

# UNION COLLEGE

## 3 + 2 year Entry-Level Master of Athletic Training BS in Exercise Science and Master of Athletic Training (MAT) Degree

**Union College (Summer I Starts around June 29, 2020)**

### Pre-Requisites (Undergraduate) = Science GPA

Human Biology <sup>L</sup>	Statistics
College Physics <sup>L</sup>	Wellness (Life Choices)
Vertebral Anatomy & Histology <sup>L</sup>	Kinesiology
Human Physiology <sup>L</sup>	Exercise Physiology <sup>L</sup>
	Intro to Psychology

L - Course must have a lab

### Admission Requirements (due February 1)

Bachelor's degree from accredited institution (If 2 yr MAT)  
 Cumulative Grade Point Average/GPA = 3.00 or higher  
 Science GPA (see pre-requisites) = 2.80 or higher  
 Clinical Observation = 50 hours (documented)  
 a. College Athletics setting (preferred)  
 b. Supervised by BOC Certified Athletic Trainer  
 Criminal Background Check (once admitted)

### NOTE (Undergrad Catalog): Exercise Science major requirements (p. 79); Liberal Education (LE) requirements (p. 34-35)

#### **Pre-Professional Phase (3 years in length)**

A = Required course for Admission into the Professional Phase of the MAT Program.

#### **First Year**

**30**

Biol 101	Human Biology & Lab	4	A
Engl 111	Intro Freshman Composition I	3	
Phed _____	2 Service Classes (1 cr each)	2	
_____	Liberal Ed. Hist, Rel, Phil	6	
		<b>15</b>	

Chem 230	Gen. Organic & Biochemistry	3
Engl 112	Freshman Composition II	3
Phed 241	History & Phil. Of Phys. Ed.	3
Well 178	Life Choices (wellness)	3
Art/Com/Mu/Th	Liberal Ed. requirements	3
		<b>15</b>

#### **Second Year**

**30-36**

Biol 330	Vertebral Anatomy & Histology	4	A
Phys 111 & 113	College Physics & Lab	4	A
Well 131	First Aid & Safety	3	
Art/Com/Mu/Th	Liberal Ed. requirements	3	
Atht 131	Basic Ath. Tring (optional)	(3)	
		<b>14-17</b>	

Biol 331	Human Physiology	4	A
Phed 410	Exercise Physiology	3	A
Math 230	Elementary Prob. & Statistics	3	A
Psyc 200	Intro to Psychology	3	A
_____	Liberal Ed. Hist, Rel, Phil	3	
Atht 152	Brace & Taping (optional)	(3)	
		<b>16-19</b>	

#### **Third Year**

**28-34**

Phed 421	Kinesiology	3	A
Phed 361	Org. & Adm. In PE Athletics	3	
Phed 441	Exercise Assessment & Prescr.	3	
Engl _____	200 level English _____	3	
_____	Social & Behavioral Science	3	
		<b>15</b>	

Phed 340	Motor Development	3
Phed 485	Exercise Science Internship	3
Phed _____	Service Class	1
Phed 351	Tests & Measurements	3
_____	Social & Behavioral Science	3
Atht 210	Care & Prev. of Inj (optional)	(3)
Atht 270	Palpation Anatomy (optional)	(3)
		<b>13-19</b>

Students apply for admission into the Professional Phase (Masters Program).

Clinical Observation (A) is completed during 2<sup>nd</sup> or 3<sup>rd</sup> year.

#### **Professional Phase (2 years in length)**

#### **Fourth Year 39-40 (without Atht 522 for MAT)**

<b><u>Summer (around June 29 – Aug 15)</u></b>	<b>7</b>	
Atht 4/505	Palpation	2
Atht 4/530	Advanced Tape, Brace, Equip	1
Atht 4/515	Intro to Evaluation	2
Atht 4/561	Clinical Education I (120-150 hrs)	2 CE

<b>Fall (around Aug 22 – Dec 6)</b>	<b>16-17</b>	<b>Spring (around Jan 8 – May 4)</b>	<b>16</b>
Atht 4/562 Clinical Ed II (195-260 hrs)	2 CE	Atht 4/554 Medical Conditions & Pharm.	3
Atht 4/521 Modalities	3	Atht 4/563 Clinical Ed III (195-260 hrs)	2 CE
Atht 4/551 Lower Extremity Evaluation	4	Atht 4/552 Upper Extr. Evaluation	4
Atht 4/510 Emergency Care of Injuries	4	Atht 4/522 Rehabilitation	(4)
Math ____ Math ____	3-4	Well 361 Principles of Nutrition	3

At the end of the 4<sup>th</sup> year, students earn a **Bachelor of Science in Exercise Science**. Students must complete the 2<sup>nd</sup> year of the Professional Phase (year 5) in order to complete the Athletic Training Program.

**Fifth Year**      **29 (+ 4 from Atht 522 = 33 for MAT)**

<b><u>Summer</u></b>	<b>12</b>
Atht 553 Head, Spine & Abdomen Eval.	3
Atht 523 Advanced Rehab	3
Atht 571 BOC Exam Prep I	1
Atht 555 Diagnostic Tests & Images	2
Atht 581 Research Project I	1
Atht 554 Clinical Ed IV (120-150 hrs)	2 CE

<b><u>Fall</u></b>	<b>11</b>
Atht 655 Clin Ed V (40/wk x 6 = 345-380)	3 CE
Atht 541 Psychosocial Intervention. (online)	2
Atht 542 Public Health (online)	2
Atht 543 Admin. in Healthcare (online)	2.
Atht 544 Evidence-Based Practice (online)	2

<b><u>Spring</u></b>	<b>6</b>
Atht 556 Clinical Ed. VI (195-260 hrs)	2 CE
Atht 572 BOC Exam Prep II	1
Atht 582 Research Project II	3

**157 Total Hours:** 88 + 36 = 124 total      Bachelor of Science in Exercise Science (after 4 years)  
62 total (2 years)      Master of Science Athletic Training degree (after 5th year = 33 credits w/ 522)

**2 Year MAT Degree Tuition: \$340 / credit (like online Grad programs) x 62 total credits = \$21,080**

**Other Expenses & Fees (2 years):** NATA student membership, books, physical exam, background check, TB, vaccinations, CPR-PR/1<sup>st</sup> Aid, commute to clinical sites, Student SEATA conference, AT clothing, weather clothing, fanny pack, BOC practice exams, BOC exam, and others.

**IMPORTANT Note:** This School is currently seeking CAATE accreditation (hopefully submit self-study July 2021, site visit spring 2022). Only upon completion of a CAATE accredited MAT program, will these students be eligible to sit for the national Board of Certification (BOC) exam and practice athletic training. A contingency plan is available with a similar CAATE accredited professional master's degree.

**Clinical Education Hours Requirement: 1,170 minimum to 1,460 maximum**

Students are assigned to a minimum of 15 hours per week and maximum of 20 hours per week. Summer hours are 3 weeks of August at this time. Fall and spring hours are calculated over the 13 weeks with one week off for break and final weeks. Students are assigned to athletics at Union College, local high schools, PT clinic, and others.

**Clinical Education (brief course descriptions or content)**

- |  |  |
|--|--|
| I. Psychomotor skills – Basic taping/wrapping, spine board | IV. Psychomotor skills – Upper Extremity; rehab,       |
| II. Psychomotor skills - Protective equipment; adv. taping | V. Psycho skills – PT or AT Intensive 40 hrs/wk x 6 wk |
| III. Psychomotor skills – Lower Extremity, modalities,     | VI. Psychomotor skills – gen med, PT or                |

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**For more AT Program Information contact:**

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