Pre-Athletic Training with Exercise Science major (U2G)  Updated May 2022

Athletic Trainers (AT’s) are healthcare professionals who render service or treatment under the direction of, or in collaboration with, a physician in accordance with their education, training and applicable laws. As a part of a healthcare team, AT services include injury and illness prevention, wellness promotion and education, emergent care, examination and clinical diagnosis, therapeutic intervention, and rehabilitation of injuries and medical conditions.

Application to the UI’s Master of Science in Athletic Training (MSAT) opens the summer prior to the once-a-year summer start date. Submit through the Athletic Training Centralized Application Service (ATCAS).

MSAT Application Requirements

Students interested in applying for the MSAT must complete the Pre-AT requirements along with their chosen Bachelor's degree. Pre-AT students who major in Exercise Science may potentially earn their Bachelor’s and MSAT in five total years. This option, known as Undergrad-to-Grad (U2G), may best fit Exercise Science students who know from their first semester they want to pursue an MSAT. Admission to the MSAT is competitive with a limited number of seats available. Applicants must meet technical standards, pass background checks, comply with health and safety standards, and meet vaccination requirements.

ATCAS opens in July. Students are encouraged to apply early in the cycle. Applications (with all required MSAT materials) are reviewed upon submission. The application deadline is Feb. 1. If not at full cohort by Feb. 1, applications are considered on a rolling admission basis. Completing the application and meeting admission requirements do not guarantee admission. A personal interview is required. The MSAT program begins once a year and requires two summer sessions.

- Complete a BA or BS degree from an accredited U.S. institution OR complete the first three years of undergraduate work for the U2G combined program at the University of Iowa.
- Non-U2G students need a minimum undergraduate cumulative 3.0 GPA.
- U2G students need a minimum undergraduate cumulative 3.25 GPA.
- Earn a C grade or better in all required courses: biology, chemistry, physics, human anatomy, human physiology, exercise physiology, general psychology, biomechanics/kinesiology, nutrition and statistics (see next page for specific courses). Pre-requisite course equivalency will be determined by the Program Director case by case.
- Additional coursework is recommended in medical terminology, introductory AT courses, public health, motor learning or additional psychology coursework (see next page for specific courses).
- Complete 50 hours minimum of observation under Certified Athletic Trainers. Use this verification form.
- Submit the application through the Athletic Training Centralized Application Service (ATCAS) at https://atcas.liaisoncas.com. If offered an interview, you’ll receive an email with further instructions, including how to pay the supplemental fee.
- For the U2G program, complete at least 80 s.h. of undergraduate courses at the University of Iowa.
- Transfer students must complete at least 30 s.h. at the University of Iowa.
- Submit two recommendation letters: one from a medical/AT professional, one from an academic professional.
- Submit a resume and submit a separate statement of purpose/career goals.
- Submit a Test of English as a Foreign Language (TOEFL) score taken in the last 2 years if English is not your native language. Only the IBT (Internet Based Test) form of the TOEFL is accepted. A total score of 93 and speaking score of 26 are required for consideration.
- Have current CPR certification obtained within one year — Basic Life Support (BLS) or Professional Rescuer level. Must be consistent with Board of Certification standards.
- Have current First-Aid certification obtained within one year.
- Submit a signed copy of the programs Technical Standards for Admission form.
- On-campus and online coursework from accredited U.S. colleges and universities is accepted. AP/CLEP credit may satisfy requirements if listed on a college transcript.
Pre-AT courses

The following courses are required for U2G students, and highly recommended for students pursuing Pre-AT with a traditional Bachelor’s Degree:

- AT:1010 (formerly HHP:1010) Exploring Athletic Training 1 s.h. **Offered Fall ONLY**
- AT:1200 (formerly HHP:1200) First Aid, CPR and AED 2 s.h. **Offered Spring ONLY**
- CPH:1400 Fundamentals of Public Health 3 s.h.**
- CLSA:3750 Medical and Technical Terminology 2 s.h.
- CSED:4199 (formerly RCE:4199) Counseling for Related Professions 3 s.h.

The following Pre-AT courses are required for all students pursuing the MSAT:

- CHEM:1070 Gen Chem I OR CHEM:1080 Gen Chem II OR CHEM:1110 Principles of Chem I 3-4 s.h.***
- BIOL:1141 Human Biology: Health Professions 4 s.h. ****
- PHYS:1400 Basic Physics with lab 4 s.h.
- HHP:1100 Human Anatomy 3 s.h.
- HHP:1300 Fundamentals of Human Physiology 3 s.h.
- HHP:3400 Applied Exercise Physiology 3 s.h.
- PSY:1001 Elementary Psychology 3 s.h.
- HHP:2350 Biomechanics of Sport and Physical 3 s.h.
- HHP:2310 Nutrition & Health 3 s.h.
- STAT:1020 Elementary Statistics and Inference 3 s.h.

*AT:1200 First Aid, CPR & AED certification lasts two years. Take the course so certification is current when beginning MSAT. It’s recommended to take the course in spring immediately prior to your anticipated Summer MSAT start date.

**CPH:1600 Public Health Science and CPH:1800 Social and Psych Determinants of Health are also accepted.

*** CHEM:1120 Principles of Chemistry II is also accepted.

**** BIOL:1141 is preferred. BIOL:1140 Human Bio: Non-Majors or BIOL:1411 Foundations of Bio is also accepted.

CLAS Gen Ed categories met with U2G courses:

- CHEM:1070 General Chemistry I 3 s.h. - *Natural Science without lab*
- BIOL:1141 Human Biology: Health Professions 4 s.h. - *Natural Science with Lab*
- STAT:1020 Elementary Statistics 3 s.h. - *Quantitative or Formal Reasoning*
- PSY:1001 Elementary Psychology 3 s.h. - *Social Sciences*
- HHP:2200 Physical Activity and Health 3 s.h. – *Values & Culture*

CLAS Gen Ed categories not met with U2G courses:

- Rhetoric
- Interpretation of Literature
- World Language
- Literary, Visual and Performing Arts
- Historical Perspectives
- International and Global Issues
- Diversity and Inclusion
Pre-AT + Exercise Science (U2G) Sample Schedule

To stay on track, it will be crucial to complete all Year 1 through 3 courses by the end of Spring Year 3.

<table>
<thead>
<tr>
<th>Ex Sci &amp; Pre-AT courses</th>
<th>YEAR 1</th>
<th>YEAR 2</th>
<th>YEAR 3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FALL</strong></td>
<td></td>
<td></td>
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<tr>
<td>AT:1010 Exploring AT 1 sh (formerly HHP:1010) Offered FALL ONLY</td>
<td>STAT:1020 Elementary Stats and Inference 3 sh (fulfills QFR Gen Ed)</td>
<td>HHP:2350 Biomechanics of Sport and Physical Activity 3 sh</td>
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<tr>
<td>CHEM:1070 Gen Chem I 3 sh (fulfills Nat Sci w/o Lab Gen Ed)</td>
<td>HHP:1100 Human Anatomy 3 sh</td>
<td>HHP:3400 Applied Exercise Physiology 3 sh</td>
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<tr>
<td>HHP:2200 Physical Activity &amp; Health 3 sh (fulfills Values &amp; Culture Gen Ed)</td>
<td>HHP:2310 Nutrition &amp; Health 3 sh</td>
<td>HHP:4310 Sport &amp; Exercise Nutrition 3 sh</td>
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<tr>
<td>PSY:1001 Elementary Psych 3 sh (fulfills Social Sciences Gen Ed)</td>
<td>Gen Ed 3 sh</td>
<td>Gen Ed 3 sh</td>
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<tr>
<td>CSI: 1600 Success at Iowa 2 sh</td>
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<td></td>
<td>APPLY TO MSAT by Feb. 1 of Year 3 using ATCAS</td>
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<tr>
<td><strong>TOTAL</strong></td>
<td>16 sh</td>
<td>16-17 sh</td>
<td>16-17 sh</td>
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<tr>
<td><strong>SPRING</strong></td>
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<tr>
<td>CHEM:1080 Gen Chemistry II 3 sh</td>
<td>PHYS:1400 Basic Physics with lab 4 sh</td>
<td>AT:1200 First Aid/ CPR/AED for AT 2 sh (formerly HHP:1200) Offered SPRING ONLY</td>
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<tr>
<td>CPH:1400 Public Health 3 sh (or CPH:1600 or CPH:1800)</td>
<td>HHP:1300 Fundamentals of Human Physiology 3 sh</td>
<td>HHP:4200 Metabolic Exercise Testing and Prescription 4 sh</td>
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<tr>
<td>BIOL:1141 Human Biology: Health Professions 4 sh (preferred; two other bio courses also accepted) (fulfills Nat Sci with Lab Gen Ed)</td>
<td>HHP: 2500 Physical Activity Psychology 3 sh</td>
<td>HHP:4210 Musculoskeletal Exercise Testing &amp; Prescription 4 sh</td>
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<tr>
<td>Gen Ed 3 sh</td>
<td></td>
<td>Gen Ed 3 sh</td>
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<tr>
<td><strong>TOTAL</strong></td>
<td>16 sh</td>
<td>14-15 sh</td>
<td>17-18 sh</td>
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<tr>
<td><strong>SUMMER</strong></td>
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<tr>
<td>CLSA:3750 Med Term 2 sh (ONLINE)</td>
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<tr>
<td>CSED:4199 Coun Related 3 sh (ONLINE) formerly RCE:4199</td>
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<td>Total 5 sh</td>
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| SUMMER | YEAR 4  
Begin MSAT in early June. 
Complete Exercise Science requirements in summer. | Year 5  
Final Year of MSAT |
|---|---|---|
| **AT: 3060 Advanced Anatomy for AT** 
4 sh *(Exercise Science major elective)*  
*Permission will be granted to take this if accepted to MSAT.* | **AT:5000 Pathology & Assessment of Non-Orthopedic Conditions**  
*3 sh* |
| **AT:4000 Found. of AT Practice**  
*3 sh* | **AT:5075 Diagnostic Imaging & Lab Studies**  
*1 sh* |
| **AT:4075 Med Emergency Techniques** 
2 sh *(Exercise Science major elective)*  
*Permission will be granted to take this if accepted to MSAT.* | **AT:5200 Pathophysiology & Pharmacology in Sports Medicine**  
*2 sh* |
| **TOTAL**  
*9 sh* | **TOTAL**  
*6 sh* |
| **FALL** | **SPRING**  
AT:4125 Clinical Experience I  
*3 sh* | **AT:4250 Orthopedic Pathology and Clinical Exam II**  
*4 sh* |
| **AT:4125 Clinical Experience I**  
*3 sh* | **AT:6100 Research in AT**  
*(online)* |
| **AT:4200 Orthopedic Pathology & Clinical Examination** I  
*4 sh* | **AT:6125 Clinical Experience III**  
*6 sh* |
| **AT:4300 Therapeutic Interventions**  
*2 sh* | **AT:6200 Administration & Leadership**  
*(online)* |
| **AT:4400 Rehab Techniques**  
*3 sh* | **AT:4375 Nutrition for AT**  
*2 sh* |
| **TOTAL**  
*12 sh* | **AT:4450 Applied Rehab Concepts**  
*3 sh* |
| **TOTAL**  
*15 sh* | **AT:4525 Clinical Experience II**  
*4 sh* |
| **AT:4525 Clinical Experience II**  
*4 sh* | **AT:6300 Psychosocial Recognition & Referral**  
*(online)* |
| **TOTAL**  
*8 sh* | **TOTAL**  
*8 sh* |

*Undergrad Degree in Exercise Sci granted to U2G students*

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*AAC - Updated May 2022*