

ATHLETIC TRAINING & REHABILITATION STUDIES

University of Northern Iowa College of Education

<https://coe.uni.edu/hracs/athletic-training>

ABOUT THE MAJOR

Athletic training encompasses the prevention, diagnosis, and intervention of emergency, acute, and chronic medical conditions involving impairment, functional limitations, and disabilities. Athletic trainers are highly qualified, multi-skilled health care professionals who collaborate with physicians to provide preventative services, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions.

SAMPLE COURSEWORK

General Biology: Cell Structure and Function	Foundations of Pharmacology
General Chemistry I	Foundations of Therapeutic Interventions
Acute Care in Athletic Training	Studies in Clinical Health Care Experiences
Anatomy and Physiology I	

POSSIBLE CAREERS *some titles may require further education

Personal Trainer	Team Physician	Sports Club Manager	Strength Coach
High School Athletic Trainer	Fitness Consultant	Aerobics Instructor	Sports Medicine
Sports Physical Therapist	Fitness Instructor	Sports Dietician	Paramedic
Massage Therapist	Coach	Exercise Physiologist	University Trainer

UNI GRADUATES: WHERE ARE THEY NOW?

- University of Northern Iowa
- Athletico
- Life Time Inc.
- University of Iowa
- Cedar Valley Medical Specialists
- AdvoCARE
- Western Home Communities
- ATI Physical Therapy
- Select Rehabilitation
- Illinois State University
- Georgetown University
- Ohio University
- Indiana State University
- Boston Red Sox
- Tampa Bay Rays



SKILLS NEEDED

- Problem-solving
- Coordination
- Instructing
- Judgment and decision-making
- Active listening
- Writing and oral communication
- Critical thinking
- Monitoring
- Ability to work under pressure

HOLLAND CODES

SRE