

Contact

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Admission Requirements

(In years as established by the college)

A high school diploma with the following specific courses:

- 4 English
- 2 Algebra I & II
- 1 Geometry
- 2 Lab Science (*including biology - at least 1 physics course is recommended*)
- 2 History/Social Studies
- 2 Foreign Language (*same language or two years of American Sign Language-ASL*)
- Academic electives (*to equal at least 17 total credits*)

To ensure current mathematical skills, students should take a mathematics course during their senior year of high school.

College of Education & Human Development

Program Description

The Athletic Training Education Program (ATEP) is nationally accredited by the Commission on Accreditation of Athletic Training Education. UMaine's ATEP is designed to provide a thorough understanding of anatomy, physiology, health and other academic subjects necessary for effective prevention, recognition, evaluation, and management of injuries and illnesses. Students work directly with UMaine and the community Certified Athletic Trainers once admitted into the program. With a wide variety of Clinical Education sites, Athletic Training students experience athletic training at the high school level, college and university levels, at private practices, and in local hospitals and health care facilities. Hands-on learning begins as early as the second year of college for these students.

Students enter the ATEP after being accepted into the "professional" aspect of the education program. This consists of successfully completing several courses and a Candidacy Application. Students must maintain a 2.5 overall GPA and a B- or better in all Athletic Training courses to remain in the ATEP once accepted. All transfer students must apply to the ATEP and complete all Athletic Training Clinical Experience courses offered by UMaine.

Career Opportunities

Athletic Training graduates are eligible to take the Board of Certification Athletic Training Examination. Once Board Certified, the graduate is able to work in many allied health care settings and work with the physically active population. Potential allied health care settings and sports arenas include private practice offices, hospitals, physical therapy practices, high schools, colleges and universities, professional sports, and fitness facilities to name a few. Athletic trainers are also welcome in industrial settings to ensure safety and wellness to employees. Such venues include factories, military and police training centers, and fire fighter training centers. Graduates from UMaine's ATEP are able to pursue graduate degrees in Athletic Training or other allied health education programs.

As the public becomes more aware of the background of athletic trainers, the doors are opening to many new and unique possibilities. With a major focus on injury prevention, athletic trainers are the key to healthy working environments.

Major Requirements

49 Credits General Education

- 16 Credits Science (Basic Biology, Anatomy & Physiology, Chemistry & Physics)
- 6 Credits Mathematics (College Algebra or higher & Tests and Measurements)
- 18 Credits Human Values & Social Context area (*a single course may satisfy more than 1 sub-category, but a total of 18 credits must be completed*)
 - Western Cultural Tradition
 - Social Context & Institutions
 - Cultural Diversity & International Perspectives
 - Population & the Environment
 - Artistic & Creative Expression
- 9 Credits Writing Competency (College Composition, Business & Technical Writing, Organization & Administration in Athletic Training)

Major Requirements (continued)

31 Credits Theories & Foundations

Introduction to Athletic Training
First Aid and Emergency Care for Athletic Injuries
Theory and Techniques of Strength and Conditioning
Methods of Teaching Physical Activity
Motor Development
Anatomy and Pathologies of Injuries and Conditions
Adapted Physical Education
Kinesiology
Biomechanics
Physiology of Exercise
Introduction to Food and Nutrition

40 Credits Professional Education

Athletic Training Clinical Skills I
Athletic Training Clinical Skills II
Assessing ROM and Flexibility
Assessing Muscular Strength
Professionalism in Athletic Training
Athletic Training Clinical Skills III
Athletic Training Clinical Skills IV
Pharmacology in Athletic Training
Evaluation of Upper Extremity Injuries and Conditions
Evaluation of Lower Extremity Injuries and Conditions
Therapeutic Exercise for Musculoskeletal Injuries
Therapeutic Modalities
Aquatics Therapy
General Medical Conditions and Disabilities in Sport
Senior Seminar
Nutrition for Sports and Exercise

3 Credits Internship (requires 2.5 overall GPA to participate)

120 Minimum total credit hours required for graduation

General Education Requirements*

- ENG 101 College Composition
18 credits Human Values & Social Context area (*a single course may satisfy more than 1 sub-category, but a total of 18 credits must be completed*)
Western Cultural Tradition
Social Context & Institutions
Cultural Diversity & International Perspectives
Population & the Environment
Artistic & Creative Expression
- 2 courses Designated Writing Intensive (*1 must be within the major*)
2 courses Biological or Physical Sciences (*must include at least 1 laboratory course*)
6 credits Mathematics (*including statistics & some computer science, only 3 credits in computer science can count toward this requirement*)
1 course Ethics (*emphasis on discussion of ethical issues in 1 course or series of courses. The requirements of the program in education automatically satisfy this requirement*)
- 1 capstone An approved experience in which the student integrates the components of his or her undergraduate training to perform at a professional level. The capstone experience is usually completed during the senior year in consultation with the student's academic advisor.

**All MAINE students must complete these general education requirements, which are counted in the total credit hours required for graduation and may be contained in the Major Requirements previously listed.*

Academic Programs 2008-2009

Please refer to the web site (<http://factsheets.umaine.edu/>) for the most updated version of the fact sheets.

This fact sheet is intended for informational purposes only and is subject to change.