



DEPARTMENT OF
HIGHER EDUCATION &
WORKFORCE DEVELOPMENT

New Program Report

Date Submitted:

02/04/2020

Institution

Lindenwood University

Site Information

Implementation Date:

5/1/2023 12:00:00 AM

Added Site(s):

Selected Site(s):

Lindenwood University, 209 South Kingshighway, St. Charles, MO, 63301

CIP Information

CIP Code:

510913

CIP Description:

A program that prepares individuals to work in consultation with, and under the supervision of physicians to prevent and treat sports injuries and associated conditions. Includes instruction in the identification, evaluation, and treatment of athletic injuries and illnesses; first aid and emergency care; therapeutic exercise; anatomy and physiology; exercise physiology; kinesiology and biomechanics; nutrition; sports psychology; personal and community health; knowledge of various sports and their biomechanical and physiological demands; and applicable professional standards and regulations.

CIP Program Title:

Athletic Training/Trainer

Institution Program Title:

Athletic Training

Degree Level/Type

Degree Level:

Master Degree

Degree Type:

Master of Science

Options Added:

Collaborative Program:

N

Mode of Delivery

Current Mode of Delivery

Classroom

Student Preparation



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Special Admissions Procedure or Student Qualifications required:

There will be a secondary application process for students pursuing a master's degree in athletic training. This will include completion of required prerequisites, application materials, and a personal interview. There will be two points of entry for the program. Undergraduate students at Lindenwood University completing the 3+2 program plan specific to the athletic training graduate program will be eligible for acceptance. Graduate students who meet the application criteria are also eligible.

Specific Population Characteristics to be served:

This program is open to all interested and qualified students.

Faculty Characteristics

Special Requirements for Assignment of Teaching for this Degree/Certificate:

Faculty and instructors must have a terminal degree in the field or a master's degree and significant qualifying experience.

Estimate Percentage of Credit Hours that will be assigned to full time faculty:

100% of credit hours will be taught by full time faculty.

Expectations for professional activities, special student contact, teaching/learning innovation:

All faculty will be state-licensed and board-certified athletic trainers. Faculty will be expected to be in good standing with the National Athletic Trainers' Association (NATA) and the Board of Certification (BOC). Faculty will be expected to participate in research, both independently and with graduate students.

Student Enrollment Projections Year One-Five

| | | | |
|---------------|----------------------|---------------------|------------------------------------|
| Year 1 | Full Time: 8 | Part Time: 0 | |
| Year 2 | Full Time: 10 | Part Time: 0 | |
| Year 3 | Full Time: 12 | Part Time: 0 | Number of Graduates: 12 |
| Year 4 | Full Time: 14 | Part Time: 0 | |
| Year 5 | Full Time: 15 | Part Time: 0 | Number of Graduates: 15 |

Percentage Statement:

100.00

Program Accreditation

Institutional Plans for Accreditation:

Program will seek to continue accreditation through the Commission on Accreditation of Athletic Training Education (CAATE). Program recently completed an undergraduate self-study and site review, resulting in a 10-year accreditation with the next full review scheduled in 2028-2029. Upon approval from MDHE and HLC, program will begin steps to complete a mini self-study required by CAATE for accredited undergraduate athletic training programs completing the transition to a graduate degree program.

Program Structure

Total Credits:

69



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Residency Requirements:

Students will be required to complete four clinical internships throughout the program. These internships are included in the bingo sheet as Clinical Practicum I - Clinical Practicum IV.

General Education Total Credits:

0

Major Requirements Total Credits:

69

Course(s) Added

| COURSE NUMBER | CREDITS | COURSE TITLE |
|---------------|---------|---|
| HP 57600 | 4 | Therapeutic Rehabilitation II |
| | 3 | Physiology of Exercise II: Cardiorespiratory and Neuromuscular |
| | 4 | Emergency Management In Sports Medicine |
| | 4 | Orthopedic Evaluation and Management II |
| | 4 | Therapeutic Rehabilitation I |
| | 3 | Behavioral Health |
| | 3 | Clinical Practicum III |
| | 3 | Physiology of Exercise III: Nutrition and Body Composition Considerations |
| | 3 | Capstone (16-weeks) |
| | 1 | Seminar in Athletic Training |
| | 0 | Comprehensive Examination |
| | 1 | Fundamental Skills in Athletic Training |
| | 4 | Orthopedic Evaluation and Management I |
| HP 54200 | 2 | Inter-Professional Clinical Practice |
| | 3 | Therapeutic Modalities |
| HP 540000 | 3 | Statistical Analysis |
| HP 540000 | 3 | Research Methods |
| | 4 | Evaluation and Management of General Medical Conditions |
| | 2 | Clinical Practicum II |
| | 3 | Clinical Practicum IV |
| | 3 | Advanced Biomechanics |
| | 2 | Clinical Practicum I |
| | 3 | Orthopedic Evaluation and Management III |



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| | | |
|--|---|--|
| | 2 | Advanced Skills in Athletic Training |
| | 2 | Leadership and Management in Athletic Training |

Free Elective Credits:

0

Internship or other Capstone Experience:

Students will complete four clinical internships as part of the curriculum. Two internships will occur simultaneously with didactic requirements during the student's first year in the program (16 week internships). The other two internships will be immersive 8-week experiences, and students will not be enrolled in formal coursework on campus during these periods. Students will also complete a research project.

Assurances

I certify that the program will not unnecessarily duplicate an existing program within the geographically applicable area.

I certify that the program will build upon existing programs and faculty expertise.

I certify that the institution has conducted research on the feasibility of the proposal and it is likely the program will be successful. Institutions' decision to implement a program shall be based upon demand and/or need for the program in terms of meeting present and future needs of the locale, state, and nation based upon societal needs, and/or student needs.

Contact Information

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| YEAR 1 | | | | | |
|---|----------|-----------|---|----------|-----------|
| SUMMER | | | | | |
| Emergency Management in Sports Medicine (SHS) | 5-- | 4 | | | |
| Fundamental Skills in Athletic Training (SHS) | 5-- | 1 | | | |
| Therapeutic Modalities (SHS Elective) | 5-- | 3 | | | |
| TOTAL CREDITS | | 8 | | | |
| FALL | | | SPRING | | |
| Internship or Research Internship - Accept Clinical Practicum I | AT 5-- | 2 | Internship or Research Internship - Accept Clinical Practicum II | AT 5-- | 2 |
| Research Methods (SHS Elective) | HP 54000 | 3 | Statistical Analysis (SHS Elective) | HP 54200 | 3 |
| Advanced Biomechanics (SHS Elective) | | 3 | Physiology of Exercise II: Cardiorespiratory and Neuromuscular (SHS Elective) | HP 57600 | 3 |
| Orthopedic Evaluation and Management I | AT 5-- | 4 | Orthopedic Evaluation and Management II | AT 5-- | 4 |
| Therapeutic Rehabilitation I | AT 5-- | 4 | Therapeutic Rehabilitation II | AT 5-- | 4 |
| TOTAL CREDITS | | 16 | TOTAL CREDITS | | 16 |
| YEAR 2 | | | | | |
| SUMMER | | | | | |
| Orthopedic Evaluation and Management III | AT 5-- | 3 | | | |
| Advanced Skills in Athletic Training | AT 5-- | 2 | | | |
| TOTAL CREDITS | | 5 | | | |
| FALL - FIRST 8 WEEKS | | | FALL - SECOND 8 WEEKS | | |
| Evaluation and Management of General Medical Conditions | AT 5-- | 4 | Clinical Practicum III | AT 5-- | 3 |
| Leadership and Management in Athletic Training | AT 5-- | 2 | | | |
| Physiology of Exercise III: Nutrition and Body Composition Considerations | HP 57700 | 3 | | | |
| TOTAL CREDITS | | 9 | TOTAL CREDITS | | 3 |
| SPRING - FIRST 8 WEEKS | | | SPRING - SECOND 8 WEEKS | | |
| Behavioral Health | AT 5-- | 3 | Clinical Practicum IV | AT 5-- | 3 |
| Seminar in Athletic Training | AT 5-- | 1 | | | |
| Capstone (all 16 weeks) | AT 5-- | 3 | | | |
| Inter-Professional Clinical Practice | AT 5-- | 2 | | | |
| Comprehensive Examination | AT 5-- | 0 | | | |
| TOTAL CREDITS | | 9 | TOTAL CREDITS | | 3 |

Lindenwood University
 School of Health Sciences – St. Charles Campus
 3+2 Program
 Exercise Science (BS) and Athletic Training (MS)

Classes in red are both a general education requirement and a class within the exercise science curriculum.

| General Education Requirements (46 hours – includes 1 for UNIV) | | | | |
|---|---|-----|----------|---|
| Orientation | | Hrs | Semester | Notes |
| Freshman Orient. | UNIV | 1 | | Not Identified as a Gen Ed Credit |
| Core | | Hrs | Semester | Notes |
| Composition | ENGL 15000 Composition I | 3 | | |
| Composition | ENGL 17000 Composition II | 3 | | |
| Math | MTH 15100 or Higher | 3 | | |
| US History & Government | | 3 | | GE-Human Culture: US History/Government |
| Natural & Social Science/Math | | Hrs | Semester | Notes |
| Social Science | PSY 10000 Principles of Psychology | 3 | | GE-Social Science |
| Natural Science with Lab | CHM 10000 Concepts of Chemistry | 4 | | GE-Natural Science Lab |
| Social or Natural Science Elective | BSC 10000 Concepts of Biology | 4 | | GE-Social Science, GE-Natural Science, GE-Natural Science Lab |
| Social Science, Natural Science, or Math Elective | BSC 22700 Anatomy and Physiology | 4 | | |
| Human Culture | | Hrs | Semester | Notes |
| Arts | | 3 | | GE-Human Culture: Arts |
| Literature | | 3 | | GE-Human Culture: Literature |
| Non-Literature, Non-Arts Elective | | 3 | | GE-Human Culture: US Government, World History, Foreign Language/Culture, Philosophy/Religion |
| Human Cultures Elective | | 3 | | GE-Human Culture |
| Electives | | | | |
| GE – Elective | MTH 24100 Statistics for Natural Science | 3 | | GE-Math Prerequisite: MTH 15100 |
| GE - Elective | EXS 24000 Nutrition Throughout the Life Cycle | 3 | | GE-Natural Science |
| Human Diversity – 6 credit hours from Human Culture must be designated in the Human Diversity category | | | | |
| | | | | |
| | | | | |

3+2 Curriculum (EXS & AT)

| Required Classes (not specific to a certain year in program) | Hrs | Semester Completed | Notes/Prerequisites |
|---|-----|--------------------|--|
| HFS 18500 Medical Terminology | 2 | | Recommend completing during the first year. |
| EXS 24000 Nutrition Throughout the Life Cycle | 3 | | Recommend completing during the first or second year. This course is required for enrollment in EXS 34000, which must be completed before the end of the third year. |
| EXS 34000 Nutrition for Performance | 3 | | Recommend completing during the third year. Prerequisite: EXS 24000 |
| MTH 24100 – Statistics for Natural Science | 3 | | Prerequisites: MTH 15100 |
| EXS 27500 – Research Methods and Data Interpretation | 3 | | Recommend taking during the third year. |
| PSY 10000 Principles of Psychology | 3 | | |
| EXS 36000 Exercise Principles for Optimal Performance | 4 | | Recommend completing during the first or second year. Prerequisites: HFS 21500 |
| HFS 33000 Recreation, Sport, and Fitness Administration | 3 | | Recommend taking during the third year. Prerequisites: HFS 21500 |
| PHS 20000 Foundations of Public Health | 3 | | Recommend taking during the third year. |

| First Year – Required Classes | Hrs | Semester Completed | Notes/Prerequisites |
|--|-----|--------------------|---------------------------------------|
| BSC 10000 Concepts of Biology | 4 | FA - | Equivalent: BSC 24400 |
| BSC 22700 Anatomy and Physiology I | 4 | SP - | Prerequisites: BSC 10000 or BSC 24400 |
| CHM 10000 Concepts of Chemistry | 4 | SP - | |
| HFS 21500 Introduction to Health and Fitness Sciences | 3 | FA/SP | |
| MTH 15100 College Algebra | 3 | FA/SP | |

| Second Year – Required Classes | Hrs | Semester Completed | Notes/Prerequisites |
|--|-----|--------------------|---|
| BSC 22800 Anatomy and Physiology II | 4 | FA - | Prerequisites: BSC 22700 and CHM 10000 or CHM 23000 |
| EXS ----- Kinesiology | 3 | FA - | Prerequisites: BSC 22700 |
| EXS 31500 Physiology of Exercise | 3 | SP - | BSC 22800 |
| EXS 31600 Physiology of Exercise Lab | 1 | SP - | Taken in conjunction with EXS 31500 |
| *MTH 15200 Pre-Calculus | 3 | FA/SP | Equivalent: MTH 17300 or 27100 Prerequisite: MTH 15100 *Not required if transferring in Physics |

| Third Year – Required Classes | Hrs | Semester Completed | Notes/Prerequisites |
|---|-----|--------------------|--|
| PHY 25100 Introductory Physics I | 4 | FA/SP | Prerequisites: MTH 15200, MTH 17300, or MTH 27100 |
| EXS 31700 Advanced Exercise Physiology | 3 | FA - | Prerequisites: EXS 31500 and EXS 31600 |
| ES 38700 Exercise Testing | 3 | FA - | Prerequisites: BSC 22800, current CPR certification Taken in conjunction with EXS 38800 |
| EXS 38800 Exercise Testing Lab | 1 | FA - | Taken in conjunction with EXS 38700 |

Students will apply for admission to the MSAT program during the Fall Semester. This will include a formal application and interview process.

| | | | |
|---|---|------|---|
| EXS 32500 Biomechanics | 3 | SP - | Prerequisites: BSC 22700 |
| EXS 41000 Exercise Prescription and Implementation | 3 | SP - | Prerequisites: EXS 31500, EXS 31600, EXS 38700, and EXS 38800 |
| EXS 43000 Physical Activity for Specific Populations | 3 | SP - | Prerequisites: EXS 38700 and EXS 38900 |

*The athletic training core curriculum will be taught beyond this point. However, a certain number of SHS classes will serve as electives to fulfill the undergraduate EXS requirements.

| Summer – Required Classes | Hrs | Semester Completed | Notes/Prerequisites |
|--|-----|--------------------|---------------------|
| Emergency Management in Sports Medicine (SHS Elective) | 4 | SU | |
| Fundamental Skills in Athletic Training (SHS Elective) | 1 | SU | |
| Therapeutic Modalities (SHS Elective) | 3 | SU | |

| Fourth Year – Required Classes | Hrs | Semester Completed | Notes/Prerequisites |
|---|-----|--------------------|--|
| Clinical Practicum I | 2 | FA - | Equivalent: HFS 45000 (required for BS in EXS) |
| HP 540000 Research Methods (SHS Elective) | 3 | FA - | |
| Advanced Biomechanics (SHS Elective) | 3 | FA - | |
| Orthopedic Evaluation and Management I | 4 | FA - | |
| Therapeutic Rehabilitation I | 4 | FA - | |
| Clinical Practicum II | 2 | SP - | Equivalent: HFS 45000 (required for BS in EXS) |
| HP 54200 Statistical Analysis (SHS Elective) | 3 | SP - | |
| HP 57600 Physiology of Exercise II: Cardiorespiratory and Neuromuscular (SHS Elective) | 3 | SP - | |
| Orthopedic Evaluation and Management II | 4 | SP - | |
| Therapeutic Rehabilitation II | 4 | SP - | |

| Summer – Required Classes | Hrs | Semester Completed | Notes/Prerequisites |
|--|-----|--------------------|---------------------|
| Orthopedic Evaluation and Management III | 3 | | |
| Advanced Skills in Athletic Training | 2 | | |

| Fifth Year – Required Classes | Hrs | Semester Completed | Notes/Prerequisites |
|---|-----|------------------------------|---------------------|
| Evaluation and Management of General Medical Conditions | 4 | FA – 1 st 8 weeks | |
| Leadership and Management in Athletic Training | 2 | FA – 1 st 8 weeks | |
| Physiology of Exercise III: Nutrition and Body Composition Considerations | 3 | FA – 1 st 8 weeks | |
| Clinical Practicum III | 3 | FA – 2 nd 8 weeks | |
| Behavioral Health | 3 | SP – 1 st 8 weeks | |
| Seminar in Athletic Training | 1 | SP – 1 st 8 weeks | |
| Capstone (all 16 weeks) | 3 | SP – 1 st 8 weeks | |
| Inter-Professional Clinical Practice | 2 | SP – 1 st 8 weeks | |
| Comprehensive Examination | 0 | SP – 1 st 8 weeks | |
| Clinical Practicum IV | 3 | SP – 2 nd 8 weeks | |

Sample 5-Year Plan

| Year 1 – Lindenwood University | |
|---|----------------|
| Fall Semester | Credits |
| BSC 10000 – Concepts in Biology | 4 |
| HFS 21500 – Introduction to Health and Fitness Sciences | 3 |
| MTH 15100 – College Algebra | 3 |
| ENGL 15000 – Composition I | 3 |
| HFS 18500 – Medical Terminology | 2 |
| UNIV – Freshman Orientation | 1 |
| Total Credits | 16 |
| Spring Semester | |
| CHM 10000 – Concepts in Chemistry | 4 |
| BSC 22700 – Anatomy and Physiology I | 4 |
| ENGL 17000 – Composition II | 3 |
| MTH 24100 – Statistics for Natural Science | 3 |
| GE – Human Cultures (Non-Lit, Non-Fine Arts Elective) | 3 |
| Total Credits | 17 |
| Year 2 – Lindenwood University | |
| Fall Semester | Credits |
| BSC 22800 – Anatomy and Physiology II | 4 |
| EXS 36000 – Exercise Principles for Optimal Performance | 4 |
| EXS ----- Kinesiology | 3 |
| EXS 24000 – Nutrition Through the Life Cycle | 3 |
| EXS 27500 – Research Methods | 3 |
| Total Credits | 17 |
| Spring Semester | |
| EXS 31500 – Exercise Physiology | 3 |
| EXS 31600 – Exercise Physiology Lab | 1 |
| PSY 10000 – Psychology | 3 |
| MTH 15200 – Pre-Calculus | 3 |
| GE – Human Cultures (elective) | 3 |
| GE – Human Cultures (Fine Arts) | 3 |
| Total Credits | 16 |
| Year 3 – Lindenwood University | |
| Fall Semester | Credits |
| EXS 31700 – Advanced Exercise Physiology | 3 |
| EXS 38700 – Exercise Testing | 3 |
| EXS 38800 – Exercise Testing Lab | 1 |
| EXS 34000 – Nutrition for Performance | 3 |
| PHS 20000 – Foundations of Public Health | 3 |
| PHY 25100 – Introductory Physics | 4 |
| Total Credits | 17 |
| Spring Semester | |
| EXS 32500 – Biomechanics | 3 |
| EXS 41000 – Exercise Prescription and Implementation | 3 |
| EXS 43000 – Physical Activity for Special Populations | 3 |
| HFS 33000 – Recreation, Sport, and Fitness Administration | 3 |
| GE – Human Culture (Lit) | 3 |
| GE – American Government/US History | 3 |
| Total Credits | 18 |
| Year 4 – Lindenwood University | |
| Summer Semester | Credits |
| Emergency Management in Sports Medicine | 4 |
| Fundamental Skills in Athletic Training | 1 |
| Therapeutic Modalities | 3 |
| Total Credits | 8 |
| Fall Semester | Credits |
| Clinical Practicum I (equivalent to Internship for EXS) | 2 |
| HP 54000 – Research Methods | 3 |
| Advanced Biomechanics | 3 |
| Orthopedic Evaluation and Management I | 4 |
| Therapeutic Rehabilitation I | 4 |
| Total Credits | 16 |
| Spring Semester | |
| Clinical Practicum II (equivalent to Internship for EXS) | 2 |
| HP 54200 – Statistical Analysis | 3 |
| HP 57600 – Physiology of Exercise II: Cardiorespiratory and Neuromuscular | 3 |
| Orthopedic Evaluation and Management II | 4 |
| Therapeutic Rehabilitation II | 4 |
| Total Credits | 16 |

| Year 5 – Lindenwood University | |
|---|-----------|
| Summer | |
| Orthopedic Evaluation and Management III | 3 |
| Advanced Skills in Athletic Training | 2 |
| Total Credits | 5 |
| Fall Semester (1st 8 weeks) | |
| Credits | |
| Evaluation and Management of General Medical Conditions | 4 |
| Leadership and Management in Athletic Training | 2 |
| Physiology of Exercise III: Nutrition and Body Composition Considerations | 3 |
| Fall Semester (2nd 8 weeks) | |
| Credits | |
| Clinical Practicum III (fully immersive experience) | 3 |
| Total Credits | 12 |
| Spring Semester (1st 8 weeks) | |
| Credits | |
| Performance Psychology/Behavioral Health | 3 |
| Seminar in Athletic Training | 1 |
| Inter-Professional Clinical Practice | 3 |
| Comprehensive Examination | 2 |
| Capstone (all 16 weeks) | 0 |
| Spring Semester (2nd 8 weeks) | |
| Credits | |
| Clinical Practicum IV (fully immersive experience) | 3 |
| Total Credits | 12 |