

## ADDENDUM TO THE 2020-2021 UNDERGRADUATE CATALOG

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### 5 YEAR MASTER OF ATHLETIC TRAINING

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The Athletic Training Program is currently in the process of transitioning to a master's degree. This change is a result of a decision made by the AT Strategic Alliance that consists of representatives from the BOC, CAATE, NATA and NATA Foundation. The timeline for implementation that must be adhered to states that baccalaureate programs may not admit, enroll, or matriculate students into the athletic training program after the start of the fall term 2022. Therefore, any institutions wishing to continue with an Athletic Training Program must transition to the graduate level. The college is committed to continuing offering Athletic Training as a program of study for students. Faculty and administrators have obtained the necessary approval through the Higher Learning Commission and are currently working to receive CAATE approval for this transition. The professional athletic training program will have its next comprehensive review by CAATE during the 2021-22 academic year.

*\*CAATE, 2001 K Street NW, 3<sup>rd</sup> Floor North, Washington, DC 20006.*

The 5 Year Master of Athletic Training program provides students with theoretical knowledge and understanding of the profession of athletic training. The program blends classroom instruction and structured clinical experiences through a process that results in students gaining eligibility to sit for the Board of Certification (BOC) examination upon graduation from Wesleyan. Students who graduate from the program and subsequently pass the national certification exam will be qualified to be employed as athletic trainers in secondary schools, in colleges and universities, for professional athletic teams, in sports medicine clinics, or in industrial preventive medicine clinics.

**Requirements for the 5 Year Master of Athletic Training Program (108-112 semester hours):** EXSC 140, 168, 205, 220, 240, 303, 320, 320L, 325, 325L, 331, 338, 340, 505, 506, 515, 535, 536, 540, 545, 550, 570, 605, 610, 613, 635, 640, 645, 655, 670, 675, 678; BIOL 151, 152, 164 or 220; CHEM 105/107L, 106/108L or 131/133L, 132/134L, or 161/163L; MATH 115; PHYS 152; PSYC 101.

**Mission Statement:** The mission of the 5YMAT program is to prepare the athletic training student to sit for the BOC national certification examination as per CAATE and BOC guidelines and requirements through evidence based didactic and clinical education. Through incorporating analytical problem-solving abilities, graduates will be developed competency and proficiency in all five practice domains of athletic training:

1. Injury/illness prevention and wellness promotion
2. Examination, assessment, and diagnosis
3. Immediate and emergency care
4. Therapeutic intervention
5. Healthcare administration and professional responsibility

Program Goals:

Upon completion of the WVWC Professional MAT program, the graduate will:

- Possess the necessary skills in cognitive, behavioral and clinical skills for successful practice as a health care practitioner.
- Demonstrate professional communication skills as a competent health care provider to effectively communicate within all aspects of patient care.
- Develop competent, ethical health care practitioners that practice evidence-based medicine, participate in interprofessional education and demonstrate collaborative practice with other health professions.
- Develop students that are active in professional citizenship and promote involvement with athletic training organizations and the community through service and leadership.
- The MAT program will prepare students to pass the BOC examination and become credentialed, certified athletic training professionals. Seventy percent or higher will pass this exam on the first attempt.

## Program Outcomes

- Students will be able to apply clinical reasoning skills throughout the physical examination process, and will assimilate the acquired data in order to select the appropriate assessment tests, formulate a differential diagnosis, and determine an appropriate treatment plan or referral to other health care professionals.
- Students will develop effective, professional health care provider written and oral communication skills.
- Students and graduates will demonstrate proficiency within the domains of athletic training, encompassing the knowledge, skills and abilities necessary to become a credentialed health care provider.
- The student will gain experience working with diverse populations, which includes but limited to: sex, race, age, disabilities/abnormalities, and socioeconomic status.

Additional fees associated with the 5 Year MAT program are:

• Uniform and supplies requirements at official entrance to program	\$160-\$200
• ATrack Subscription (Annual or Lifetime)	\$45-\$90
• CPR Certification, biannually	\$20-\$35
• *Transportation to/from off-site clinical and class placements, annually	\$25-\$150
• Membership to the National Athletic Trainers' Association, annually	\$78-\$115
• BOC preparatory exams and/or workshops, final year in program	\$155-\$225

\*Students in the program are required to provide their own transportation to off campus clinical and class placements. Students may also incur additional expenses with their certain off campus clinical sites; such expenses could include but are not limited to, housing, transportation, or board.

## **ADMISSION TO AND CONTINUATION IN THE ATHLETIC TRAINING PROGRAM**

### Technical Standards for Admission

The professional Athletic Training program at West Virginia Wesleyan College is a rigorous and intense program that places specific requirements and demands on the students enrolled in the program. An objective of this program is to prepare graduates to enter a variety of employment settings and to render care to a wide spectrum of individuals engaged in physical activity. The technical standards set forth by the professional Athletic Training Program establish the essential qualities considered necessary for students admitted to this program to achieve the knowledge, skills, and competencies of an entry-level athletic trainer, as well as meet the expectations of the program's accrediting agency: the Commission on Accreditation of Athletic Training Education (CAATE).

The following abilities and expectations must be met by all students admitted to the Athletic Training Program. In the event a student is unable to fulfill these technical standards, with or without reasonable accommodation, the student will not be admitted to the program. Compliance with the program's technical standards does not guarantee a student's eligibility for the BOC certification exam.

Candidates for selection to the WVWC Athletic Training Program must demonstrate:

1. the mental capacity to assimilate, analyze, synthesize, integrate concepts and problem solve to formulate assessment and therapeutic judgements and to be able to distinguish deviations from the norm.
2. sufficient postural and neuromuscular control, sensory function, and coordination to perform appropriate physical examinations using accepted techniques; and accurately, safely, and efficiently use equipment and materials during the assessment and treatment of patients.
3. the ability to communicate effectively and sensitively with patients and colleagues, including individuals from different cultural and social backgrounds; this includes, but is not limited to, the ability to establish rapport with patients and communicate judgements and treatment information effectively. Students must be able to understand and speak the English language at a level consistent with competent professional practice.
4. the ability to record the physical examination results and a treatment plan clearly and accurately.
5. the capacity to maintain composure and continue to function well during periods of high stress.
6. the perseverance, diligence and commitment to complete the athletic training education program as outlined and sequenced.
7. flexibility and the ability to adjust to changing situations and uncertainty in clinical situations.
8. effective skills and appropriate demeanor and rapport that relate to professional education and quality patient care.

Candidates for selection to the Athletic Training Program will be required to verify they understand and meet these technical standards or they believe that, with certain accommodations, they can meet the standards. Verification is also necessary by a physician on the student's required entrance physical examination. The Office of Student Development will evaluate any students who state that they could meet the program's technical standards with accommodation to confirm that the stated condition qualifies as a disability under applicable laws.

If a student states that he or she can meet the technical standards with accommodation, then the College will determine whether it agrees that the student can meet the technical standards with reasonable accommodation; this includes a review as to whether the accommodations requested are reasonable, taking into account whether accommodation would jeopardize clinician/patient safety, or the educational process of the student or the standards of the institution, including all coursework, clinical experiences and internships deemed essential to graduation.

#### Program Application and Matriculation

Continuation in the 5YMAT program depends upon successful completion of specific program requirements, including in-service training sessions, observation hours, academic prerequisites, written application and interview. Admission into the program is selective and limited. The eligibility requirements below are listed in order of importance. Students electing the 3+2 accelerated program will apply for admission to the professional Athletic Training program during the spring semester of the third year by January 15. Students considering this option should consult the Office of Financial Aid with specific questions regarding the impact on financial aid.

Students must still earn 120 undergraduate hours to complete the bachelor degree requirements. The program articulates undergraduate and graduate study so that students can graduate after five years with a Bachelor of Science degree in Exercise Science plus a Master of Athletic Training degree. Due to the accelerated nature of the design to complete the BS and MAT program, enrolling in summer courses may be necessary for the completion of undergraduate courses and credit hours. Once accepted into the MAT program, students will enroll and complete courses over a 24 month period which will be a Summer-Fall-Spring-Summer-Fall-Spring semester design. It is also important to note that the coursework offered at the graduate level will be of appropriate graduate level rigor. Students enrolled in graduate program courses will be expected to synthesize advanced scholarly knowledge and master skills in the discipline with independent production and engagement in athletic training. Students will also be expected to study, master, and synthesize advanced scholarly knowledge and theoretical concepts.

Transfer applicants who are eligible may apply prior to their first semester on campus. Students are accepted into the program at the conclusion of the spring semester and formally begin the academic coursework the following summer term. Students must meet the following eligibility requirements for formal admission into the professional Athletic Training program:

1. a cumulative grade point average of 2.75 or higher
2. completion of the following prerequisites with no grade below C (2.0) and a prerequisite CGPA of 2.75 or higher: BIOL 151, 152; CHEM 105/107L, 106/108L or CHEM 131/133L, 132/134L or CHEM 161/163L; PHYS 152; BIOL 164 or 220; MATH 115; PSYC 101; EXSC 140, EXSC 240, EXSC 320, EXSC 325; CHEM 106/108L or CHEM 132/134L is a preferred prerequisite
3. earned a minimum of 90 undergraduate credit hours
4. submission of a written application, including two letters of recommendation.
5. successful completion of an interview with the athletic training faculty and clinical instructors.
6. completion of a minimum of 50 observation hours with 2 different ATs (ATC) in 2 different settings; a minimum of 15 hours must be completed in each setting.
7. attendance at a Universal Precautions in-service program, AHA HealthCare Provider CPR Certification in-service program (w/required certification) and proof of HBV vaccination (or declination/initiation of the series), completed physical examination by a health care provider
8. completion of a criminal background evaluation

Candidates must meet ALL criteria to be selected to the program. The priority deadline for receiving completed application materials is January 15 of the spring semester. These materials are to be submitted to the Program Director. Acceptance for all candidates will be provisional until grades are released for the spring semester and all criteria remain met. Candidates will be notified of their official acceptance status by May 15 of each year. Transfer students may apply by completing all program admission materials and turning them in to the Program Director by July 1 prior to the beginning of the fall semester and must meet all criteria listed above.

Transfer students must also include copies of all course descriptions, course syllabi and transcripts for review by the School Director and the Program Director. Final approval for all transfer Athletic Training credit will be at the discretion of Athletic Training Faculty. To maintain compliance with CAATE standards and educational competencies, transfer students should be informed that some or all transfer credits may be denied and will be required to be completed at WVWC. Transfer students will be notified of acceptance prior to the official registration day for the fall semester. If a student is not accepted into the ATP, he/she will receive with the letter of denial, explicit explanation of any criteria that are not met and what must be met to all re-application via petition. Those students who wish to petition for reconsideration must do so by submitting a formal letter of petition with a specific plan to address any and all criteria that are lacking to the Program Director by July 15. The petition will be reconsidered by the School Director, Program Director, and ATP faculty, and the student will be notified prior to the beginning of the fall semester.

Following initial acceptance into the program, the student must meet the following criteria to remain in good standing within the program:

1. earn no grade below a C (2.0) in the required coursework within the program.
2. maintain a cumulative grade point average of 3.0 or above in all graduate work.
3. Students must also complete at least one course per semester to maintain enrollment within the program. If the student fails to enroll for more than one semester, a new application for admission must be approved before resuming the program. Candidates must complete the program within five years. Transfer credits older than seven years will not be applied toward the master's degree
4. demonstrate continual progress in attainment of the required clinical competencies (each semester) and minimum of 4 semesters of clinical fieldwork.
5. remain in good academic and judicial standing with West Virginia Wesleyan College.

NOTE: Should a student who has entered the 5 Year MAT program elect not to continue in the program to fulfill all program graduation requirements and wishes to fulfill graduation requirements for the undergraduate exercise science program only, the student will need to successfully complete EXSC 395, 405, 406, and 420 or substitutions as approved by program director.

## **MAT COURSES**

### **EXSC 505. Foundations of Patient Care.**

**3 hrs.**

An integrated approach to patient care involving an introduction to epidemiology and public health through exploring the distribution of disease and risk factors that influence health outcomes of individuals and within communities. Epidemiology and public health concepts will be used to inform various aspects of quality patient care through incorporating evidence-based practice (EBP), the use health informatics systems, health care delivery systems, patient education, and cultural competence in caring for a patient and their unique health needs.

### **EXSC 506. Advanced Emergency Care for the Athletic Trainer.**

**2 hrs.**

This course is designed to prepare an athletic trainer to respond to athletic emergencies. Course content will focus on the skills necessary to provide appropriate emergency care for a variety of emergencies that may occur during an athletic practice or competition. The course will be a combination of lecture, laboratory/hands on practice, and scenario-based learning.

### **EXSC 515. Principles of Athletic Training.**

**2 hrs.**

An introduction to the basic principles of prevention, evaluation, and management of athletic injuries. Topics will include training and conditioning techniques, protective sports equipment, mechanisms and characteristics of sports trauma, pathophysiology of tissue in common injuries/illnesses/disease of a physically active population across the lifespan and tissue's physiologic response to injury.

### **EXSC 535. Clinical Experience I.**

**2 hrs.**

Under the direct supervision of a BOC certified athletic trainer or clinical preceptor, the athletic training student will complete a minimum of three five-week rotations. Emphasis will be placed on proficiency of taping and wrapping skills, emergency care skills, observations with team physician(s), and developing basic evaluation and assessment skills. **Prerequisites:** Formal acceptance into MAT program; **Corequisites:** EXSC 506 Advanced Emergency Care for the Athletic Trainer, EXSC 515 Principles of Athletic Training, EXSC 550 Orthopedic Support and Immobilization Techniques.

### **EXSC 536. Clinical Experience II.**

**3 hrs.**

Under the direct supervision of a BOC certified athletic trainer or clinical preceptor, the athletic training student will complete a full semester rotation. Emphasis will be placed on proficiency of lower extremity evaluation and general medical injury/illness

evaluation. **Prerequisites:** Formal acceptance into MAT program; **Corequisites:** EXSC 540 Evaluation and Treatment of Lower Extremity, EXSC 605 Evaluation and Treatment of General Medical Conditions

**EXSC 540. Evaluation and Treatment of the Lower Extremity.** **3 hrs.**

In-depth physical evaluation and treatment of injuries and pathologies of the lower extremity. Emphasis will be placed on the components of the comprehensive orthopedic clinical evaluation and diagnosis including: history, inspection, palpation, functional testing, gait evaluation, medical documentation and special evaluation techniques of the lower extremity. Laboratory included.

**EXSC 545. Evaluation and Treatment of the Upper Extremity & Spine.** **3 hrs.**

In-depth physical evaluation and treatment of injuries and pathologies of the upper extremity and spine. Emphasis will be placed on the components of the comprehensive orthopedic clinical evaluation and diagnosis including: history, inspection, palpation, functional testing, medical documentation and special evaluation techniques of the upper extremity and spine. Laboratory included.

**EXSC 550. Orthopedic Support and Immobilization Techniques.** **2 hrs.**

This course will be primarily a laboratory, hands on experience-based course. Students will be instructed on various applied athletic taping, bracing, splinting and casting procedures. Skill instruction will also include the fitting and use of assistive mobility devices.

**EXSC 570. Therapeutic Interventions.**\*\*\* **3 hrs.**

A study of the therapeutic interventions used by athletic trainers in the treatment and rehabilitation of athletic injuries. Students will gain hands-on experience with various modalities (e.g. electrical stimulation, ultrasound, therapeutic massage) currently used in athletic training settings. The course will also introduce general principles of pharmacology and drug therapy as a therapeutic intervention. Pharmacotherapy is presented with a pathophysiological approach and emphasis is on major drug classifications and prototype drugs.

**EXSC 605. Evaluation and Treatment of General Medical Conditions.** **3 hrs.**

In-depth physical evaluation and treatment of injuries and pathologies of the head, common illnesses and general medical conditions. Emphasis will be placed on the components of the comprehensive clinical evaluation and diagnosis including: history, inspection, palpation, functional testing, medical documentation and special evaluation techniques. Laboratory included.

**EXSC 610. Cardiopulmonary Issues and the Athletic Trainer.**\*\*\* **3 hrs.**

Advanced evaluation methods and issues related to the cardiopulmonary systems. Topics will include but are not limited to: evaluation of various pathologies, assessment techniques, risk assessment, and medical history. Requires a research-based project with presentation. Includes didactic and lab session.

**EXSC 613. Psychosocial Aspects of Athletic Training.** **2 hrs.**

This course serves as an exploration in the psychological aspect of working with patients in a health care setting. Topics will include patient recovery from injury/illness and various behavioral health conditions, such as, suicidal ideation, depression, anxiety disorder, psychosis, mania, eating disorders, and attention deficit disorders.

**EXSC 635. Rehabilitative Interventions.** **2 hrs.**

This course will focus on methods and techniques in the selection and application of rehabilitation/reconditioning techniques for injuries/illnesses sustained by the competitive athlete and physically active individual. Key components will focus on the overall functional progression of rehabilitative exercise, specific rehabilitative exercises, and manual therapy techniques. Students will develop skills related to the integration of physical assessment into a comprehensive rehabilitation plan.

**EXSC 640. Research in Athletic Training.** **2 hrs.**

This course provides a capstone experience for students in health care research. Students will use skills in evidence-based medicine to complete an approved research project. Research presentation required.

**EXSC 645. Healthcare Administration in Athletic Training.** **2 hrs.**

An in-depth course in organizational and administrative components of athletic training health care administration. Topics will consist of: reimbursement for services, legal concepts associated with health care, record management, financial management, facility management, personnel management, and planning, coordinating, and supervising all administrative components of a health care organization as well as public relations. In addition, students will be exposed to management strategies, leadership styles, certification/licensure issues, policy and procedure development in various athletic training settings.

**EXSC 655. Professional Topics Seminar.**\*\*\* **2 hrs.**

Exploration of current professional topics including certification requirements and preparation, licensure requirements, grantsmanship, and other topics related to the professional domains in athletic training as defined by the BOC Role Delineation Study.

**EXSC 670. Clinical Experience III.** **3 hrs.**

Under the direct supervision of a BOC certified athletic trainer or clinical preceptor, the athletic training student will complete a full semester clinical rotation. Emphasis will be placed on proficiency of upper extremity evaluation, therapeutic interventions and

rehabilitative interventions. Prerequisites: Formal acceptance into MAT program; EXSC 545 Evaluation and Treatment of Upper Extremity, EXSC 570 Therapeutic Interventions, EXSC 635 Rehabilitative Interventions; *Corequisites*: EXSC 645 Health Care Administration of Athletic Training.

**EXSC 675. Immersive Clinical Experience.**

**6 hrs.**

Under the direct supervision of a BOC certified athletic trainer or clinical preceptor, the athletic training student will complete a minimum 5-week immersive clinical experience. Emphasis will be placed on proficiency of all practice domains of athletic training.

Prerequisites: Formal acceptance into MAT program and EXSC 670 Clinical Experience III.

**EXSC 678. Current Topics in Athletic Training.**

**1 hr.**

A course in new developing topics and trends athletic training. Topics will include but are not limited to: evaluation of various pathologies and emerging treatment techniques related to a variety of evolving employment settings for the athletic trainer.