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 www.nata.org
- National Athletic Trainers Association Board of Certification www.bocatc.org
- National exercise & Sports Trainers Association www.nestacertified.com
- Pennsylvania Athletic Trainers Society www.gopats.org

**FIND OUT MORE ABOUT CAREERS IN ATHLETIC TRAINING AT:**
- Becoming an Athletic Trainer www.nata.org/students
- Careers in Human Kinetic www.humankinetics.com/careers
- Sports Medicine Careers www.sportsmedicine.com
- Career Services www.upb.pitt.edu/career/
# Athletic Training (BS) – Curriculum Guide

<table>
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<tr>
<th>Student Name:</th>
<th>Advisor:</th>
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## GENERAL EDUCATION REQUIREMENTS

### COMPETENCIES

*Minimum grade of C- required in all competencies*

- ☐ FS 0102 Freshman Seminar
  *(if transferring in fewer than 18 credits)*
- ☐ 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’ Progress

- 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.

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.

10/3/17