



AUDREY

ATHLETIC TRAINING & REHABILITATION STUDIES

ABOUT MY MAJOR

My major is Athletic Training and this major helps you to learn how to be a healthcare professional. The major starts with the basics like teaching about consent, and then we learn about human anatomy and different injuries that people could get in different areas of their body.

CHOOSING MY MAJOR

I originally came to UNI as a Biology major and that didn't end up working for me. There was too much science that wasn't leading me in the path to where I wanted to go. I wanted to go into Physical Therapy and so I was looking to see how I could still get admitted into a physical therapy program and discovered Athletic Training.

MINORS & CERTIFICATES

A lot of people do a Coaching minor. I have a Mental Health minor. I think that's important too, because you have to be able to talk to your patients and empathize with them, no matter what they're going through, because a physical illness can definitely affect them mentally.

INTERNSHIPS

Part of the Athletic Training major is that we need to complete observation hours to get into different graduate schools. There is actually a class in our major built in to help us get those observation hours. I got assigned to Athletico, and I was there for 40-50 hours over the course of a semester. I was observing and seeing how they interact with their patients and what they do. I also observed a prosthetic doctor because I wasn't 100% sure what I wanted to do. I just wanted to explore different areas so I'm glad I had that opportunity, but I ultimately chose Physical Therapy.

CAREERS

I'm looking to be a Physical Therapist. I have to go to graduate school for that, so that's three more years of school. With this major there's people that want to be Occupational Therapists, Athletic Trainers, and Chiropractors. There's lots of people in this major that are doing so many different careers!