

PRE-ATHLETIC TRAINING

MINOR



Athletic trainers are allied health professionals best known for being a part of the sports medicine team caring for athletes on and off the field. Athletic trainers provide primary care, injury prevention, wellness education, emergent care and rehabilitation of injuries and medical conditions. The scope of their education makes AT's well suited to provide medical services for occupations that require excellent physical conditioning and skill.

AT's work in a variety of job settings including schools, universities, hospitals and outpatient clinics. Non-traditional settings include police and fire departments, the military, with performing artists, NASCAR teams and rodeo performers. They may treat professional, collegiate or high school athletes, dancers or musicians. They also work in industrial workplaces, providing interventions for injury prevention and rehabilitation.

AT's must be able to think critically, using logic and reasoning to decide on an appropriate course of action. As they are often first responders to injuries they must be able to remain calm under pressure. They should have a service orientation and be able to communicate effectively.

To practice as an athletic trainer, a student must graduate from an accredited AT education program. Currently the transition is being made from bachelor's programs to master's-level programs. Students must pass a certification exam before being allowed to practice in almost all states.

High
School



Undergraduate
Degree
(four years)



Graduate AT
Program
(two years)

No specific major is required. As long as the student successfully completes the prerequisite courses they can compete for admission, regardless of their major. The profession will be stronger and more enriched by being made up of people with a wide variety of backgrounds. Allow yourself to explore a wide range of different interests early in your college career. When you find something you enjoy, chances are you will do well in it. Let your own curiosity be your guide.

Perks of the Profession

STRONG INCOME

The Bureau of Labor Statistics reports a median annual income of \$47, 510 (2018 data).

GREAT JOB OUTLOOK

Employment of AT's is projected to grow 19% from 2018-2028 which is much faster than the average for all occupations. With the expansion into non-traditional settings, job opportunities have increased significantly in recent years.

CHALLENGE AND EXCITEMENT

Athletic trainers are often on the side lines at major sporting events and serve as first responders when injuries occur. Many AT positions involve travel to competitions.

SPECIALIZATION

Residencies are available in primary care, orthopedics and performance enhancement, among others.

Graduate AT Programs in Virginia

- Bridgewater College
- George Mason University
- James Madison University
- Shenandoah University
- University of Lynchburg
- University of Virginia



Students in the Pre-Athletic Training minor must take courses in:

- Biology (1)
- Anatomy (1)
- Physiology (1)
- Chemistry (1)
- Physics (1)
- Statistics (1)
- Exercise Physiology (1)
- Biomechanics (1)
- Nutrition (1)
- Psychology (1)
- Medical Terminology (1)
- Writing (1)
- Literature (1)

Contact Information

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OTHER LINKS

National Association of Athletic Trainers:
www.nata.org

Commission on Accreditation for Athletic Training Education:
www.caate.net

Explore Health Careers:
www.explorehealthcareers.org

JMU Pre-AT Minor

JMU students interested in becoming an athletic trainer can choose to enroll in the pre-AT minor. The minor includes courses required for admission to most graduate AT programs. In addition, students will likely need to:

- Shadow (observe) athletic trainers and show exposure to a variety of AT settings.
- Pursue clinically related activities including paid or volunteer work.
- Complete the Graduate Record Exam, a standardized test assessing communication and quantitative skills.
- Maintain a cumulative GPA of at least 2.8 (on a 4.0 grading scale). To be a competitive applicant, students may need a much higher GPA.
- Demonstrate experience with diverse individuals – from children to elderly, including able-bodied as well as physically or cognitively challenged and those that are disadvantaged.
- Obtain letters of recommendation. At least one must be from a certified AT.
- Ride-along in an ambulance with qualified emergency personnel.

At JMU, pre-professional health advisors are available to guide students in course selection, the application process and other activities required for an AT applicant to be competitive.

“Take advantage of the inspiring staff to build professional networks. Don’t forget that your classmates will also make up that network! I am a proud JMU alumni and thankful for all the opportunities!”

AMY NAPIER, AT CLASS OF 2017