UCF Athletic Training Program (BS in AT) Frequently Asked Questions

AT will transition to a master's degree in 2019-2020 – Please read. Important!
The Strategic Alliance (NATA, BOC, CAATE and NATA Foundation) evaluated many aspects of such a huge change and came to the decision that the master's degree would provide the best preparation for future athletic trainers. For more information on this change, and the rationale for the decision, please go to http://www.nata.org/strategic-alliance-degree-statement. After 2022, baccalaureate programs may no longer admit students and the graduate degree will become the entry-level point for the AT profession.

The UCF AT Program is currently planning to transition during the 2019-2020 academic year. This means the Class of 2020 will be our FINAL bachelor's level cohort.

- If students intend to graduate with a BS degree in AT from UCF, they must have applied to the program by March 2018 (general education requirements and AT pre-requisites done or in progress during spring 2018). The last bachelor's level class will apply during the spring of 2018, begin during summer B of 2018 and graduate in May of 2020.
- If students intend to join our first master's level cohort, they must earn their bachelor's degree by the spring of 2019. Those students would apply to the program in the spring of 2019, begin with the first cohort in Summer B of 2019, and graduate with a two year Master of Athletic Training degree in the spring of 2021. The MAT degree has been approved at UCF and is awaiting approval from the State of Florida. Complete information about the program, admission requirements and curriculum will be available in the summer of 2017. There will not be a specific bachelor's degree required to enter the program though the Health Sciences (College of Health and Public Affairs) or Sport and Exercise Science BS (College of Education) at UCF would likely be of interest to students interested in AT.

1. What is the difference between a physical therapist (PT) and an athletic trainer (AT)?
Many people are confused about the difference between AT and PT. While there are some similarities in the disciplines, students should understand that there are major differences in patient population and scope of practice. An AT usually works with a population that includes physically active individuals who are young adult to middle aged. ATs very often treat musculoskeletal conditions, but are also trained for general medical concerns (illnesses that affect sport participation) and trauma (ex. spinal cord and head trauma). The job of an athletic trainer includes prevention of injury, recognition and evaluation of injuries and illnesses, emergency care, rehabilitation, and administration. ATs provide immediate care for those who sustain injuries, and often continue providing care as the patient goes through surgery, rehabilitation, and return to play. ATs perform on-field evaluations and make “return to play” decisions during competitive events. Physical therapists do not generally do most of these things. Physical therapists treat a wider age range of patients and a wider diversity of physical concerns (ex. neuro, burns, MS, CP). Students must also understand that the work settings are very different in many cases. Although some ATs work in an outpatient rehabilitation environment (like a PT might), most work in high schools, colleges and professional sports where hours will be more varied (long hours/early and late/holidays and weekends are common), environment will be harsh at times (heat/humidity/rain), and the patients are often very dirty.

2. What is the difference between a personal trainer and an athletic trainer (AT)?
ATs primarily deal with medical issues. Personal trainers mainly deal with strength and conditioning, aerobic fitness, and nutrition. However, there is some overlap because ATs also use principles of strength and conditioning and nutrition when rehabilitating athletes. ATs must possess a 4 year degree from an accredited institution (in 2022, bachelors programs will stop admitting students and the MAT will become the entry-level degree for the AT profession) and sit for the Board of Certification (BOC©) examination. To be a personal trainer, one only needs to sit for an examination. No formal academic training is required (for certain certifications). If a student is interested in personal training, they may want to consult the College of Education advisors about a Sports and Exercise Science Major or a Fitness Minor.

3. When should I apply to the BS in AT program? What must be done and what can be in progress?
There is only one admissions process each year. Applications are due March 1st. Students must have the pre-requisites completed or be in progress with their final pre-requisites during spring 2018. Students must complete the 100 observation hours requirement before applying. The application is located online at https://www.cohpa.ucf.edu/hp/athletic-training-program/.

4. How many students are accepted each year? How hard is it to get in?
The AT Program generally accepts 28 students each year. Meeting the minimum requirements for admission does not ensure acceptance. The AT Program is a restricted access program and has a competitive admissions process. The AT Program has stringent entrance criteria. Students are evaluated on four criteria: General GPA (minimum of 2.75 required); pre-requisite courses completed (or in-progress with final pre-requisites the semester of application); 100 hour observation requirement completed; and a letter of interest. Selected students will be interviewed and the interview is used as a significant basis for admissions decisions.

5. What pre-requisites are necessary to apply for the AT Program?
Pre-requisite and AT Program course information can be found by visiting our webpage, accessing the catalog and locating the Athletic Training B.S. page. The link is http://catalog.ucf.edu/.

PHY 2053C is a co-requisite. Students need not complete it before applying to the program. However, students are strongly advised to take it before entering the program because it is a pre-requisite for a course in the spring of the first year and scheduling that course for the summer B or fall semesters is quite difficult. Scheduling physics during the summer A or fall should be a last resort. Scheduling physics during summer B or C is not allowed because it would interfere with the commitment required of an AT student.

CHM 2045C is not a pre-requisite for AT. However, at UCF, either CHM 1032 (3 CR, no lab required) or CHM 2045C (4 CR, lab required) or the “split chemistry option” (CHM 2040 + CHM 2041) is a pre-requisite for physiology (PCB 3703C) which is a pre-requisite for the AT Program. Students who are interested in graduate programs in PT, PA, MD or other health field should be aware that CHM 2045C is a very common pre-requisite for those graduate programs and this higher level CHM class will likely be expected for those programs. A placement test is required to enter CHM 2045C. Please consult the Chemistry Department for details on how to sign up for the placement test (http://knightsource.sdes.ucf.edu/placement). If students are transferring to UCF with the physiology requirement already completed, they would not need the chemistry course as it is not a pre-requisite for the AT Program.

6. I plan to take a pre-requisite course at another institution, is that OK?
The AT Program is not concerned with where a pre-requisite course is taken. Only that it is an acceptable equivalent course. A list of equivalent courses can be found in the “transfer notes” section of the AT Program page in the UCF Catalog (http://catalog.ucf.edu/) or on the Florida Virtual Campus list of Common Prerequisites Manual (http://flvc.org). UCF students who plan to take a course elsewhere need to file a “Transient Form”. Information on being a transient student can be found at http://cohpa.ucf.edu/undergraduate-services/advising/transient-information/.

7. How do I complete the 100 hour observation requirement?
The 100 hour observation requirement is an opportunity to observe an athletic trainer (AT) in action. The person being observed must hold the credential of ATC®. The aim of the observation hours is to show the student what a “typical” athletic trainer position entails and to give the student an idea of what clinical practice will be like once in the program. The hour requirement must be complete at the time of application.
8. How can I stay involved with AT before I gain admittance to the AT Program?

Students interested in being an AT at a high school are advised to take subject area courses (e.g., take physics courses if you want to teach physics) and/or education courses and investigate Florida teaching certificate requirements (www.fldoe.org). Other courses of interest may include:

- Pathophysiology I and/or II (HSC 4555 and 4558)
- Medical Self-Assessment (HSC 3110)
- Preventive Healthcare (HSC 3211)
- Clinical Nutrition (HSC 4572)
- Health Psychology (CLP 4314)
- Medical Terminology (HSC 3537)
- Epidemiology of Chronic Diseases (HSC 4501)
- Occupational Safety for Healthcare Professional (HSC 3432)
- Health Law and Ethics (HSC 4652)
- Health Sciences Research Methods (HSC 4702)
- Applied Health Research Methodology (HSC 4730)
- Exceptional Populations in School and Society (EEX 2090)
- Writing about Health and Medicine (ENC 3453)

---

8/4/2017

---