

Unit 1: Introduction to Sports Medicine

Pathway to Becoming an Athletic Trainer

Sports Medicine 1

Step 1: Graduate High School

- All Sports Medicine and Athletic Training degrees require graduation from high school with a minimum GPA of 2.5 is typically required for admissions into most colleges/universities.
- Having a good foundation of education and work ethic are important for success.
- Taking Sports Medicine in high school puts you at an advantage when entering into an ATEP.

Step 2: Find a College with an ATEP & Apply

- CAATE – Accrediting body for ATEPs
- ALL ATEPs must transition to a Master's degree program by 2022

Step 3: Apply to ATEP

- <https://www.uwosh.edu/kinesiology/athletic-training/admissions-process/admission-to-the-program>
- Each program has its own individual requirements.
- However, most require a cumulative GPA of 2.75 or better and C's or better in applicable science courses.

Step 4: Maintain Your GPA

- <https://www.uwosh.edu/kinesiology/courses-and-advising/course-descriptions/athletic-training-course-descriptions>
- Course load for ATEPs are very extensive with a great emphasis on science – specifically biology, anatomy, physiology and applied biomechanics.

Step 5: Graduate College

- Employers do look at your college GPA and course load when hiring.

Step 6: Sit For & Pass BOC Exam

- Applying for the exam. – Need a letter of recommendation from program director to take the exam.
- Fee to take the NATABOC Certification Exam - \$300 (initial & retake)
- Exam takes approximately 4 hours
- Computer-based
- Includes multiple choice questions, practical exam questions,

Sample Exam Question

www.castleworldwide.com/pass/passnet/default.aspx?key=90dacc5f78dbd59bcd2d76ef2ccc2edb5fe6400286ef59d8320a5d0c073ad5f4

Apps Knightdale WCPSS Webmail Athletics Intranet Yahoo Mail PowerTeacher CMAPP Ameritas Dental SHP Health RALC NCDPI Queens Class Queens Email

Candidate: DEMO USER - BOC Sample Exam Questions [RD6]

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First Question Previous Question Next Question Last Question 1/25 03:59:50

The parents of a 16-year-old swimmer contact an athletic trainer seeking nutritional advice for the athlete's pre-event meal. What recommendations should the athletic trainer share with the parents regarding ideal pre-event meals?

Choose all that apply.

- Include foods high in carbohydrates, high in proteins, and low in fats
- Include foods high in carbohydrates, low in proteins, and low in fats
- Include foods low in carbohydrates, low in proteins, and high in fats
- Prepare meals for eating four hours prior to the competition
- Prepare meals for eating two hours prior to competition
- Prepare meals with foods that delay gastric emptying
- Prepare meals with low-glycemic index foods
- Prepare meals without diuretics foods

Unanswered: 25 Answered: 0 Flagged: 0

Step 7: Apply For Job

- NATA.ORG
- Career Center – Job postings
- Salary Survey – Average income \$48,000 – based on ALL job settings.
- Average Age of a Certified Athletic Trainer – 34 years old

Step 8: Apply for State Licensure

- ATs must be licensed in order practice as an AT in the state of NC
- NC Requirements – next slide
- NC Cost of Licensure Initial Application - \$200
- NC Cost of Licensure Renewal - \$75

Requirements Checklist



North Carolina Board of Athletic Trainer Examiners

P.O. Box 10769 • Raleigh, North Carolina 27605 • (919) 821-4980

Application Information

Application Checklist

- Fee – \$200.00 (Make check payable to NC Board of Athletic Trainer Examiners)
- Application Form
- BOC Certificate or Card (copy)
- Two (2) Affidavits of Moral Character
- Applicant Agreement
- Official College/University Transcript with School Seal or copy of diploma showing degree in Sports Medicine or Athletic Training
- Verification of Licensure (if licensed in other states)
- Copy of this Checklist
- Protocol
- Photograph

Step 9: Continuing Education Units

- All Athletic Trainers Must maintain their national certification through CEU's
 - 50 CEUs every 3 years.
 - 10 of those CEUs need to be in Evidence Based Practice (EBP)
 - Must maintain CPR/AED Certification at all times.

Review:

- Road to becoming an AT starts with a good foundation of schooling
- Applying and being accepted into an ATEP – choose Bachelor's or Master's degree
- Pass the NATA BOC Exam
- Apply for a job that you enjoy – not based on salary
- Apply for state licensure

Classwork

- With a partner I would like you to research ATEP programs.
 - Find 2 undergraduate programs - school, city, state
 - Find 1 graduate programs – school, city, state
 - What are the entry requirements for the program?
 - Observation hours, GPA, essays, interview, character references?