Did you know?

- Certified athletic trainers (ATs) don’t just tape ankles. They can specialize in the prevention, assessment, treatment, and rehabilitation of athletes’ injuries and illnesses.

- After the fall of 2022, athletic training certification will be offered at a master’s degree level. For more information on this transition, see [https://www.nata.org/career-education/education/resources-tools/degree-change-faqs](https://www.nata.org/career-education/education/resources-tools/degree-change-faqs). To develop deeper knowledge and skills, ATs can continue for a doctoral degree (PhD or EdD).

- Athletic trainers can work in various settings, including youth sports, professional sports, hospitals, performing arts, and government agencies.

Athletic Training Program Application Preparation

- Completing the prerequisite courses is just one step in preparing to apply to AT programs. Applicants must also have a well-rounded application consisting of experience (shadowing, volunteer work, undergraduate research, life experience, etc.), letters of recommendation (including one from an athletic trainer), interview (may not be required), and a strong admissions essay.

- Athletic training programs require applicants to have many observation hours with a certified athletic trainer. The amount of observation hours each program requires varies considerably. Researching individual programs is important before starting the application process.

- Be sure to research individual programs about any COVID-19 related changes (prerequisite and GRE exceptions, Pass/Fail Policy, etc)

Online Resources

Health Professions Program Website: [healthprofessions.uoregon.edu](http://healthprofessions.uoregon.edu)
National Athletic Trainers’ Association: [nata.org](http://nata.org)
AT Each Moment (to learn about the career): [ateachmoment.com](http://ateachmoment.com)
Commission on Accreditation of Athletic Training Education: [caate.net](http://caate.net)
Exploring Health Careers: [explorehealthcareers.org](http://explorehealthcareers.org)

Campus Resources

- Student Clubs & organizations
- Center for Undergraduate Research and Engagement
- Tykeson College and Career Advising
- Duck Nest
- Global Education Oregon
- Tutoring & Academic Engagement Center
- Holden Center
- HPP workshops
- University Career Center

Advising

Schedule an appointment with an HPP advisor online or call 541-346-9200
Or visit us in Tykeson Hall, 2nd floor, [health@uoregon.edu](mailto:health@uoregon.edu)
# Sample 4-Year Plan

The chart below illustrates one way an athletic training program’s prerequisites can fit into a 4-year plan. Keep in mind that a good graduation plan is as unique as the student following it. Math placement, major, transfer credits, application timeline, and other factors will help shape your own decisions, and health professions advisors are here to help along the way!

<table>
<thead>
<tr>
<th>First Year</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fall</strong></td>
</tr>
</tbody>
</table>
| Classes | CH 221 & 227  
MATH 112 | CH 222 & 228  
MATH 251 | CH 223 & 229  
HPHY 105 |
| Experience | | | |

<table>
<thead>
<tr>
<th>Second Year</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Classes</strong></td>
</tr>
</tbody>
</table>
| BI 211  
PSY 201 or 202 | | |
| BI 212  
HPHY 211 | | |
| HPHY 212  
Math 243 | | |

<table>
<thead>
<tr>
<th>Third Year</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Classes</strong></td>
</tr>
</tbody>
</table>
| HPHY 321  
HPHY 322 | | |
| HPHY 323  
HPHY 324 | | |
| HPHY 325  
HPHY 371 | | |

<table>
<thead>
<tr>
<th>Fourth Year</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Classes</strong></td>
</tr>
<tr>
<td>PHYS 201</td>
</tr>
<tr>
<td>HPHY 381</td>
</tr>
</tbody>
</table>

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1 **Prerequisites vary by school.** Research specific schools that interest you to be sure you meet any additional requirements.

2 These courses are prerequisites for UO’s anatomy & physiology sequence. They are not typically prerequisites for AT programs.