

# 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 at the Masters level. 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 you successfully complete the prerequisite courses you can compete for admission, regardless of your 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 \$48,420 (2021 data).

### GREAT JOB OUTLOOK

Employment of AT's is projected to grow 7% from 2021-2031 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
- Liberty University
- Old Dominion 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](http://www.nata.org)

Commission on Accreditation for Athletic Training Education:  
[www.caate.net](http://www.caate.net)

Explore Health Careers:  
[www.explorehealthcareers.org](http://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 athletic training settings.
- Pursue clinically related activities including paid or volunteer work.
- 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 athletic trainer.
- Provide proof of current CPR/AED certification.

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

**For the 2022 entry year, 14 JMU students applied to graduate athletic training programs. Nine were accepted to three different programs.**