



Pre-Requisite Information

Please note that it is the responsibility of the student to research individual athletic training program admission requirements. Additional courses may be required or recommended, including Kinesiology, Upper-Level Psychology, and science. Your academic advisor can discuss courses required for your major.

Biological Sciences	Courses	Required	Strongly Recommended
General Biology (1 sem)	MCB 150 & MCB 151 or IB 150 & IB 151	✓	
Anatomy & Physiology (2 sem)	MCB 244 & MCB 245 MCB 246 & MCB 247	✓	
Physical Sciences	Courses	Required	Strongly Recommended
General Chemistry (1-2 sem)	CHEM 102 & CHEM 103 CHEM 104 & CHEM 105	✓	
General Physics (1-2 sem)	PHYS 101 & PHYS 102	✓	
Statistics & Math	Courses	Required	Strongly Recommended
Statistics	STAT 100 or equivalent	✓	
Behavioral Sciences	Courses	Required	Strongly Recommended
Psychology (1 sem)	PSYC 100	✓	
Medical Terminology	CLCV 102 or KIN 199	✓	
Health Sciences	Courses	Required	Strongly Recommended
Nutrition	FSHN 120	✓	
Exercise Physiology	KIN 452	✓	



EXPERIENCES FOR ATHLETIC TRAINING SCHOOL

Athletic Training programs look for a variety of experiences, but emphasize shadowing a licensed athletic trainer. This is not an exhaustive list of the opportunities. Students can pursue many things to enhance their future application. It is important to have quality experiences over quantity!

Shadowing/Direct AT Care

- Shadow Licensed a AT
- Healthcare Volunteering
- AT Student Aid

Community Service

- Social Justice
- Get out in your campus community

Leadership

- Training & Development
- Executive Board Position

Research

- Undergraduate Research
- Summer Undergraduate Research Fellowship
- Research during gap year



YOUR TIMELINE

This is a suggested timeline only. Every student has their own path to AT school. If choosing a gap year, it allows students to enhance their academics and professional/personal experiences.

Fall

MCB 150/MCB 151

Attend Quad Day, Pre-Health Kick-Off
Find RSOs to join (don't join too many!)

Spring

CHEM 102/103
STAT 100

Volunteering
Look into research opps
Summer planning-shadowing, jobs

Fall

PSYC 100
PHYS 101

Continue activities and/or find new ones
Shadow AT

Spring

FSHN 120
CLCV 102 or KIN 199

Summer planning-internships, shadowing
Study Abroad

Fall

MCB 244 & MCB 245
Extra KIN courses

Leadership experience
GRE Prep (if needed)

Spring

MCB 246 & MCB 247
Extra KIN courses

GRE Prep or Take GRE (if needed)
Plan for application cycle

Fall

KIN 452

AT School Interviews (if applicable)

Spring

Any additional coursework

AT School Interviews/Decision on Offers
Consider reapplying



YOUR TIMELINE

Print this document to fill in your coursework and experiences.

Fall

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Spring

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Fall

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Spring

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Fall

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Spring

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Fall

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Spring

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TIMELINE OF APPLYING

ARE YOU READY?

First step...

Determine if you are ready to apply based on your academics (GPA, completed pre-reqs), test score, experiences and letters of rec. Do you feel like you are competitive for the programs you want to apply to?



APPLICATION OPENS

Know your dates...

The application (ATCAS) to AT school opens the end of June each year. Applicants can submit their ATCAS when they feel they are ready to.



WHAT DO YOU NEED TO APPLY?

Plan ahead...

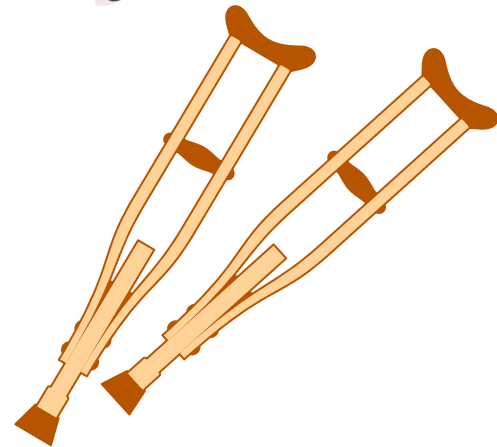
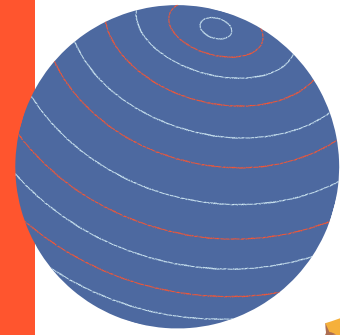
It is important to know that you typically do not need letters of recommendation or your test scores to submit your application. The basic parts are: biographical info, coursework, personal statement, work/activities, who your letter writers are and admission test date.



VERIFICATION

Start the process...

ATCAS will have your primary application go through a process called verification. This is where the ATCAS "verifies" what you have entered in for coursework and that it matches your transcripts. They will also calculate the various GPAs AT schools use to evaluate applicants. This process can take 2 days or up to 4 weeks. Apply early!

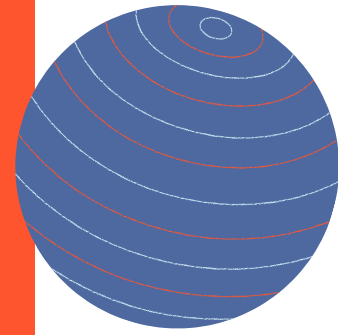


TIMELINE OF APPLYING

SECONDARY APPLICATIONS

Check your email...

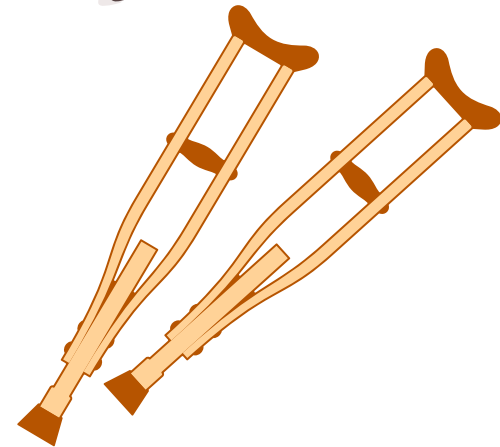
Once your application is submitted and verified, you can work on secondary applications or supplemental questions. Many programs will have questions embedded in ATCAS or could send you a separate application (secondary).



WAITING GAME

No news, is good news...

One of the most anxious times for pre-health applicants is waiting to hear back from programs on interviews. Depending how long you have waited, you can submit an update with significant information. Otherwise, know that if you haven't been denied, then you still have an opportunity!



INTERVIEWS

Again...check your email!

Being invited for an interview means that you have met what they are looking for on paper. This is your opportunity to talk to individuals at the programs about why you are passionate about the field and that specific school. Do your research! Come prepared with your own questions! And don't forget to practice with a mock interview!



ADMISSION OFFERS

Be ready

AT programs may send admission offers within a couple of weeks of interviewing. Programs usually send out decisions in batches. It is possible to receive multiple offers, but also be denied or waitlisted.

yes



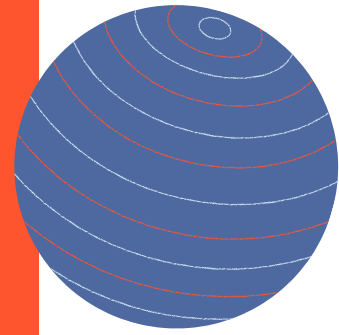
TIMELINE OF APPLYING

DECISION TIME

Understand your options

If you have received an admission offer, be mindful of due dates for deposits to hold your seat. Plus, applicants need to be aware of decision deadlines. Read carefully any information programs have sent you!

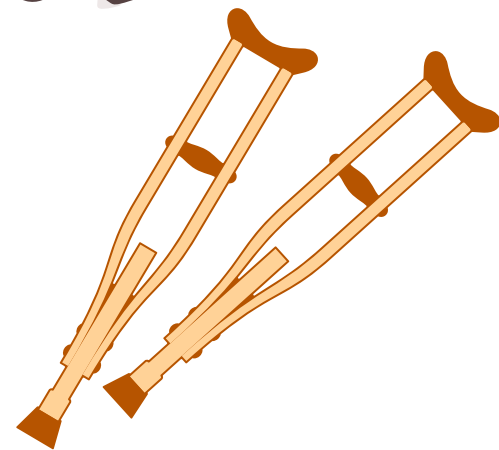
If you did not receive any offers, make sure you think about a plan B and what you need to do to reapply.



Start School

Woohoo!!

Congratulations! You have accepted an offer to an AT school and are ready to start your journey to become an athletic trainer.



HOW DO I GET HELP?

The Career Center

Throughout the application process, the Pre-Health Advisors are available to assist applicants...alumni too! We can discuss competitiveness, review personal statements, work/activity sections, secondary essays, school list, conduct mock interviews and walk you through the decision process. Don't hesitate to contact us, if you need help!



RESOURCES



[Athletic Training Overview](#)



[Becoming an Athletic Trainer](#)



[ATCAS Program Directory](#)



[ATCAS \(Centralized Application Service\)](#)



[Health Profession Advising](#)



[Personal Statement Reviews](#)



[Mock Interviews](#)