

# Department of Kinesiology & Athletic Training

**(College of Social and Behavioral Sciences)**

The Department of Kinesiology & Athletic Training offers the following programs:

**Undergraduate Majors (B.A.)**

- Kinesiology (p. 1)
  - Exercise Science
  - Pre-Health
  - Pre-Athletic Training
- Physical Education-Teaching (p. 2)

**Minors**

- Athletic Training and Rehabilitation Studies (p. 2)
- Coaching (p. 3)
- School Health Education-Teaching (p. 3)
- Sport Administration (p. 4)
- Strength and Conditioning (p. 5)

**Graduate Majors (M.A.)**

- Kinesiology and Sport Performance (p. 5)
- Physical Education: Pedagogy (p. 5)

**Graduate Major (M.ATR.)**

- Master of Athletic Training (p. 7)

**Program Certificates**

- Adapted Physical Education (p. 8)
- Corporate Fitness (p. 8)
- Exercise Science for Health Professionals (p. 8)
- Tactical Strength and Conditioning (p. 8)

## Bachelor of Arts Degree Programs

### Kinesiology Major

The Kinesiology and Exercise Science major requires a minimum of 120 total hours to graduate. This total includes UNIFI/General Education requirements and the following specified major requirements, plus electives to complete the minimum of 120 hours.

Completion of this program prepares students for careers in Kinesiology and Exercise Science\* or further study related health care areas. To continue in the program and take 3000-level courses and above a student must have a C- or better in KINES 2050 Anatomy and Physiology of Human Movement. The student must maintain a cumulative 2.50 GPA in the major to graduate.<sup>1</sup>

Required core:

AT 1018	Prevention and Care of Athletic Injuries	2
KINES 2050	Anatomy and Physiology of Human Movement	3
KINES 2053	Physical Activity and Nutrition	3
KINES 2056	Motor Learning and Development	3
KINES 3121	Sociology and Psychology of Physical Activity	3
KINES 3151	Biomechanics	3
KINES 3153	Exercise Physiology	3
KINES 3154	Psychological Skills for Sport Participants	3
KINES 3156	Fitness Assessment and Exercise Prescription	3
KINES 3157	Sports Nutrition	3
Choose one of the following emphases:		15
<b>Total Hours</b>		<b>44</b>

**Exercise Science Emphasis**

Required:

KINES 3155/5155	Exercise Physiology: Applications for Health and Human Performance	3
KINES 3163	Career and Professional Development	3

Select 6 hours from the following: 6

KINES 2025	Conditioning Theory and Practice	
KINES 2062	Developmental Trends in Physical Activity & Sport	
KINES 3122	Sport Psychology	
KINES 3125	Introduction to Sport Administration	
KINES 3186 (Studies in, 3 hrs.)		

Select 3 hours from the following: 3

AT 3193	Research Experiences	
KINES 3192	Internship in Kinesiology	
KINES 3193	Research Experiences	

**Pre-Health Emphasis**

Required:

KINES 3155/5155	Exercise Physiology: Applications for Health and Human Performance	3
KINES 3163	Career and Professional Development	3

Select 6 hours from the following: 6

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AT 3186 (Studies in, 3 hrs.)		
AT 3300	Gross Human Anatomy	
AT 4130	General Medical Conditions	
KINES 3160	Exercise for Clinical Populations	
KINES 4152	Adapted Physical Education	
Select 3 hours from the following:		3
AT 3193	Research Experiences	
KINES 3192	Internship in Kinesiology	
KINES 3193	Research Experiences	

### Pre-Athletic Training Emphasis

AT 1010	Introduction to Athletic Training & Clinical Healthcare	3
AT 3020	Clinical & Gross Human Anatomy	3
AT 3040	Foundations of Orthopedic Injury Assessment & Pathology I	3
AT 4070	Foundations of Therapeutic Interventions & Rehabilitation	3
Select 3 hours from the following:		3
AT 2000	Clinical Healthcare Experience	
AT 3193	Research Experiences	
KINES 3193	Research Experiences	

\* This major prepares students with a broad background in exercise science in the areas of individual and group exercise and fitness programs, strength and power development, coaching, youth sport, and sport psychology. This program is a common major students planning to attend graduate school in Health Care related fields such as Athletic Training, Chiropractic, Occupational Therapy, and Physical Therapy.

<sup>1</sup> To continue in the program and take 3000-level courses and above, a student must have a C- or better in KINES 2050 Anatomy and Physiology of Human Movement. A cumulative plan (major) GPA of 2.50 is required to do the culminating internship and to graduate.

### Physical Education-Teaching Major

The Physical Education-Teaching major requires a minimum of 120 total hours to graduate. This total includes UNIFI/General Education requirements, the Professional Education Requirements, and the following specified major requirements, plus electives to complete the minimum of 120 hours.

Completion of this program qualifies the student to be recommended for endorsements for Physical Education K-8 and Physical Education 5-12.

Current certifications in First Aid & Community CPR are required for assignment to student teach.

Disciplinary Knowledge core:

Physical Education:		
KINES 2050	Anatomy and Physiology of Human Movement	3
KINES 2053	Physical Activity and Nutrition	3

KINES 2056	Motor Learning and Development	3
KINES 3151	Biomechanics	3
KINES 3153	Exercise Physiology	3
Pedagogical content:		
Physical Education:		
KINES 2030	Teaching Physical Education For Learning	3
KINES 2031	Teaching Physical Education with Technology	3
KINES 3174	Assessment Processes in Physical Education	3
KINES 3176	Administration and Curriculum Development in Physical Education	3
KINES 4152	Adapted Physical Education	3
KINES 4172	Elementary Physical Education Teaching Methods	3
KINES 4173	Secondary Physical Education Teaching Methods	3
Skill and Activity content:		
Physical Education:		
KINES 2015	Teaching Team/Individual Sports	3
KINES 2016	Teaching Lifetime Activities	3
KINES 2019	First Aid and CPR for Physical Educators	1
KINES 2021	Teaching Movement and Rhythmic Activities for Children	3

**Total Hours** **46**

\* Students with a major in Physical Education-Teaching will substitute KINES 2031 Teaching Physical Education with Technology for LRNTECH 1031 Educational Technology and Design; KINES 4152 Adapted Physical Education for SPED 3150 Meeting the Needs of Diverse Learners in Classrooms; and KINES 3174 Assessment Processes in Physical Education for MEASRES 3150 Classroom Assessment in the Professional Education Requirements.

## Minors

### Athletic Training and Rehabilitation Studies Minor

The Athletic Training and Rehabilitation Studies minor is intended to complement existing majors by offering students a blend of foundational health care concepts and hands-on learning. The minor is designed for students considering a career in clinical health care or for those who would simply like to broaden their educational experience with a background in clinical healthcare.

The Athletic Training and Rehabilitation Studies minor requires a minimum of 15 hours to complete. This total includes 12 credits of required courses and three credits of electives offered within the Athletic Training and Rehabilitation Studies major. While pursuing this minor, students will have the opportunity to participate in clinical

experiences while observing and learning alongside practicing health care professionals such as athletic trainers, physical therapists, and other practitioners.

Students can declare this minor at any time throughout their academic progression once they are admitted to UNI. Although students should typically allow four semesters to complete the 15 credits, this can vary depending on course offerings and availability.

The first step is to submit the "Declaration of Curriculum" form, and indicating Athletic Training and Rehabilitation Studies minor. Then, students should contact a Department of Kinesiology & Athletic Training Academic Advisor.

Choose four of the following: 12

AT 1010	Introduction to Athletic Training & Clinical Healthcare
AT 3020	Clinical & Gross Human Anatomy
AT 3030	Acute Care
AT 3040	Foundations of Orthopedic Injury Assessment & Pathology I
AT 4070	Foundations of Therapeutic Interventions & Rehabilitation
AT 4130	General Medical Conditions

Elective (select a minimum of 3 hours of the following): 3

**Athletic Training**

AT 1018	Prevention and Care of Athletic Injuries
AT 1019	Prevention and Care Laboratory
AT 3300	Gross Human Anatomy

**Public Health**

PH 1101	Introduction to Public Health
PH 2130	Epidemiology of Human Diseases
PH 2160	Medical Terminology, Short Course
PH 2420	Nutrition for Health Promotion
PH 3310/5310	Health Equity, Advocacy, and Policy
PH 3330/5330	Health of Vulnerable Populations
PH 3340/5340	International Health

**Kinesiology**

KINES 3151	Biomechanics
KINES 3153	Exercise Physiology
KINES 3157	Sports Nutrition

**Total Hours** 15

### Coaching Minor

Students who complete this program will qualify for the Department of Education coaching endorsement. The coaching endorsement is for grades K-12. However, this program does not qualify students to teach physical education at any level.

Students who complete this program and are not teaching majors will qualify for the Department of Education coaching authorization.

Required:

Select one of the following: 3

EDPSYCH 2030	Dynamics of Human Development	3
PSYCH 2202	Developmental Psychology *	

Athletic Training:

AT 1018	Prevention and Care of Athletic Injuries	2
AT 1019	Prevention and Care Laboratory	1

Physical Education:

KINES 2025	Conditioning Theory and Practice	3
KINES 2050	Anatomy and Physiology of Human Movement	3
KINES 3118	Practicum in Coaching	1
KINES 3122	Sport Psychology	3
KINES 4217	Organization and Administration of Competitive Sports	3

Select one of the following electives: 3

KINES 3101	Coaching Theory and Skill Technique - Baseball/Softball	
KINES 3102	Coaching Theory and Skill Technique - Basketball	
KINES 3104	Coaching Theory and Skill Technique - Football	
KINES 3107	Coaching Theory and Skill Technique -- Soccer	
KINES 3111	Coaching Theory and Skill Technique - Track and Field	
KINES 3112	Coaching Theory and Skill Technique - Volleyball	
KINES 3113	Coaching Theory and Skill Technique - Individual Sports	

**Total Hours** 22

**Note:** Students in teaching majors will complete EDPSYCH 2030 within the Professional Education Requirements. KINES 3118 Practicum in Coaching must be completed prior to student teaching.

\* PSYCH 2202 has prerequisite PSYCH 1001.

### School Health Education-Teaching

Current First Aid and CPR certification is required of all minors prior to student teaching.

With the appropriate choice of courses, the School Health Education Minor-Teaching leads to the following endorsements:

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### 5-12 Health Endorsement #138

Methods course:

PH 3245	Secondary School Health Education Methods and Curriculum	3
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Applied Human Sciences, School of:

FAM SERV 1057	Human Relationships and Sexuality	3
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Public Health:

CAP/PH 3160 or PH 1101	Community and Public Health Introduction to Public Health	3
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PH 2620 or EDPSYCH 4118/5181	Stress and Coping Mental Health and Well-Being in the Classroom	3
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PH 3230 or PSYCH 3102/5102 or SW 4171/5171	Drug Prevention Education for School Health Educators Drugs and Individual Behavior Addictions Treatment	2-3
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Kinesiology:

KINES 2053 or PH 1410	Physical Activity and Nutrition Basic Nutrition	3
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KAHHS 1020 or KAHHS 1030 or PH 3670	Dimensions of Wellbeing Lecture Dimensions of Wellbeing Lab Health Care and the Consumer	1-2
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Electives: remaining hours of health-related electives for the 5-12 endorsement 5-7

Approved electives:

EDPSYCH 2030	Dynamics of Human Development	
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KINES 2019	First Aid and CPR for Physical Educators	
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KINES 2050	Anatomy and Physiology of Human Movement	
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KINES 3151	Biomechanics	
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KINES 3153	Exercise Physiology	
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KINES 4152	Adapted Physical Education	
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Other electives approved by the Public Health program.

Total Hours 25

### K-8 Health Endorsement #137

Methods course:

KAHHS 2045	Health and Physical Education for Elementary Teachers	3
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Applied Human Sciences, School of:

FAM SERV 1020	Family Relationships	3
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Public Health:

CAP/PH 3160 or PH 1101	Community and Public Health Introduction to Public Health	3
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PH 2620 or EDPSYCH 4118/5181	Stress and Coping Mental Health and Well-Being in the Classroom	3
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PH 3230	Drug Prevention Education for School Health Educators	2-3
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or PSYCH 3102/5102 Drugs and Individual Behavior  
or SW 4171/5171 Addictions Treatment

Kinesiology:

KINES 2053 or PH 1410	Physical Activity and Nutrition Basic Nutrition	3
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KAHHS 1020 or KAHHS 1030 or PH 3670	Dimensions of Wellbeing Lecture Dimensions of Wellbeing Lab Health Care and the Consumer	1-2
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Electives: Remaining hours of health-related electives for the K-8 endorsement 6-8

Approved electives:

EDPSYCH 2030	Dynamics of Human Development	
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KINES 2019	First Aid and CPR for Physical Educators	
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KINES 2050	Anatomy and Physiology of Human Movement	
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KINES 3151	Biomechanics	
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KINES 3153	Exercise Physiology	
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KINES 4152	Adapted Physical Education	
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Other electives approved by the Public Health program.

Total hours 26

## Sport Administration Minor

The minor in Sport Administration provides undergraduate students with a broad-based knowledge of the sport industry by offering interdisciplinary courses, thereby serving as valuable supplementary education that complements other majors. The academic preparation and practical training offered by this minor prepares students for a wide variety of sport-related careers.

Students must have a GPA of 2.5 to complete the minor.

Required:

Economics

ECON 1031	Introduction to Business Economics	3
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Kinesiology

KINES 3125	Introduction to Sport Administration	3
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KINES 3126	Sport Marketing	3
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KINES 3127	Practicum in Sport Administration	1
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Select one of the following two courses:

KINES 3121 or KINES 3122	Sociology and Psychology of Physical Activity Sport Psychology	3
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Electives: 6

Communication and Media

COMM PR 4858/585	Sports Public Relations	
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Marketing

MKTG 2110	Principles of Marketing	
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Leisure, Youth and Human Services

RTNL 3130	Marketing in Recreation, Tourism and Nonprofit Leadership
RTNL 3777/5777	Special Events Management
RTNL 4310/5310	Areas and Facilities in Recreation, Tourism and Nonprofit Leadership
RTNL 4776/5776	Eco, Adventure and Sport Tourism

Kinesiology	
KINES 3186 Studies in Physical Education. Only the following are accepted: (1) Sport Event & Facility Management; (2) Communication and Leadership Skills for Coaches.	
KINES 4217	Organization and Administration of Competitive Sports

**Total Hours** **19**

### Strength and Conditioning Minor

The minor in Strength and Conditioning provides undergraduate students with an interdisciplinary knowledge about planning and designing training programs for a variety of athletes (e.g., high school athletes, professional athletes) and purposes (e.g., weight training, speed). This minor will also help prepare students for National Certification exams in Strength and Conditioning.

Students must have a GPA of 2.5 to complete the minor.

Required:		
KINES 2019	First Aid and CPR for Physical Educators	1
KINES 2025	Conditioning Theory and Practice	3
KINES 2050	Anatomy and Physiology of Human Movement	3
KINES 2053	Physical Activity and Nutrition	3
KINES 3153	Exercise Physiology	3
KINES 3201	Scientific Principles of Strength and Conditioning	3
KINES 3202	Strength and Conditioning Programming and Technique	3
KINES 3140	Practicum in Strength and Conditioning	1

**Total Hours** **20**

## Master of Arts Degree Program

### Major in Kinesiology and Sport Performance

This program is designed for those who wish to concentrate their study in the fields of coaching, sport performance, strength and conditioning, and corporate fitness.

Students interested in this program must submit a completed Application for Admission to Graduate Study and should refer to their MyUNiverse Student Center To-Do list or contact the Department of Kinesiology for other application requirements.

Graduate information and application for graduate admission can be found at <https://admissions.uni.edu/application>.

The Graduate Record Examination (General Test) is **not** required for admission to the program.

**Only graduate courses (course numbers 5000 or above) will apply to a graduate degree, even if the undergraduate course number (4999 or less) is listed. No exceptions will be made.**

This major is available on the **thesis** and **non-thesis** options. A thesis/ research paper defense is required. No comprehensive examination is required. Students selecting the thesis option will take 6 hours of research credits, and students selecting the non-thesis option will take 3 hours of research credits and 3 hours of practicum credits. This major requires a **minimum of 33 semester hours for the thesis and non-thesis options.**

Required:

Physical Education:		
KINES 6251	Advanced Biomechanics	3
KINES 6253	Advanced Exercise Physiology	3
KINES 6289	Seminar in Kinesiology (take two times on different topics for a minimum of 6 hours)	6
KINES 6255	Motor Control and Learning	3
KINES 6222	Sport Psychology	3
KINES 6272	Principles of Sport Administration	3
Kinesiology, Allied Health and Human Services, Interdepartmental:		
KAHHS 6210	Quantitative Methods in KAHHS (or equivalent)	3
KAHHS 6290	Research Methods for KAHHS	3
Research and Practicum: <span style="float: right;">6</span>		
Thesis option (Students selecting the thesis option will take 6 hours of research)		
KINES 6299	Research	
Non-thesis option (Students selecting the non-thesis option will take 3 hours of research AND 3 hours of practicum)		
KINES 6299	Research	
KINES 6297	Practicum	
<b>Total hours</b>		<b>33</b>

### Major in Physical Education: Pedagogy

The primary focus of this program is the study of teaching (pedagogy). This program does not lead to a teaching license in Physical Education.

Students interested in this program must submit a completed Application for Admission to Graduate Study and should refer to their MyUNiverse Student Center To-Do list or contact the Department of Kinesiology for other application requirements. Graduate information and application for graduate admission can be found at <https://admissions.uni.edu/application>.

To be eligible for admission to the graduate program, the candidate must have an undergraduate degree in teaching physical education or be currently licensed to teach physical education. Undergraduate

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students in the last semester of a bachelor degree in physical education PK-12 teaching may be provisionally accepted. Candidates not meeting these requirements may petition for special consideration for admission.

The Graduate Record Examination (General Test) **is not** required for admission to the program.

**Only graduate courses (course numbers 5000 or above) will apply to a graduate degree, even if the undergraduate course number (4999 or less) is listed. No exceptions will be made.**

This major is available on the **non-thesis** option only. No comprehensive examination is required.

Required:

Measurement and Research/Kinesiology, Allied Health and Human Services, Interdepartmental:		
KAHHS 6290	Research Methods for KAHHS	3
Choose one of the following: 3		
MEASRES 6205	Educational Research	
KAHHS 6210	Quantitative Methods in KAHHS	
KAHHS 6215	Qualitative Methods	
Physical Education:		
KINES 6230	Curriculum Theory and Design in Physical Education	3
KINES 6231	Effective Teaching and Behavioral Management in Physical Education	3
KINES 6273	Contemporary and Inclusive Issues in Physical Education	3
KINES 6240	Advanced Adapted Physical Education	3
KINES 6241	Advanced Assessment in Physical Education	3
Non-Thesis Research: 3		
KINES 6299	Research	
Electives from the following courses: 6		
KINES 6222	Sport Psychology	
KINES 6251	Advanced Biomechanics	
KINES 6255	Motor Control and Learning	
KINES 6285	Readings in Kinesiology	
KINES 6289	Seminar in Kinesiology ((Maximum 12 hours on different topics))	
Total Hours		30

## Master of Athletic Training Degree Academic Standard Policy

### Major Requirements

**General Explanation:** UNI offers a Professional Graduate Athletic Training major or a Master of Athletic Training (MATR), which is accredited by the Commission on Accreditation of Athletic Training Education (CAATE). Students interested in pursuing this major

must apply and be formally admitted to this program. Students should apply for the Master of Athletic Training program through the Graduate College and Admissions. Program admission is based on undergraduate GPA, completion of prerequisite courses, program application materials, and admission to the Graduate College. Students interested in this program must submit a completed Application for Admission to Graduate Study and should refer to their MyUNiverse Student Center To-Do list or contact the Athletic Training (within the Department of Kinesiology & Athletic Training) for program application materials or for any other application requirements. Graduate information and application for graduate study admission can be found at <https://admissions.uni.edu/application>. Applications will begin to be reviewed no later than October 1 of each year.

The Master of Athletic Training curriculum is offered as a 2-year standalone plan, as well as a 3+2 combined plan with the B.A. in Athletic Training & Rehabilitation Studies degree. The 3+2 program is highly demanding and has a strict curricular plan that must be followed in order for students to complete both an undergraduate and graduate degree in five years. Athletic training faculty advisors will work closely with students to ensure successful progression. Students will apply to the MATR program in the fall of year three. With admission to the MATR program, the courses that will be applied to the master's degree will begin in the summer following year three. Students will complete their master's degree after completion of the spring semester of year five. Although the entry points will differ between the 2-year standalone and 3+2 students, the curriculum will be the same and the students will complete the graduate program as a cohort, regardless of entrypoint. **Only graduate courses (course numbers 5000 or above) will apply to a graduate degree, even if the undergraduate course number (4999 or less) is listed. No exceptions will be made.** Students must contact the athletic training program director for more information regarding which plan of study is best for them.

- Prerequisite courses required:** A Bachelor's degree must be earned prior to entry into the Master of Athletic Training. Additional prerequisite undergraduate courses (or equivalent) include: General Biology: Cell Structure & Function; General Chemistry I; Physics I; Statistics; Developmental Psychology, Abnormal Psychology OR Dynamics of Development; and Anatomy and Physiology Physiology I & II with a laboratory components. A grade of a C or better must be attained in all prerequisite courses. All pre-requisite courses must have been completed within last 10 years.
- Application requirements for all students:** To be admitted to the UNI Master of Athletic Training Program, students must complete the application process. The following list of items are required as part of the application process. **Students are responsible for all costs associated with application process.**
  - Achieved a bachelor's degree
  - Completion of course prerequisites as listed above
  - Application forms: UNI Admissions Office
  - 50 hours of athletic training observation experience
  - Technical standards form
  - Criminal background check
  - For international students whose native language is not English, official TOEFL scores are required unless a

baccalaureate degree was completed at a university or college where the primary language of instruction is English.

- h. Undergraduate cumulative GPA of 3.0 or greater
  - i. Personal statement
  - j. Three letters of recommendation
- 3. **Application Process:**
  - a. Obtain the application documents from the Admissions website
  - b. Submit all materials to Graduate Admissions
  - c. Students must be admitted prior to the beginning of the summer session in order to join that year's cohort
- 4. A committee of faculty, staff, and students will be assigned to the acceptance committee and will review the applications.
- 5. Upon acceptance into the Master of Athletic Training program, a student must do the following within 30 days of notification of acceptance:
  - a. Send a letter of acceptance via email to the Athletic Training Graduate Program Director.
  - b. Begin the Hepatitis B Vaccination series or sign the waiver form.
  - c. Complete all other paper work available at the AT program office.
  - d. Maintain current CPR, OSHA, and First Aid certifications and child mandatory reporter training.
  - e. Become a student member of the NATA (\$80/year)
  - f. Maintain professional liability insurance (\$38/year)
- 6. To graduate from UNI with a Master of Athletic Training major, students must:
  - a. Maintain a 3.00 cumulative GPA and 3.00 major GPA
  - b. Complete a clinical experience each semester
  - c. Complete the Master of Athletic Training academic major. This includes that a student be enrolled in the athletic training program for a minimum of four semesters.
- 7. All other program information is available at the athletic training program office (003 HPC) or our website [www.uni.edu/athletic-training](http://www.uni.edu/athletic-training).

### Athletic Training Major

The Master of Athletic Training major requires a minimum of 54 total hours to graduate.

The Master of Athletic Training major is designed to prepare students to become athletic training professionals. It prepares students for the Board of Certification Examination as well as eligibility for an Athletic Training State License Credential. The curriculum is based upon cognitive and psychomotor learning experiences. The athletic training program is accredited by the Commission on the Accreditation of Athletic Training Education (CAATE).

The Graduate Record Examination (General Test) is **not** required for admission to the program.

**Only graduate courses (course numbers 5000 or above) will apply to a graduate degree, even if the undergraduate course number (4999 or less) is listed. No exceptions will be made.**

This degree is offered on the **non-thesis** option. Acceptable non-thesis projects include critically appraised topics, interrelated series of research proposals, conducting an empirical study, or a problem-based analysis of the literature, each of which require an extensive writing component.

**A minimum of 54 semester credit hours** is required. The non-thesis option requires 3 hours of AT 6299. **A minimum of 21 semester hours at the 6000-level is required.**

A cumulative grade index of 3.00 (B average) must be earned in all courses required for the degree or applying to the degree. No more than six (6) semester hours of C credit (C+, C, C-) may be applied toward credit for graduation. When C- range grades on the advisement report exceed the six hour limit, one or more of such courses *must* be repeated. A course taken to satisfy degree requirements in which a student receives a D+, D, D- F or NC grade will not be considered satisfactory and *must* be repeated. **The original course grade will remain on the student record, and the grade of the second course attempt will be used in the computation of the GPA.**

Prerequisite Core:		26
BIOL 2052	General Biology: Cell Structure and Function	4
BIOL 3101	Human Anatomy and Physiology I (or equivalent)	4
BIOL 3102	Human Anatomy and Physiology II (or equivalent)	4
CHEM 1110 or CHEM 1010	General Chemistry I * Principles of Chemistry	4
PHYSICS 1511	General Physics I	4
STAT 1772	Introduction to Statistical Methods	3
PSYCH 1001	Introduction to Psychology	3
Athletic Training Courses:		11-13
AT 6000	Integrated Clinical Experiences (minimum 11 hours, but may be repeated for a maximum of 13 hours over 4-6 semesters)	11-13
AT 4030/5030	Advanced Acute Care in Athletic Training	3
AT 4032/5032	Advanced Acute Care Clinical Skills	1
AT 6060	Athletic Training Organization & Professional Responsibility	3
AT 4270/5270	Advanced Therapeutic Interventions I	3
AT 4072/5072	Advanced Therapeutic Interventions I Clinical Skills	1
AT 4075/5075	Advanced Therapeutic Interventions II	3
AT 4082/5082	Advanced Therapeutic Interventions II Clinical Skills	1
AT 4100/5100	Advanced Clinical Anatomy	3
AT 6130	General Medical Assessment & Intervention	3
AT 6550	Advanced Athletic Training Clinical Skills	2

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AT 4210/5210	Pathoetiology and Orthopaedic Assessment I	3
AT 4215/5215	Pathoetiology and Orthopaedic Assessment I Clinical Skills	1
AT 4220/5220	Pathoetiology and Orthopaedic Assessment II	3
AT 4225/5225	Pathoetiology and Orthopaedic Assessment II Clinical Skills	1
AT 6255	Health Assessment & Preventive Practices	3
AT 6260	Gross Human Anatomy & Orthopedic Surgical Interventions	3
AT 6275	Mental Health Care in Athletic Training Practice	3
Research: 3 credit hours (Non-thesis)		
AT 6299 Research		3
<b>Total hours</b>		<b>54-56</b>

\* Students who only need one semester of Chemistry may take CHEM 1010 Principles of Chemistry. Students who take CHEM 1010 are not eligible to progress into CHEM 1120 General Chemistry II.

## Program Certificates

The University of Northern Iowa makes available, in addition to traditional programs, the opportunity for students to earn program certificates. Program certificates provide an alternative to programs leading to a degree, a major, or a minor; they certify that an individual has completed a program approved by the university. For information on the following program certificates, contact the Department of Kinesiology & Athletic Training or the Office of the Registrar, which serves as the centralized registry.

### Certificate in Adapted Physical Education

The certificate in Adapted Physical Education will prepare teachers to work with children with disabilities in physical education environments as they complete their Master of Arts in Physical Education Pedagogy. This certificate will also help prepare for National Certification exams in Adapted Physical Education. Students must have a GPA of 3.0 to complete the certificate.

Required:		
KINES 6231	Effective Teaching and Behavioral Management in Physical Education	3
KINES 6240	Advanced Adapted Physical Education	3
KINES 6241	Advanced Assessment in Physical Education	3
KINES 6273	Contemporary and Inclusive Issues in Physical Education	3
<b>Total Hours</b>		<b>12</b>

### Certificate in Corporate Fitness

Required:

Physical Education:		
KINES 2050	Anatomy and Physiology of Human Movement	3
KINES 3153	Exercise Physiology	3
KINES 3156	Fitness Assessment and Exercise Prescription	3
Public Health:		
PH 3640/5640	Worksite Health Promotion	3
Electives (choose one from the following):		
KINES 3157	Sports Nutrition *	3
PH 1410	Basic Nutrition	3
<b>Total Hours</b>		<b>15</b>

\* KINES 3157 has a prerequisite of KINES 2053 and KINES 3153. Prerequisite for Athletic Training majors: AT 3020.

### Certificate in Exercise Science for Health Professionals

This certificate in Exercise Science for Health Professionals provides undergraduate students with knowledge about planning and designing exercise programs for special populations such as older adults, children, obesity, diabetes, CVD, cancer, anxiety, depression, osteoporosis, multiple sclerosis, COPD, PAD, arthritis, and musculoskeletal injuries.

Required:

KINES 2050	Anatomy and Physiology of Human Movement	3
KINES 3151	Biomechanics	3
KINES 3153	Exercise Physiology	3
KINES 3160	Exercise for Clinical Populations	3
<b>Total Hours</b>		<b>12</b>

### Tactical Strength and Conditioning

This certificate provides specific information for students interested in leading conditioning sessions for tactical personnel such as those in military, law enforcement, and fire and rescue teams. To complete this certificate, a student must first declare the Strength and Conditioning Minor.

KINES 3203	Tactical Strength and Conditioning Programming	3
MIL SCI 1091	Introduction to the Army and Critical Thinking	1
MIL SCI 1092	Introduction to the Profession of Arms	1
MIL SCI 3189	Leadership Lecture	1
<b>Total Hours</b>		<b>6</b>