athletic Training (3)
 HPRED 0108 Nutrition (3)
 HPRED 0110 Practicum in Athletic Training (3)
 HPRED 0180 Sports Safety Training (1)
 HPRED 0206 Eval. & Rehab of Athletic Injuries I (4)
 HPRED 0207 Eval. & Rehab of Athletic Injuries II (4)
 HPRED 0209 Personal Health and Wellness (3)
 HPRED 0220 Medical Aspects in Athletic Training (3)
 HPRED 0280 Clinical in Athletic Training I (2)
 HPRED 0281 Clinical in Athletic Training II (2)
 HPRED 1302 Therapeutic Modalities (4)
 HPRED 1305 Biomechanics (3)
 HPRED 1306 Exercise Physiology I (4)
 HPRED 1309 Therapeutic Exercise (4)
 HPRED 1320 Principles of Strength Training (3)
 HPRED 1380 Clinical in Athletic Training III (2)
 HPRED 1381 Clinical in Athletic Training IV (2)
 HPRED 1405 Research Methods in Sports & Exer. Sci. (3)
 HPRED 1420 Rehabilitation Mgmt. and Administration (3)
 HPRED 1451 Capstone: Sports Medicine (3)
 HPRED 1480 Clinical in Athletic Training V (2)
 HPRED 1481 Clinical in Athletic Training VI (2)
 PSY 0101 Introduction to Psychology (3) *GE*
 PSY 0201 Statistics (4) *GE*

STUDENTS MUST RECEIVE THE GRADE OF A C- OR BETTER IN ALL COURSES LISTED ABOVE.

*MATH 0098 does not meet the mathematics competency At the Pittsburgh campus

You will have According to your Degree Progress Report in MY.PITT.EDU upon successful completion of the current term:

EARNED _____ credit hours

You NEED a minimum of _____ for 120 credit hours required for graduation. Additional courses may be necessary to meet the minimum curricular requirements.

You will have earned _____ credit hours of Upper Level course work.

You NEED _____ for the 30 credit hours required for graduation.

NOTE: This guide is unofficial. Completing the requirements on this sheet does NOT guarantee degree completion. Official degree completion information can be found in **MY.PITT.EDU**. Contact your Faculty Advisor and/or the Registrar's Office with questions or concerns.