

# PRE-ATHLETIC TRAINING

## Competency Development: The Guiding Principle

*Athletic Training (AT) schools are looking for well-rounded individuals who can demonstrate professional competencies!* Many of the experiences listed below will give you opportunities for growth in the areas discussed on the AAMC website:

<https://www.aamc.org/services/admissions-lifecycle/competencies-entering-medical-students>

Note that although this list is specific to pre-med, growing in these competencies will serve you well in your pre-AT journey.

## High-Value Experiences

Your pre-health advisor will be happy to discuss service & leadership opportunities that would connect well with your particular passions and values!

### 1. *Get involved*

- a. Involvement in on-campus Recognized Student Organizations (RSOs) or work as a teaching assistant, a lab / learning assistant, or a supplemental instructor can provide you with **leadership and communication** experience that AT schools are looking for.
- b. Developing quality relationships with off-campus, non-profit organizations and the people they serve will give you invaluable **community service** experience. AT schools are looking for people with a service orientation, so it is much better to establish longer, qualitative service relationships with a few non-profits than to focus merely on one-off service events or fundraisers with multiple organizations.

### 2. *Understand what this career entails*

- a. **Shadowing** is a crucial component in your discernment process regarding whether you should pursue this career. AT schools want to see that you have demonstrated sustained interest in this career and that you know what you are getting into. Shadow several certified athletic trainers (ATC) (and perhaps some physical therapists) in multiple settings. Talk to your pre-health advisor for more info!
- b. **Experience in health care** can take a variety of forms. Athletic training schools expect that their applicants have exposure to the field. You may find it useful to gain experience as a volunteer, an intern, or an employee at a clinical facility, a rehabilitation facility, or with a school sports team.
- c. Athletic trainers need to stay up-to-date about issues related to allied health in the US and the world, including the way the media is discussing their profession. They also need to know what is going on in the world in general. Although pre-AT students are not expected to have all the answers, you can begin to **read and stay informed in the field** in order to maintain essential knowledge as you move forward in your journey.

3. **Establish a strong academic record.** Most individuals who are accepted to AT school have a GPA above 3.2. Some AT schools also place high value on applicants' grades for pre-AT prerequisite courses, so pay attention to this during your time here at UW. Talk to a pre-health advisor about how to keep track of your various GPAs. Typical prerequisite courses for AT school and GRE prep are listed on the next page.

4. **Develop relationships with professionals.** Athletic trainers, faculty, and work/volunteer supervisors can help you open doors to exciting new experiences, but they will also hopefully get to know you well enough to speak to your competencies in letters of evaluation for your AT school application.

## Meet Early and Often with a Pre-Health Advisor!

Pre-Health Advising Office     [hsadvise@uwyo.edu](mailto:hsadvise@uwyo.edu)     307-766-3878     Health Sciences Room 110  
To schedule an appointment: <http://www.uwyo.edu/preprof/schedule-an-appointment/index.html>

**Stay Informed!** Sign up to join our Pre-Professional Health ListServ, so you can stay informed about various opportunities, workshops, and information that our office sends out! <https://lists.uwyo.edu/mailman/listinfo/pre-prof>  
**USEFUL TIP:** Create an e-mail inbox rule to send our ListServ messages into a "pre-health" folder to read at regular intervals.

## Academic Preparation

### WHICH MAJOR SHOULD I CHOOSE?

You can major in ANYTHING! Athletic training schools do not care what you major in as long as you take their prerequisite courses. That said, given the prerequisite courses listed below, a highly recommended major at UW would be *Kinesiology and Health Promotion*, since several key courses require that a student be in that program. We can work with the Kinesiology division on a case-by-case basis for students in other majors to ensure that they are able to take all prerequisite courses.

### WHAT COURSES ARE TYPICALLY REQUIRED or RECOMMENDED?

**Note:** Specific AT schools may or may not require all of these courses before application or matriculation. Schools may also require additional courses as entry requirements. **You are responsible for making sure that you are on track to fulfill any specific school's requirements prior to application.** Talk to a pre-health advisor about things to keep in mind for school selection.

#### **MATH**

**MATH 1400** (College Algebra)

**STAT 2050 OR STAT 2070** (Statistics)

#### **SCIENCE**

*Biological Science courses*

**LIFE 1010** (General Biology)

**KIN 2040 & 2041** (Human Anatomy)

**ZOO 3115** (Human Systems Physiology)

*Chemical and Physical Science courses*

**CHEM 1000** (Introductory Chemistry) or **CHEM 1020** (General Chemistry I)\*

\* CHEM 1020 is the only option for AT schools that require a lab-based general chemistry course, and it is better preparation for ZOO 3115.

**PHYS 1050** (Concepts in Physics)

#### **EXERCISE SCIENCE, KINESIOLOGY, & NUTRITION**

**FCSC 1141** (Nutrition)

**KIN 3021 & 3022** (Physiology of Exercise)

**KIN 3042** (Biomechanics of Human Movement)

**KIN 4020** (Motor Behavior)

**KIN 4016 (or any other undergraduate research course)**

**UW Course Prerequisites:** To understand the prerequisites for any UW courses listed on this page, consult [the University Catalog](#). You can find prerequisites either by clicking on a specific course on your "Degree Programs" page or using the search box on the "Course Offerings" page.

#### **LAB REQUIREMENT**

Most AT schools require on-campus, lab-based courses for the biological and chemical science courses listed here. AT schools DO NOT usually accept AP credit for these sciences!

#### **How do I prepare for the GRE?**

High-level reading: Regularly read a variety of challenging material (beyond the material required in your courses).

Take any additional courses that require problem solving or math.

*Talk to a pre-health advisor for other ideas!*

### ADDITIONAL COURSEWORK TO PREPARE WELL FOR ATHLETIC TRAINING SCHOOL

Some schools *require* the following:

- KIN 3050 (Prevention and Care of Athletic Injuries)
- NURS 2240 (Medical Terminology)
- Up-to-date CPR certification

#### **Questions about funding athletic training school?**

Find more information at our website (limited options for AT):

<http://www.uwyo.edu/preprof/funding-your-education/>

**Wyoming Resident?** Check out **WICHE WRGP** at this site!

<https://www.wiche.edu/tuition-savings/wrgp/>

Our office has a list of WRGP programs in athletic training, too!

About the profession:

<https://explorehealthcareers.org/career/sports-medicine/athletic-trainer/>

Becoming an Athletic Trainer: <https://caate.net/becoming-an-athletic-trainer/>

Application service: <https://caate.net/apply-now/>

School information: <https://caate.net/find-programs/>

**Growth Mindset:** Taking additional challenging courses that interest you will reinforce your knowledge. Selecting a course based on how "easy" it is will not result in the intellectual growth needed to become an athletic trainer.