

### **Introduction**

The major in athletic training at Middle Tennessee State University is designed to prepare students for the profession of athletic training through a holistic integrated health care/medical model with a plethora of academic and clinical experiences. The program is designed and directed by the essentials and guidelines of the **Commission on Accreditation of Allied Health Education Programs (CAAHEP)** of the American Medical Association and the **National Athletic Trainer's Association Board of Certification (NATABOC)**. The program is currently a candidacy program and should achieve CAAHEP accreditation for an entry-level athletic training education program by Spring 2002.

### **Philosophy**

It is our philosophy at MTSU to provide each student with a holistic education that includes a vast array of professional experiences. There are five goals of the program:

1. To provide each student with a quality undergraduate education.
2. To prepare each student to successfully pass the NATABOC examination and gain their athletic training certification.
3. To develop each student into a quality citizen who will be active in the community and in the profession.
4. To assist students in securing employment and or further educational opportunities upon graduation.
5. To provide continuing education opportunities for alumni.

### **Academic Component**

The athletic training major is 132 credit hours. The program consists of:

34 hours of general education  
52 hours of athletic training core  
24 hours of science minor  
20 hours physical education/health minor  
2 hours of electives

The **academic component** is based upon a firm science foundation with emphasis on anatomy and physiology. It is imperative that student have a solid background and understanding of anatomy and human movement. The academic component includes instruction in the following areas:

- Human Anatomy
- Human Physiology
- Physics
- Kinesiology/Biomechanics
- Exercise Physiology
- Prevention of Athletic Injuries
- Therapeutic Modalities
- Therapeutic Medications/Pharmacology
- Research Methods
- General Medical Conditions
- First-Aid and Emergency Care
- Human Nutrition
- Sport Psychology
- Personal/Community Health
- Human Growth and Development
- Evaluation of Athletic Injuries
- Rehabilitation Techniques
- Strength and Conditioning
- Pathology of Injuries/Illnesses
- Health Care Management/Administration

*As part of formal coursework students have opportunities to view surgical procedures, work with physicians, physical therapists, physician assistance, emergency medical technicians and other medical and allied health professionals.*

*Currently there are 2 tenured faculty, 1 non-tenured faculty and 3 athletic training instructors assigned to the athletic training education program. In addition there are numerous graduate assistants who assist in academic and clinical instruction.*

### ***Clinical Component***

*The clinical component of the program is based upon a formal clinical rotation sequence under the direct supervision of a certified athletic trainer (ATC) who is an approved clinical instructor. The first sequence of clinical experiences are part of clinical courses ATHT 3000-3001-3002 and 3003. In ATHT 3000 and 3001 students are rotated through clinical experience at Middle Tennessee State University. In ATHT 3002 and 3003 clinical rotations are in local high schools and other traditional sport settings off campus. Clinical experiences require an average of 20 hours per week often include weekend sport coverage. After the students have successfully completed coursework in therapeutic modalities and rehabilitation they complete a practicum in a sports medicine/physical therapy clinic under the supervision of either an ATC or physical therapists. This practicum is done through an entire summer session. During a student's senior year they complete their last sequence of the clinical component and are assigned to semi-independent experiences with traditional sports experiences under the supervision of an ATC or other approved medical or allied health care provider.*

*In addition to formal clinical experiences, students have opportunities to volunteer as first-aid responders for various community sport events. Through their clinical education, students have opportunities to work with team physicians and orthopedists specializing in sports medicine. The program currently has 3 full-time ATC's and 5 graduate assistant ATC's as clinical instructors on MTSU campus. The program also utilizes between 15 and 20 athletic trainers in area high schools, universities, and clinics for clinical educational experiences.*

### ***Limited Enrollment Program***

*The major in athletic training is a limited enrollment program and accepts a maximum of 20 students per year. Students are admitted during the Spring semester and Summer IV session of each year. All students must make formal application, be admitted to the program and follow a prescribed sequenced course of study. Admission to the program includes:*

- \* Completed program application*
- \* 3 letters of recommendation*
- \* Minimum 2.5 overall grade point average*
- \* Successful completion of ATHT 2580, ATHT 2590, BIOL 2010, and HLTH 3330 with a minimum grade of B-.*
- \* Minimum of 24 hours of completed academic coursework*
- \* 60 clinical observation hours*
- \* Interview with selection committee*

*Once admitted to the program students follow a prescribed academic program and begin the clinical component, which is six semesters. Candidates who are not admitted are encouraged to reapply to the program.*

*If you would like to schedule a visit or have questions concerning the MTSU Athletic Training Education Program contact Dr. Malissa Martin at 615-904-8187 or FAX 615-904-8469 or email at [mamartin@mtsu.edu](mailto:mamartin@mtsu.edu). You may also refer to our web page at [www.mtsu.edu](http://www.mtsu.edu).*

*Middle Tennessee State University Athletic Training Faculty*

*Dr. Malissa Martin  
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Athletic Training Education  
Program Director*

*Dr. William Whitehill  
Associate Professor  
Coordinator Athletic Training Studies*

*Dr. Tom Johns  
Team Physician  
Murfreesboro Orthopedics*

*Jason Bennett, M.S., ATC  
Instructor  
Outreach Clinical Coordinator*

*Bobby Barlow, M.S., ATC  
Head Athletics Trainer*

*Tonya Moreland, M.S., ATC  
Doctoral Graduate Assistant*

*Kevin Parker, M.Ed., ATC  
Assistant Athletic Trainer*

*Eric Fuchs, M.A., ATC  
Graduate Assistant Athletic Trainer*

*Kristi Shaffer, M.Ed., ATC  
Assistant Athletic Trainer*

*Jessica Hansen, B.S., ATC  
Graduate Assistant Athletic Trainer*

*Brett Gustman, B.S., ATC  
Graduate Assistant Athletic Trainer*

*Jason Peavey, B.S., ATC  
Graduate Assistant Athletic Trainer*

*Jimmy Phillips, P.T., ATC  
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