

# PRE-ATHLETIC TRAINING

University of Northern Iowa College of Social and Behavioral Sciences

<https://csbs.uni.edu/Kinesiology-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 healthcare professionals who collaborate with physicians to provide preventative services, emergency care, clinical diagnosis, therapeutic intervention, and rehabilitation of injuries and medical conditions.

## Sample Course Work

Anatomy & Physiology I & II  
Clinical Healthcare Experience  
General Chemistry I  
Acute Care  
General Medical Conditions  
Evidence Based Practice in Health Care

## Possible Careers

\*Some titles may require further education

Personal Trainer	Team Physician	Athletic Trainer
High School Athletic Trainer	Sports Medicine	Sports Dietician
Sports Physical Therapist	Exercise Physiologist	University Trainer
Message Therapist	Paramedic	Fitness Consultant

## 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
- Mayo Clinic

## Skills Needed

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