

COLORADO STATE UNIVERSITY-PUEBLO

Major/Bachelors of Science in Athletic Training

A New Major/Degree Proposal

March 2009

The Exercise Science, Health Promotion and Recreation department at Colorado State University-Pueblo proposes the creation of a Major/Bachelor of Science Degree program in Athletic Training. This degree would replace the athletic training emphasis under the current Bachelor of Science in Exercise Science, Health Promotion and Recreation. The athletic training education program at CSU-Pueblo is currently accredited by the Commission on Accreditation of Athletic Training Education (CAATE), which will soon require a Bachelor of Science in athletic training and currently requires a major in athletic training for accreditation

Brief Overview of the Proposed Program:

Name of Program: **Athletic Training**

Degree Type: **Bachelor of Science (BS)**

Department: **Department of Exercise Science, Health Promotion and Recreation**

College: **College of Education, Engineering, and Professional Studies**

Curriculum: **120 credit hours of study, including classroom instruction, practicum and field experience courses**

Expected Number of students enrolled in program five years after implementation: **100**

Opportunities: **Prepare students for the Board of Certification (BOC) exam in order to become a certified athletic trainer. Employment opportunities include high school, college/university, clinic, military and industrial settings. Also, students are prepared to enter graduate programs in athletic training, allied-health, and other health care areas.**

Introduction:

At the present time, the Athletic Training Education Program is an emphasis in the Department of Exercise Science, Health Promotion and Recreation. The program is accredited by the Commission on Accreditation of Athletic Training Education (CAATE), which will soon require a BS in athletic training for accreditation. The program was recently found to be non-compliant with the accreditation standards by not offering a major in athletic training.

The mission of the Colorado State University-Pueblo Athletic Training Education Program is to provide a comprehensive educational experience and a strong clinical foundation to prepare the undergraduate student to enter the allied health profession of athletic training. Students will acquire experience and skills that will enable them to demonstrate an understanding of the foundations of human kinetics and the assessment, rehabilitation, and treatment of athletic injuries. Students will acquire knowledge in proper prevention, management, and rehabilitation of injuries and illness to physically active individuals. The goals of the Colorado State University-Pueblo Athletic Training Education Program are to enable the student to successfully complete and pass the Board of Certification (BOC) Certification Exam, to enter and succeed in the Athletic Training profession, and to promote a positive attitude of healthful living.

Alignment with University Mission Statement and Department Goals:

Colorado State University-Pueblo is a regional comprehensive university. The University's student profile indicates that CSU-Pueblo provides access to higher education for students whose economic and social circumstances or personal preferences require that they remain in southern Colorado. The accredited degree program in Athletic Training at CSU-Pueblo provides access for students in the southern part of Colorado. One major role of the university is to prepare more residents for professional positions. The accredited program in Athletic Training meets that goal. Currently, Athletic Training is an option under the degree in Exercise Science, Health

Promotion, and Recreation. The degree option is and has been successful, but as a result of changing accreditation standards must be an individual major and become a separate degree program. Without accreditation, athletic training students will not be permitted to take the national certification examination administered by the Board of Certification (BOC), leaving a gap in the need for certified athletic trainers in southern Colorado. National certification is required in the state of Colorado to obtain professional positions in athletic training. In addition, the ATEP provides faculty, staff and supervised athletic training students who can assist the CSU-Pueblo athletic programs. As an NCAA Division II School, CSU-Pueblo Athletics cannot afford to hire additional Professional Athletic Training Staff, creating difficulty in providing the necessary care of their collegiate athletes. An accredited degree program in Athletic Training matches the mission and goals of CSU-Pueblo as well as the market needs and demands of southern Colorado and northern New Mexico.

Alignment with the Statutory Mission of CSU-Pueblo

Colorado State University – Pueblo
23-55-101. University established – role and mission.

There is hereby established a University at Pueblo to be known as Colorado State University – Pueblo, which shall be a regional, comprehensive university with moderately selective admissions standards. The university shall offer a broad array of baccalaureate programs with a strong professional focus and a firm grounding in the liberal arts and sciences. The university shall also offer selected masters level graduate programs.

The Athletic Training Education Program (ATEP) supports the mission of the University as a program “with a strong professional focus and a firm grounding in the liberal arts and sciences.” The program requires a strong grounding in the sciences. Graduates of the ATEP are prepared to take the Board of Certification (BOC) examination, and become employed as certified athletic trainers. The majority of athletic training students continue with their education in (advance athletic training) graduate programs, other allied-health care graduate programs, or other related degree programs.

The ATEP completed its re-accreditation site-visit during the Spring Semester 2009. The following were identified strengths of the program:

1. The ATEP clinical laboratory and educational resources provide the context and structure for an exceptional learning environment.
2. Students, program alumni, and departmental colleagues identify the quality of didactic instruction as a strength of this program.
3. The ATEP faculty are recognized by ATS [athletic training students], alumni, and professional colleagues as being highly qualified, hardworking, dedicated, passionate professionals who have a strong student-centered orientation.
4. The Medical Director/Team Physician displays a firm commitment to the ATEP and athletic community
5. As the result of the strengths previously listed, the program is experiencing increasing growth, resulting in program stability.

6. Students learn in a newly constructed (Thunderbowl) ATR [athletic training room] as well as newly renovated (Massari ATR) clinical sites, which enhances their educational experiences. In addition, the expansion of intercollegiate athletics has led to richer direct patient contact with equipment-intensive and high-risk athletic populations.
7. The current high school clinical affiliations provide exceptional opportunities for professional growth and experience and allow students to practice with a different patient populations.
8. There is evidence of strong administrative support for the ATEP.

Program Objectives:

- Enable students to acquire professional experience and skills in Athletic Training through practica and field experience.
- Prepare students to acquire knowledge and demonstrate the skills for proper prevention, management, assessment, rehabilitation, and treatment of injuries and illness to athletes and physically active individuals.
- Enable students to acquire knowledge, experience, and skills to assure successful completion of the Board of Certification (BOC) certification examination.
- Enable students to enter and succeed in athletic training in any of the following settings: collegiate/university, clinical, high school, military, and industrial.

CSU-Pueblo is a comprehensive regional university offering undergraduate degrees and selected masters degrees and serving the needs of approximately 4,600 students, with a majority of the student population coming from southeastern Colorado. CSU-Pueblo is the only university granted Hispanic Serving Institutions (HSI) status in Colorado. Minorities comprise approximately 38 percent of the student body. The Department of Exercise Science, Health Promotion and Recreation at CSU-Pueblo is proud of its diverse student population including 35 percent minority, 22 percent Hispanic and 38 percent women.

Potential Market:

The Athletic Training market is currently good and appears to be demonstrating an upward trend in opportunities available for certified athletic trainers. The job market includes positions in professional and collegiate sports, secondary and intermediate schools, Sports Medicine Clinics, Hospital Emergency Room and Rehab Clinics, Occupational Settings, Fitness Centers, and Physicians' Offices. It is the position of the National Athletic Trainers' Association (NATA) that all secondary schools should provide the services of a full-time, on-site, certified athletic trainer (ATC) to student athletes. Athletic Training is listed number two by AllHealthcare.com in their list of "10 Coolest Jobs in Health Care." Currently, there are only four other schools in Colorado that offer a CAATE accredited entry level (undergraduate) Athletic Training Education Program: University of Northern Colorado, Ft. Lewis College, Mesa State College and Metropolitan State. Colorado State University-Pueblo is the only school in southern Colorado offering this type of program. There are four other athletic training education programs in the state. All four of these programs are also accredited by CAATE.

Ft. Lewis College

School of Natural and Behavioral Sciences
 Department of Exercise Science
 Bachelors of Science in Athletic Training
 Carrie Meyer, EdD, ATC Program Director

Mesa State College

Department of Kinesiology
 Bachelors of Science in Athletic Training
 Robert Ryan, MA, ATC Program Director

Metropolitan State College of Denver

Department of Human and Sport Performance
 Concentration and extended major in Athletic Training
 Christine Odell, MA, ATC Program Director

University of Northern Colorado University

Sport and Exercise Science
 Athletic Training Emphasis
 Shannon Courtney, MA, ATC Program Director

Our current records indicate that over 60 students at Colorado State University-Pueblo have selected athletic training as their major option. All but 15 of these students are freshman and sophomores. Prior to the Spring 2004, when the program received initial CAATE accreditation, there were only 30 majors. Athletic Training has become a popular option within the EXHPR department at this time and is expected to continue to grow in the future.

Curriculum:

The curriculum is based upon CAATE accreditation standards and the NATA Educational Competencies and Proficiencies. The 120-hour CSU-Pueblo EXHPR-Athletic Training major meets the CAATE accreditation standards, and all of the required coursework is currently being taught:

- 36 credit hours in general education:
 - MATH 121, College Algebra (4 hrs)
 - ENG 101, English Composition I (3 hrs)
 - ENG 102, English Composition II (3 hrs)
 - SPCOM 103, Principles of Speech Communication (3 hrs)
 - PSYCH 151, Introduction to Human Development (3 hrs)
 - BIOL 223, Human Anatomy & Physiology I (3 hrs)
 - BIOL 223L, Human Anatomy & Physiology I (1 hr)
 - EXHP 162, Personal Health (3 hrs)
 - EXHP 162L, Personal Health Lab (1 hr)

- 22 credit hours in the EXHPR core; all courses already exist and are offered annually in the EXHPR or biology departments:
 - EXHP 101, Introduction to EXHPR (2 hrs)
 - BIOL 112, Nutrition (3 hrs)
 - EXHP 162, Personal Health (3 hrs)
 - EXHP 162L, Personal Health Lab (1 hr)
 - EXHP 222, Behavioral Facilitation (3 hrs)
 - EXHP 343, Measurement and Evaluation (3 hrs)
 - EXHP 344, Exercise Physiology (3 hrs)
 - EXHP 344L, Exercise Physiology Lab (1hr)
 - EXHP 364, Kinesiology (3 hrs)
 - EXHP 461, Administration in Athletic Training (3 hrs)

- 40 hours Required Athletic Training Courses
 - EXHP 232, First Aid (3 hrs)
 - EXHP 260, Care and Prevention of Athletic Injuries (3 hrs)
 - EXHP 279, Practicum in Athletic Training (2 hrs)
 - EXHP 322, Functional Exercise Training (2 hrs)
 - EXHP 330, Lower Extremity Evaluation (3 hrs)
 - EXHP 331, Upper Extremity Evaluation (3 hrs)
 - EXHP 332, Head, Neck and Spine Evaluation (3 hrs)
 - EXHP 339, Clinical Pathology and Assessment (3 hrs)
 - EXHP 379, Practicum in Athletic Training II (1 hr)
 - EXHP 389, Practicum in Athletic Training III (1 hr)
 - EXHP 419, Athletic Training Field Experience (2 hrs) (repeat four times)
 - EXHP 430, Therapeutic Modalities (3 hrs)
 - EXHP 431, Therapeutic Exercise (3 hrs)
 - EXHP 436, Exercise Assessment and Leadership (3 hrs)
 - EXHP 479, Practicum in Athletic Training IV (I hr)
 - EXHP 489, Practicum in Athletic Training V (1 hr)
 - EXHP 494, NATA Test Preparation (1 hr)

- 7 credit hours in Required Support Courses
 - BIOL 224, Human Anatomy & Physiology II (3 hrs)
 - BIOL 224L, Human Anatomy & Physiology II (1 hr)
 - CIS 100, Introduction to Work and Windows (1 hr)
 - CIS 103, Powerpoint and Web Publishing (1 hr)
 - CIS 104, Excel Spreadsheets (1 hr)

- 11 credits Electives Outside of Major

All of the required courses are currently being taught. There will be no need for any new courses:

EXHP 101 Introduction to EXHPR (2 crs) Introduction to fundamentals of exercise science, health promotion and recreation professions. Overview of health promotion, fitness, athletic training, recreation and school based programs, and career opportunities. A prerequisite for EXHP 344. (F,S)

EXHP 162 Personal Health (3 crs) The development of knowledge and the scientific basis for the analysis, evaluation and promotion of personal health and wellness. (F,S,SS)

EXHP 162L Personal Health Lab (1 cr) Optional experiential lab studies to augment EXHP 162, Corquisite: EXHP 162 (F, S,SS)

EXHP 222 Behavior Facilitation (3 crs) Study the influence of social and behaviorial systems on health. Emphasis on the fundamentals of self-directed behavior change, health dysfunctions, and stress management. (F)

EXHP 232 First Aid (3cr) Knowledge and skills in current first-aid and CPR procedures. Red Cross certification. Student in the Athletic Training track are required to enroll for 3 credits. (F, S, SS)

EXHP 260 Care and Prevention of Athletic Injuries (3 cr) Procedures in the prevention, care and treatment of injuries sustained during activity and athletic participation. (F,S)

EXHP 279 Practicum in Athletic Training I (2 crs) Instruction practice and evaluation of assigned NATA psychomotor competencies and clinical proficiencies. Prerequisite: EXHP 232, EXHP 260 (F,S)

EXHP 323 Functional Exercise Training (2 crs) Course applications include exercise program design, aspects of functional training, and components of various types of exercise regimens as related to injury prevention and recovery. Prerequisite: EXHP 364. (S)

EXHP 330 Lower Extremity Evaluation (3 crs) An in-depth study of assessment techniques and protocols applicable to injuries to the lower extremities. Prerequisite: BIOL 223, 223L and approval by the program director. (F)

EXHP 331 Upper Extremity Evaluation (3 crs) An in-depth study of assessment techniques and protocols applicable to injuries to the upper extremities. Prerequisite: BIOL 223, 223L and approval of the program director. (F)

EXHP 332 Head, Neck, and Spine Evaluation (3 crs) An in-depth study of assessment techniques and protocols applicable to injuries to the head, neck, and spine. Prerequisite: EXHP 331 and permission of instructor. (S)

EXHP 339 Clinical Pathology and Assessment (3 crs) Study of differential signs and symptoms produced by systemic diseases affecting physical activity in individuals to enable the athletic trainer in making sound clinical decisions. Prerequisite: EXHP 332. (S)

EXHP 343 Measurement and Evaluation (3 crs) Introduction to the use of measurement and research. Emphasis on reviewing and interpreting professional literature, interpreting basic statistics and understanding the concepts underlying successful evaluation. Prerequisite: MATH 109 or 121 or permission of instructor (S)

EXHP 344 Exercise Physiology (3 crs) Physiologic control of the human body during acute exercise, and adaptations to regular exercise stress. Emphasis on relationships among health fitness and exercise. Prerequisite: BIOL 223, 223L MATH 109 or 121, EXHP 343. (F)

EXHP 344L Exercise Physiology Lab (1 cr) Extension of course lecture which provides practical experience in laboratory experiments which address exercise and exercise theory. Corequisite: EXHP 344. Prerequisite: BIOL 223, 223L, MATH 121 or 109, EXHP 343. (F)

EXHP 364 Kinesiology (3 crs) Integration of fundamentals of anatomical and structural components of human movements with the study of fundamental body movements and the primary muscles involved in those movements. Prerequisite: BIOL 223, 223L. (S)

EXHP 379 Practicum in Athletic Training II (1 cr) Continued instruction, practice and evaluation of clinical proficiencies and clinical experience. Prerequisite: EXHP 279 and CPR certification. (F)

EXHP 389 Practicum in Athletic Training III (1 cr) Continued instruction, practice and evaluation of clinical proficiencies and clinical experience. Prerequisite: EXHP 379 and CPR certification. (F)

EXHP 419 Athletic Training Field Experience (2 crs) Learning experiences to be conducted in an actual athletic training or related environment and supervised by an approved Athletic Training clinical instructor (ACI). Corequisite: one of the following courses: EXHP 379, 389, 479, 489. (F, S)

EXHP 430 Therapeutic Modalities (3 crs) Study of theories and application of modalities used in the athletic training setting for the treatment of injuries. Prerequisite: EXHP 330, 331 (F)

EXHP 431 Therapeutic Exercise (3 crs) Study of current rehabilitation theories and application in the athletic training setting. Prerequisite: EXHP 330, 331 (F)

EXHP 436 Exercise Assessment & Leadership (3 crs) Methods used to assess exercise clients, prescribe effective exercise programs, and develop/lead group exercise classes in order to achieve optimal health in apparently healthy people. Prerequisite: EXHP 344, 344L (S)

EXHP 443 Administration in Athletic Training (3 crs) An examination of current topics in athletic training including legal liability, athletic training administration issues, and budgetary concerns. Prerequisite: approval by program director (S)

EXHP 479 Practicum in Athletic Training IV (1 cr) Continued instruction, practice and

evaluation of clinical proficiencies and clinical experience. Prerequisite: EXHP 389 and CPR certification. (F)

EXHP 489 Practicum in Athletic Training V (1 cr) Continued instruction, practice and evaluation of clinical proficiencies and clinical experience. Prerequisite: EXHP 479 and CPR certification. (F)

EXHP 494 Field Experience (Test Prep) (1 cr) Learning experience to be conducted in the actual environment and supervised by the physical education program (S/U grading) Prerequisite: approval of department chair.

BIOL 112 Nutrition (3 crs) Analysis of personal dietary habits and behavior in relation to basic human nutritional needs and food composition. (CE, F, S)

BIOL 223 Human Physiology and Anatomy I (3 crs) Study of human physiology and anatomy designed for students who require or desire a thorough understanding of the functional and structural aspects of the human body. Not for the majority of biology majors except Teacher Education. Topics include body orientation, physiological important molecules, the cell tissues, integument, skeleton, muscle, nervous system and special senses. Prerequisite: one year of High School Biology and Chemistry (now required); or BIOL 100/100L. Corequisite: BIOL 223L (F, S)

BIOL 223L Human Physiology and Anatomy I Lab (1 cr) Corequisite: BIOL 223 (F, S)

BIOL 224 Human Physiology and Anatomy II (3 crs) A continuation of BIOL 223. Students are permitted to enter the course before completing BIOL 223. Topics include endocrines, respiration, digestion, metabolism, excretion, fluid-electrolyte balance, cardiovascular and reproduction. Prerequisite: one year of High School Biology and Chemistry (now required); or BIOL 100/100L. Corequisite: BIOL 224L (F, S)

BIOL 224L Human Physiology and Anatomy II Lab (1 cr) Corequisite: BIOL 224 (F, S)

CIS 100 Introduction to Word and Windows (1 cr) A competency-based course, topics include: file management, formatting fonts, editing, reports, footnotes, desktop publishing, clip art, styles, outlines, tables, and mail merge. (F, S, SS)

CIS 103 PowerPoint and Web Publishing (1 cr) An introduction to PowerPoint and FrontPage. Includes: presentation templates, charts, object embedding, slide shows, Internet search methods, web page design, web site creation and publishing. Prerequisite: CIS 100 or equivalent. (F, S, SS)

CIS 104 Excel Spreadsheets (1 cr) Includes worksheet design, text and formula manipulation, charts, lists, pivot tables, ranges, lookup tables, data analysis, functions and macros. Prerequisite: CIS 100 or equivalent. (F, S, SS)

MATH 121 College Algebra (4 crs) Solutions of algebraic equations, graphs of rational

functions, exponential and logarithmic functions, systems of equations, matrices, and determinants. Prerequisite: Satisfactory placement exam score and MATH 099 or two years of high school algebra or equivalent. (F, S, SS)

PSYCH 151 Introduction to Human Development (3 crs) Survey of human development through life span. A multi-disciplinary approach to the study of both change and stability in physical, cognitive, social and personality development. Review of relevant developmental theory and research. (F, S, SS)

SPCOM 103 Speaking and Listening (3 crs) Introduces principles of speaking and listening with emphasis on exposition and its application to public speaking. (F,S,SS)

Application Procedure:

Students are required to apply into the clinical portion of the program, which consists of the last two years of the program. The students make application during the spring semester of their sophomore year.

- Completion of the Colorado State University-Pueblo Athletic Training Education Program Application. The student can obtain the application form from the program director. Completed applications are due to the program director by March 1st.
- Completion of EXHP (232, 260, & 279), BIOL (223, 223L)
 - EXHP 232 and EXHP 260 with B or higher
 - BIOL 223, 223L with C or higher
- An overall grade point average of 2.6 or higher.
- A declared Exercise Science, Health Promotions and Recreation major
- Proof of current Red Cross First Aid and CPR for Professional Rescuer Certification
- A letter of recommendation from a certified athletic trainer (ATC)
- Complete interview with ATEP Director and Clinical Instructors
- NATA membership is highly recommended but not required

Once students are accepted into the clinical portion of the program they will have four semesters of clinical education to complete before they will be eligible to graduate.

The reason for the application process is that according to CAATE accreditation standards no more than a 8:1 ratio of students per approved clinical instructor is allowed. Thus, the number of students that can be accepted into the clinical portion of the program is limited by the number of approved clinical instructors involved with the program.

Resource Needs:

No additional resources are necessary with the present enrollment.

Available Faculty:

NAME	TENURED/ TENURE TRACK	HIGHEST DEGREE HELD	AREA OF SPECIALIZATION	DEPARTM ENT
Clark, Roger	Tenured	Ph.D.	Athletic Training	EXHPR
Smith, Darrin	Tenure Track	M.S.	Athletic Training	EXHPR
Conroy, Colleen	Full-time	MEd	Athletic Training	EXHPR
Clark, Laura	Half-time	M.S.	Athletic Training	EXHPR

The current number of faculty is sufficient for the present enrollment. With any increase in enrollment the half-time position would need to be changed to a full-time position. The part-time faculty position will need to be changed to a full-time faculty position by the third year of implementation; otherwise the full implementation will be limited to 80 students. The existing resources for facilities, library, technology are all sufficient because the program already exist now as a emphasis area.

Enrollment Projections:

There are currently 68 students enrolled in the Athletic Training Option. In five years we plan to have 100 students enrolled in the major (with an faculty increase of .5 FTE). We have averaged 6 graduates per year. In five years we plan to average 16 graduates per year.

Program Assessment:

The ATEP must cover the NATA Educational Competencies and Proficiencies throughout the program. CAATE accreditation requires the completion of a competency matrix which indicates what competencies and proficiencies are covered in each course. In the didactic courses student learning is assess in one way by the traditional written examination methods. Most of the didactic athletic training courses also have a large clinical component to them. The clinical skills that are associated with a specific course are also assessed by practical examinations. In the clinical courses (ie. athletic training practica and field experiences) the students are evaluated on psychomotor skills and proficiencies via midterm exams, final practical exams, proficiency check-offs and rubrics.

Graduating seniors complete a graduate survey upon completion of the program. In their final practicum course students complete the senior comprehensive exam, consisting of a written and practical examination. Finally, how the senior students perform on the BOC examination is an measure of how well the students are meeting the programs outcomes. Passing the Board of Certification (BOC) examination is required upon completion of the degree program to become a nationally certified athletic trainer, and individual State regulation may require completion of an additional examination.

The University requires every program to be reviewed every five years. Program review is the formal means by which academic programs assess their quality, effectiveness, integrity, and continued viability in an effort to improve productivity and student learning. One goal of program review at CSU-Pueblo is to promote continuous improvement in program performance. The self-study process (the centerpiece of the program review) is directed toward helping programs achieve a deeper understanding of improvement needs and then allowing them an opportunity to clearly articulate specific improvement initiatives that will strengthen the program's viability and further enhance student learning. The program review process is also designed to highlight and capture noteworthy program improvement processes, procedures, systems, or initiatives that can be shared with the entire University community promoting even greater overall achievement. Also, CAATE accreditation requires the completion of a comprehensive annual report. A re-accreditation self-study and on-site visit is required based upon the previously awarded length of accreditation.

Outcome assessment data will be disseminated to the faculty members teaching the curriculum and to the department head and dean overseeing the program. The data will be reviewed and compared with program goals and objectives leading to changes in the curriculum and teaching methods consistent with a continuous improvement model.