

# MASTER OF ATHLETIC TRAINING

## Program Director

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## Program Description

The Master of Athletic Training (MAT) program at YSU prepares students to become critical consumers of healthcare knowledge, preparing students for the Board of Certification examination, and transitioning to professional practice in Athletic Training. Our students have the opportunity to learn from a diverse group of healthcare professionals including EMT's and paramedics, nurses, respiratory therapists, dietitians, physicians, and physical therapists. Our students are provided unique clinical learning experiences from various settings including professional sports, primary care, orthopedics and orthopedic surgery, high school, industrial, and collegiate (DI and DIII). Students learn from faculty and preceptors who are experienced athletic trainers who will provide a multitude of learning opportunities and mentoring as you progress to becoming an athletic trainer and beyond.

New cohorts in the MAT program at YSU will begin annually in May and complete a 63-credit curriculum over a two-year period. Students will be engaged in five clinical experiences throughout their education at YSU, with two dedicated as immersive clinical experiences. The immersive clinical experiences provide students with the ability to participate in the full-time day-to-day role of an athletic trainer, while utilizing skills previously learned throughout the program

## Accreditation

The Master of Athletic Training Program at Youngstown State University is accredited by the Commission on Accreditation of Athletic Training Education (CAATE), 2001 K Street NW, 3<sup>rd</sup> Floor North, Washington, DC 20006; P: 512-733-9700; website: <http://www.caate.net> (<http://www.caate.net/>).

The MAT Program has an overall 3-year aggregate pass rate of 87%.

### Admission Requirements

- Must be enrolled in YSU's Accelerated Exercise Science degree track or an Affiliated Institution OR have earned a bachelor's degree from an accredited institution prior to the start of the MAT program in May.
- Minimum 3.00 GPA average (based on 4.0 scale) in all coursework taken for the bachelor degree
- Complete the following prerequisite courses with a minimum grade of "C":
  - Human Anatomy & Physiology I
  - Human Anatomy & Physiology II
  - General Biology I and Lab
  - General Chemistry and Lab
  - Physics and Lab
  - Kinesiology or Biomechanics
  - Exercise Physiology
  - General Psychology
  - Nutrition
  - Statistics
- Domestic student application deadline: April 10
- International student application deadline: January 1
- All applicants apply via ATCAS
- All applicants must submit the following materials:

- Athletic Training Application Form (ATCAS only)
- A resume or curriculum vitae
- Proof of 40hrs of athletic training observation
- A personal statement (2pg maximum) of professional and educational goals to address the following:
  - What are your short- and long-term goals (i.e., education, training, work setting, etc.)
  - Discuss personal and professional influences that led you to want to become an athletic trainer and graduate student.
- Official Academic Transcripts
- Interview with Program Faculty and Stakeholders
- Verification of CPR certification
- Must be able to meet the minimum technical standard requirements and complete the technical standards document.

## Graduate Faculty

**Morgan Bagley, Ph.D., AT, ATC, Assistant Professor**  
Lower limb fatigability; aerobic capacity

**Omar Ross, D.P.T., O.C.S., Assistant Professor**  
Alternative methods of anatomy instruction

### Year 1

Summer		S.H.
MAT 6901	Emergency and Acute Care (Emergency & Acute Care in Sports Medicine)	3
MAT 6908	Functional Human Gross Anatomy	4
MAT 6902	Foundations of Therapeutic Interventions	3
MAT 6903	Foundations of Athletic Training Clinical Practice	3
<b>Semester Hours</b>		<b>13</b>

### Fall

MAT 6915	Evaluation of Lower Extremity Pathologies	4
MAT 6916	Therapeutic Interventions 1	3
MAT 6910	Clinical Practice 1	2
MAT 6946	General Medical Conditions Evaluation and Management	4
<b>Semester Hours</b>		<b>13</b>

### Spring

MAT 6925	Evaluation of Upper Extremity Pathologies	4
MAT 6926	Therapeutic Interventions 2	3
MAT 6930	Clinical Practice 2	2
MAT 6950	Evidence-Based Practice/Research	3
<b>Semester Hours</b>		<b>12</b>

### Year 2

Summer		
MAT 6936	Head and Spine Evaluation and Management	3
MAT 6938	Clinical Practice 3	2
<b>Semester Hours</b>		<b>5</b>
Fall		
MAT 6948	Clinical Practice 4	2
MAT 6927	Capstone Project	3
MAT 6949	Advanced Medical Procedures	2
MAT 6937	Athletic Training Healthcare Administration	3
<b>Semester Hours</b>		<b>10</b>

### Spring

MAT 6977	Athletic Training Healthcare Seminar	3
MAT 6978	Clinical Practice 5	4

MAT 6905	Behavioral Health and Psychosocial Concepts in Athletic Training	3
<b>Semester Hours</b>		<b>10</b>
<b>Total Semester Hours</b>		<b>63</b>

### Learning Outcomes

1. Students will be able to identify injury, illness and risk factors associated with participation in sport/physical activity and implement all components of a comprehensive wellness protection plan and injury prevention program.
2. Students will be able to conduct a thorough initial clinical evaluation of injuries and illnesses commonly sustained by the athlete/physically active individual and formulate an initial diagnosis of the injury and or illness for the primary purposes of administering care or making appropriate referrals to physicians for further diagnosis and medical treatment.
3. Students will be able to provide appropriate first aid and emergency care for acute injuries according to accepted standards and procedures, including effective communication for appropriate and efficient referral, evaluation, diagnosis, and follow up care.
4. Students will be able to plan and implement a comprehensive treatment, rehabilitation and/or reconditioning program for injuries and illnesses, including long and short-term goals, for optimal performance and function.
5. Students will be able to plan, coordinate and supervise the administrative components of an athletic training program, comply with the most current BOC practice standards and state/federal regulations, and develop a commitment to life-long learning and evidence-based clinical practice

## Graduate Courses

### MAT 6900 Basic Athletic Training Laboratory 1 s.h.

This laboratory course is an introduction to psychomotor skills associated with sports and fitness injury recognition, evaluation and management. The course emphasizes the development of competency in essential entry-level athletic training skills. Topics include injury and illness assessment skills, injury prevention techniques, and prophylactic bracing, taping and support techniques.

**Prereq.:** Admitted to program.

### MAT 6901 Emergency and Acute Care 3 s.h.

This course will provide students the knowledge and skills needed to recognize, evaluate, and treat acute injuries and illnesses and provide the appropriate referral. Students will be presented with concepts to provide care for emergent conditions across the scope of athletic training practice.

**Prereq.:** Admitted to program.

### MAT 6902 Foundations of Therapeutic Interventions 3 s.h.

This course is designed to provide students with the foundational knowledge related to the use of manual, mechanical, and physical interventions to enhance the healing process. The student will be able to identify the parameters, indications, contraindications for the use of all interventions and when they are best utilized during the different stages of healing. Students will be presented with knowledge needed to understand how to best establish short- and long-term goals to be used throughout the intervention process.

**Prereq.:** Admitted to program.

### MAT 6903 Foundations of Athletic Training Clinical Practice 3 s.h.

This course is designed to provide students with the foundational knowledge and skills necessary for athletic training clinical practice. Students will gain and understanding of the approach needed to successfully evaluate the functional components of movement, healthcare assessment, durable medical materials and application, and other skills utilized during athletic training clinical practice.

**Prereq.:** Admitted to Program.

### MAT 6905 Behavioral Health and Psychosocial Concepts in Athletic Training 3 s.h.

This course examines content and concepts related to the psychological impact and sociological factors related to exercise, injury and illness, inactivity and rehabilitation in the physically active population. The course also investigates the common behavioral and mental health conditions seen in the physically active population. Particular emphasis is placed on developing strategies for identifying signs and symptoms, evaluation, prevention, and making referrals. Students will also focus on developing policies and procedures, EAPs, and Pre-participation Evaluation strategies related to behavioral and mental health for physically active individuals.

**Prereq.:** Admitted to the program.

### MAT 6908 Functional Human Gross Anatomy 4 s.h.

This course examines the systems of the body with primary focus on the musculoskeletal system. Students will be provided with an understanding of a functional approach to muscular origins and attachment, innervation, vascular supply, and action. Foundation knowledge will be enhanced through the use of virtual exposure to the anatomy.

**Prereq.:** restricted to MAT students, instructor approval.

### MAT 6910 Clinical Practice 1 2 s.h.

This course will provide students an integrative experience focused on hands on clinical practice. Skills and knowledge learned in the Year 1 Summer courses will be applied during clinical experiences and through simulated opportunities.

**Prereq.:** Successful Completion of Summer 1 Courses.

### MAT 6910C CE Clinical Practice 1 2 s.h.

This course will provide students an integrative experience focused on hands on clinical practice. Skills and knowledge learned in the Year 1 Summer courses will be applied during clinical experiences and through simulated opportunities.

**Prereq.:** Successful Completion of Summer 1 Courses.

### MAT 6915 Evaluation of Lower Extremity Pathologies 4 s.h.

This course will provide students with a comprehensive and evidence-based approach to the evaluation and clinical diagnosis of lower extremity musculoskeletal injuries and illnesses related to pathophysiological and epidemiological factors. Students will learn process for establishing a plan of care and referral necessary for conditions associated with the foot, ankle, knee, and hip complex.

**Prereq.:** Successful Completion of Summer 1 Courses.

### MAT 6916 Therapeutic Interventions 1 3 s.h.

This course is designed to provide students with the interactive approach to the care and intervention of lower extremity injuries and illnesses. Students will develop short- and long-term goals, and problem lists as it relates to early, mid, and late healing phase interventions. The course will focus on the application of these interventions for conditions related to the foot, ankle, knee, and hip complex.

**Prereq.:** Successful Completion of Summer 1 Courses.

### MAT 6920 Therapeutic Modalities 4 s.h.

This course focuses on the use of therapeutic modalities in the treatment and rehabilitation of the injured athlete. The course will present the physiological and mechanical modalities. Students will investigate the current literature on the safe and effective application of various modalities and their appropriate integration into a well-designed rehabilitation program.

**Prereq.:** MAT 6900.

### MAT 6925 Evaluation of Upper Extremity Pathologies 4 s.h.

This course will provide students with a comprehensive and evidence-based approach to the evaluation and clinical diagnosis of upper extremity musculoskeletal injuries and illnesses related to pathophysiological and epidemiological factors. Students will learn process for establishing a plan of care and referral necessary for conditions associated with the fingers, hand, lower and upper arm, elbow, and shoulder complex.

**Prereq.:** Successful Completion of Fall 1 Courses.

**MAT 6926 Therapeutic Interventions 2 3 s.h.**

This course is designed to provide students with the interactive approach to the care and intervention of upper extremity injuries and illnesses. Students will develop short- and long-term goals, and problem lists as it relates to early, mid, and late healing phase interventions. The course will focus on the application of these interventions for conditions related to the fingers, hand, lower and upper arm, elbow, and shoulder complex.

**Prereq.:** Successful Completion of Fall 1 Courses.

**MAT 6927 Capstone Project 3 s.h.**

This course will provide the student with the structure and support to develop an authentic Critically Appraised topic inquiry. The course will build on content addressed in previous courses to allow students to search, review, critique, and appraise the current research and evidence available. Each student will produce a written product critiquing the available literature to further understand best practices healthcare on their given area of interest. Students will be expected to submit the final product for submission in a professional research journal.

**Prereq.:** Successful completion of Summer Courses.

**MAT 6930 Clinical Practice 2 2 s.h.**

This course will provide students an integrative experience focused on hands on clinical practice. Skills and knowledge learned in the Year 1 Fall courses will be applied during clinical experiences and through simulated opportunities.

**Prereq.:** Successful Completion of Fall 1 Courses.

**MAT 6930C CE Clinical Practice 2 2 s.h.**

This course will provide students an integrative experience focused on hands on clinical practice. Skills and knowledge learned in the Year 1 Fall courses will be applied during clinical experiences and through simulated opportunities.

**Prereq.:** Successful Completion of Fall 1 Courses.

**MAT 6935 Athletic Training Organization and Administration 3 s.h.**

This course is a requirement for students in athletic training. It deals primarily with the administrative competencies necessary to accomplish the successful day-to-day operation of an athletic training program and facility.

**Prereq.:** MAT 6900, MAT 6910.

**MAT 6936 Head and Spine Evaluation and Management 3 s.h.**

This course will provide students with a comprehensive and evidence-based approach to the evaluation and clinical diagnosis of head and spine musculoskeletal injuries and illnesses related to pathophysiological and epidemiological factors. Students will learn process for establishing a plan of care, therapeutic interventions and referral necessary for conditions associated with the spine, thorax, and head conditions.

**Prereq.:** Successful Completion of Spring 1 Courses.

**MAT 6937 Athletic Training Healthcare Administration 3 s.h.**

This course is designed to examine and understand the issues and topics related to the administration of a professional athletic training healthcare practice. Students will gain an understanding of professional leadership, advocacy, models of healthcare, and systems of quality assessment and improvement.

**Prereq.:** Successful Completion of Summer 2 Courses.

**MAT 6938 Clinical Practice 3 2 s.h.**

This course will provide students an integrative experience focused on hands on clinical practice. Skills and knowledge learned in the Year 1 Spring courses will be applied during clinical experiences and through simulated opportunities. This course will be completed during an immersive clinical experience and simulated activities.

**Prereq.:** Successful Completion of Spring 1 Courses.

**MAT 6938C CE Clinical Practice 3 2 s.h.**

This course will provide students an integrative experience focused on hands on clinical practice. Skills and knowledge learned in the Year 1 Spring courses will be applied during clinical experiences and through simulated opportunities. This course will be completed during an immersive clinical experience and simulated activities.

**Prereq.:** Successful Completion of Spring 1 Courses.

**MAT 6940 Therapeutic Exercise 4 s.h.**

A study of the indications, contraindications, physiological effects, special programs, and resistance methods that are used in the prevention and rehabilitation of athletic injuries. The focus of this course is to develop the cognitive competencies necessary for the safe, effective, and evidenced-based application of therapeutic rehabilitation techniques in a physically active patient population.

**Prereq.:** MAT 6920.

**MAT 6945 General Medical Conditions 3 s.h.**

Many conditions that beset athletes, performers, and other patients and not musculoskeletal in nature. The athletic trainer must be cognizant of these - and well versed in their diagnosis and management - in order to be fully equipped to administer proper and comprehensive healthcare.

**Prereq.:** MAT 6901.

**MAT 6946 General Medical Conditions Evaluation and Management 4 s.h.**

This course will provide students with a comprehensive and evidence-based approach to the evaluation and clinical diagnosis of general medical conditions related to pathophysiological and epidemiological factors. Students will learn processes for establishing a plan of care, pharmacology and pharmacological interventions, nutrition, and referral necessary for conditions associated with the general medical healthcare.

**Prereq.:** Successful completion of Summer 1 Courses.

**MAT 6947 Capstone Research Project 2 2 s.h.**

This course will allow the students to further progress the research project started in Capstone 1 to completion. Students will collect and analyze data associated with the project. Upon completion of the research project students will present the findings of their authentic research project. Completion and presentation of the project is required for graduation from the program.

**Prereq.:** Successful completion of MAT 6937, MAT 6936, MAT 6938.

**MAT 6948 Clinical Practice 4 2 s.h.**

This course will provide students an integrative experience focused on hands on clinical practice. Skills and knowledge learned in the Year 1 Spring and Year 2 Summer courses will be applied during clinical experiences and through simulated opportunities.

**Prereq.:** Successful completion of Summer 2 Courses.

**MAT 6948C CE Clinical Practice 4 2 s.h.**

This course will provide students an integrative experience focused on hands on clinical practice. Skills and knowledge learned in the Year 1 Spring and Year 2 Summer courses will be applied during clinical experiences and through simulated opportunities.

**Prereq.:** Successful completion of Summer 2 Courses.

**MAT 6949 Advanced Medical Procedures 2 s.h.**

This course will allow students to gain knowledge and skills for advanced medical procedures used in athletic training practice. Students will apply knowledge learned in simulated and hands on experiences.

**Prereq.:** Successful completion of Summer 2 Courses.

**MAT 6950 Evidence-Based Practice/Research 3 s.h.**

This course will introduce students to the importance of research in the healthcare field. Students will learn the skills necessary to critically appraise literature and how to apply it in the form of best practices in athletic training healthcare. Concepts related to effectively searching databases, research clinical question writing, and interpreting the validity and reliability of research findings will be included throughout the course. The course will lay the foundational understanding of conducting research that will be utilized during the capstone research project.

**Prereq.:** Successful Completion of Fall 1 Courses.

**MAT 6955 Performance and Health in Sports Medicine 2 s.h.**

This course introduces athletic training students how physical activity and nutrients may influence athletic performance and general health. Behavioral change theories as well as knowledge in referrals to other healthcare practitioners will also be discussed.

**MAT 6960 Clinical Practicum 3 2 s.h.**

Involves both a clinical education experience which provides for integration of athletic training psychomotor, cognitive, and affective skills, and clinical proficiencies; and field experiences providing informal learning and practice and application of clinical proficiencies in a clinical environment under the supervision of an approved instructor.

**Prereq.:** MAT 6930.

**MAT 6970 Pharmacology 3 s.h.**

This course serves as an introduction to pharmacology for students pursuing careers in Athletic Training. The molecular world of pharmaceutical processes and cellular biochemical determinants of therapeutic interventions will be explored. An understanding of the fundamental principles of therapies for various conditions will be discussed. Constraints placed on athletes in the performance environment, and correct protocols with medication management for athletes will be discussed.

**Prereq.:** MAT 6945, MAT 6950.

**MAT 6972 Radiology for Athletic Trainers 1 s.h.**

Further, this course will prepare athletic training students how to communicate with physicians verbally and through written correspondence.

**Prereq.:** MAT 6915, MAT 6925.

**MAT 6975 Advanced Seminar 3 s.h.**

This course is designed to explore the identification and treatment of athletic injuries. The information and skills are intended for those students with relatively high level of sophistication in sports medicine. This course is a writing intensive and research orientated upper division course.

**Prereq.:** MAT 6935, MAT 6950.

**MAT 6976 Comprehensive Approach to Healthcare 2 s.h.**

This course addresses and examines concepts related to psychological and behavioral health concerns typically encountered in athletic training healthcare. Students will also investigate content and concepts related to but not limited to social determinants of health, cultural competency and other issues in athletic training clinical practice.

**Prereq.:** Successful Completion of Fall 2 Courses.

**MAT 6977 Athletic Training Healthcare Seminar 3 s.h.**

This course is designed to provide students with the knowledge and skills necessary for transition to professional practice. The course will evaluate current topics seen in athletic training healthcare. During the course students will be provide with techniques and mentoring to be successful in the certification process, certification maintenance, licensure, and other skills needed for professional athletic trainers.

**Prereq.:** Successful completion of Fall 2 Courses.

**MAT 6978 Clinical Practice 5 4 s.h.**

This course will provide students an integrative experience focused on hands on clinical practice. Skills and knowledge learned in the Year 2 Fall and Year 2 Spring (7-week) courses will be applied during clinical experiences and through simulated opportunities. This course will be completed during an immersive clinical experience.

**Prereq.:** Successful completion of Fall 2 Courses.

**MAT 6978C CE Clinical Practice 5 4 s.h.**

This course will provide students an integrative experience focused on hands on clinical practice. Skills and knowledge learned in the Year 2 Fall and Year 2 Spring (7-week) courses will be applied during clinical experiences and through simulated opportunities. This course will be completed during an immersive clinical experience.

**Prereq.:** Successful completion of Fall 2 Courses.

**MAT 6980 Clinical Practicum 4 1 s.h.**

Involves both a clinical education experience which provides for integration of athletic training psychomotor, cognitive, and affective skills, and clinical proficiencies; and field experiences providing informal learning and practice and application of clinical proficiencies in a clinical environment under the supervision for an approved instructor. Athletic training students are required to be involved in clinical education and field experiences in order to gain entry-level proficiencies in the profession.

**Prereq.:** MAT 6960.

**MAT 6985 Capstone Project 1 2 s.h.**

This course will develop skills and a knowledge base that will aid the student while conducting and critically reviewing research in athletic training. Coursework will address the design of research in athletic training. The importance of pursuing quality research in athletic training will be stressed and the procedures necessary to complete this process will be presented.

**Prereq.:** MAT 6930 and MAT 6935.

**MAT 6988 Clinical Practicum 5 2 s.h.**

Athletic Training students will continue to practice and hone their clinical skills in pharmacology, manual medicine, and radiology in the sports medicine field. Students will learn and identify these skills through direct immersion in the clinical environment. Students will work with a preceptor directly for this course. The purpose of this course is to review and evaluate clinical proficiencies required by the National Athletic Trainers' Association for certification and our professional accreditation through CAATE.

**MAT 6990 Capstone Project 2 2 s.h.**

Coursework will focus on developing the skills needed to critically synthesize material with accepted practice, and prepare professional presentations using acquired data and an appropriate statistical analysis. The importance of pursuing quality research in athletic training will be stressed and the procedures necessary to complete this process will be presented.

**Prereq.:** MAT 6950, MAT 6985.

**MAT 6995 Clinical Practicum 6 2 s.h.**

Athletic Training students will continue to practice and hone their clinical skills and knowledge as an entry-level athletic trainer. Students will learn and identify these skills through direct immersion in the clinical environment. Students will work with a preceptor directly for this course. The purpose of this course is to review and evaluate clinical proficiencies required by the National Athletic Trainers' Association for certification and our professional accreditation through CAATE.

**MAT 6998 Acute Medical Emergency Procedures 2 s.h.**

This course is designed to make the athletic training student aware of common medical procedures that they may see in their medical practice as an athletic trainer, and prepare them to act in the event that there is an on-field emergency or absence of emergency medical services.