ATHLETIC TRAINING is an allied health profession within the American Medical Association. Athletic trainers specialize in the prevention, evaluation, management and rehabilitation of athletic injuries. Xavier University’s Athletic Training Education Program (XU-ATEP) follows the guidelines created by the National Athletic Trainers’ Association and is accredited by the Commission on the Accreditation of Athletic Training Education (CAATE). Students combine classroom instruction and clinical experiences to promote their mastery of professional competencies and prepare to be eligible for the Board of Certification (BOC) national examination.

Bachelor of Science (BS) in Athletic Training

The Xavier Advantage:

► Be job-ready after learning with certified athletic trainers in clinical and classroom settings.
► Get exposure to NCAA Division I athletes in a variety of men’s and women’s sports at Xavier University, including top-ranked men’s and women’s Muskie basketball teams.
► Develop experience working with local high-school athletes, professional teams and patients at physical therapy clinics and hospitals. Program graduates have worked at such clinical sites as Cincinnati Bengals Football, Cincinnati Reds Baseball, Cincinnati Cyclones Hockey and area high schools.
► Live in Cincinnati, home to the Cincinnati Reds, based in the Great American Ballpark, and the annual Cincinnati Flying Pig Marathon, recently named one of the top 20 international marathons by Runner’s World magazine.

Xavier athletic training graduates go on to:

► Boston Red Sox
► Missouri University of Science & Technology
► Oxford Physical Therapy
► Indianapolis Public Schools
► TriHealth Good Samaritan Hospital Physical Therapy
► Graduate programs in athletic training, cardiac rehabilitation, kinesiology, sports psychology, business and marketing

Learn more www.xavier.edu/athletic-training
Ask us xuadmit@xavier.edu
Visit campus www.xavier.edu/visit
THE PROGRAM

The Sport Studies Department offers the Bachelor of Science (BS) degree in Athletic Training. Xavier University’s Athletic Training Education Program (XU-ATEP) follows the guidelines created by the National Athletic Trainers’ Association and is accredited by the Commission on the Accreditation of Athletic Training Education (CAATE). Completing our four-year degree fulfills the curriculum eligibility requirements of the Board of Certification (BOC) national examination.

In addition to traditional studies, athletic training majors at Xavier:

► Work with certified athletic trainers in clinical and classroom settings to learn the following subject areas: risk management and injury prevention; pathology of injury and illness; assessment and evaluation; acute care of injury and illness; pharmacology; therapeutic modalities; therapeutic exercise; general medical conditions and disabilities; nutrition; psychosocial intervention and referral; health care administration; and professional development and responsibilities.

► Learn in a top college athletics environment: Xavier is home to NCAA Division I athletes in a variety of men’s and women’s sports.

► Develop experience working with local high-school athletes, professional teams and patients at physical therapy clinics and hospitals. Program graduates have worked at such clinical sites as Cincinnati Bengals Football, Cincinnati Cyclones Hockey, Good Samaritan Hospital, Bethesda Family Practice, St. Xavier High School, Summit Country Day High School, Madeira High School, Norwood High School and Oxford Physical Therapy.

All Xavier University athletic training faculty and clinical staff are certified and in good standing with the National Athletic Trainers’ Association and hold athletic training licenses from the state of Ohio. Their broad range of professional experience ensures that students develop sound skills that can be applied in many different clinical settings and with a variety of athletes and sports teams.

RESOURCES

The Joseph M. Sullivan Human Performance Lab in the Joseph Building is used for teaching and hands-on experiences. The lab is equipped with anatomical models, and exam and taping tables for instructional purposes. Xavier University has two athletic training rooms where prevention, care and rehabilitation of injuries are supervised by certified athletic trainers. These facilities are also used for teaching purposes.

Athletic training students have the opportunity to work with NCAA Division I athletes in the Atlantic 10 Conference which provides exposure to a variety of men’s and women’s sports. Xavier’s men’s basketball team is among the nation’s best, making it to the NCAA Tournament’s Elite Eight twice in the last six years. The winning women’s basketball team also landed in the Elite Eight in 2010. Students get free tickets to home games held at the Cintas Center on Xavier’s campus.

Students can also gain clinical experience with Cincinnati area physical therapy clinics, high schools, hospitals and professional teams.

OUTCOMES

The athletic training major at Xavier University prepares students for a career as a certified athletic trainer, and builds a foundation for students interested in medicine, physical therapy, occupational therapy, massage therapy or other allied health care professions.

According to the U.S. Bureau of Labor Statistics, employment of athletic trainers is projected to grow 37 percent through 2018, much faster than the average for all occupations, because of their role in preventing injuries and reducing health care costs. Job growth will be concentrated in the health care industry, including hospitals and offices of health practitioners. Increased licensure requirements and regulation has led to a greater acceptance of athletic trainers as qualified health care providers. Growth in positions with sports teams will be somewhat slower, however, as most professional sports clubs and colleges and universities already have complete athletic training staffs.

Employment settings for Xavier graduates include hospitals, sports medicine clinics, industry, collegiate and professional sports. A sample list of employers where athletic training graduates have been hired includes:

• Carmel Middle School Cougars
• Drayer Physical Therapy
• Gulf Breeze High School
• Indianapolis Public Schools
• Missouri University of Science & Technology
• Oxford Physical Therapy
• Reconstructive Orthopaedics
• San Diego State University
• TriHealth Good Samaritan Hospital Physical Therapy
• University of Georgia
• Wellington Orthopaedic & Sports Medicine
• Wittenberg University
• Xavier University

Many certified athletic trainers continue with graduate studies in related fields such as cardiac rehabilitation, exercise physiology, kinesiology, athletic training, nutrition, physical therapy, physicians assistant, sports podiatry, sports psychology, business and marketing. Xavier graduates have been accepted at such prestigious institutions as:

• Emory University
• Indiana University
• Michigan State University
• Nova Southeastern University
• Texas Tech
• University of Connecticut
• University of Florida
• University of Georgia
• Western Michigan
COLLEGE OF SOCIAL SCIENCES, HEALTH, AND EDUCATION (CSSHE)

The Sport Studies Department is housed in the CSSHE, whose programs have a special focus on society in the areas of education, health, community services and more. The college houses a wide variety of departments that include undergraduate programs, master’s degree programs and a doctoral program in psychology.

The CSSHE prepares undergraduate and graduate students in the Jesuit Catholic tradition intellectually, morally and spiritually for careers and professions of service by:

- Challenging students to strive for academic excellence and life-long learning
- Providing applied experiences grounded in theoretical foundations
- Promoting collaboration and community partnerships
- Incorporating research, scholarship, and innovation
- Integrating ethical behavior and a respect for individual differences and diversity

CORE CURRICULUM

The foundation of Xavier’s success is its commitment to its Jesuit heritage. The Core Curriculum embodies Xavier’s mission and philosophy of education and serves as a valuable foundation for all undergraduate students. Within the Core, the four-course Ethics/Religion and Society (E/RS) Focus fosters students’ understanding of socially significant issues through study of the humanities, especially literature, philosophy and theology, as well as the social and natural sciences. Along with courses in their major, Xavier students also take Core courses in: cultural diversity, English composition, fine arts, foreign language, history, literature, mathematics, philosophy, science, social science and theology.

ACADEMIC REQUIREMENTS

Core Curriculum: Minimum 64 credit hours

Major in athletic training: 54 credit hours, including 48 hours of athletic training courses and 12 hours of clinical experience courses. Students must complete 1,000 hours of supervised clinical experience. A minimum of a 2.500 cumulative GPA and a minimum 2.000 in all biology and professional courses must be maintained to remain in the program.

For current information about XU-ATEP requirements, visit www.xavier.edu/athletic-training.