

# SCHOOL OF INTEGRATIVE PHYSIOLOGY AND ATHLETIC TRAINING

John Quindry, Chair

## Vision

*Creating a Healthy, Progressive Global Community*

## Mission

The School of Integrative Physiology and Athletic Training prepares graduates to be competitive entry-level professionals or candidates for advanced study in applied and clinical health professions. The faculty, staff, and students of the School of Integrative Physiology and Athletic Training engage in professional education, scholarly activity, and meaningful public service. The School emphasizes the integration of healthy lifestyles, basic science, preventative medicine, and clinical care across the lifespan.

The School of Integrative Physiology and Athletic Training (IPAT) will:

1. Provide high-quality education and experiential learning opportunities in order to foster professional competence in students and recent graduates.
2. Foster an environment of interprofessional learning and cooperation for future professionals in healthcare.
3. Contribute cutting-edge basic and applied research and scholarly activity in the field.
4. Invest in faculty and staff development to ensure students are optimally prepared for an evolving professional workplace.
5. Cultivate community relationships to serve students' needs, while providing outreach and service to our discipline, community, and university.

Student Learning Goals include:

1. Identify the historical underpinnings of the fields of integrative physiology and athletic training, and understand how they influence modern practices in these fields.
2. Explain complex principles in the student's area of specialization using effective dissemination techniques, including oral and written communication skills.
3. Practice collaboration with peers and colleagues in the student's chosen area of specialization.
4. Utilize evidence-based practices in professional settings or applications.
5. Display a basic level of competence requisite for their chosen field of study or advanced study.
6. Provide service related to the student's area of specialization to the community.

Undergraduate students major in Integrative Physiology and choose from one of the following concentrations:

- Applied Human Physiology
- Exercise Science Applied
- Exercise Science Pre-Professional

- Sports Medicine
- Pre-Athletic Training

The **Applied Human Physiology** concentration is for students seeking to pursue post-baccalaureate education in health science occupations. This specific concentration continues to provide students with an in-depth science background in Human Physiology, Exercise Science, and Athletic Training. The core science requirement allows for a better fit degree for students who are interested specifically in attending Physician Assistant (PA), Occupational Therapy (OT), Cardiac Rehabilitation (CR), Nutrition, or Nursing (RN) programs after they finish their degree. Successful graduates of this concentration should possess the knowledge and skills to qualify for the American College of Sports Medicine Certified Clinical Exercise Physiologist certification (requires additional clinical hours).

The **Exercise Science Applied** concentration is designed to prepare students for jobs as strength and conditioning coaches, athletic coaches, personal trainers, elderly services providers, corporate wellness personnel and directors, fitness center directors and other fitness related jobs or graduate studies in Exercise Science. Successful graduates of this concentration should possess the knowledge and skills to qualify for the American College of Sport Medicine Certified Exercise Physiologist certification and/or National Strength and Conditioning Association Certified Strength and Conditioning Specialist.

The **Exercise Science Pre-Professional** concentration is for students planning to continue in higher education and is designed to provide students with an in-depth science background and prepares students for post-baccalaureate study in exercise physiology and related health sciences such as Medical School, Dental School, Physical Therapy (PT), or other medical programs. Elective combinations can be tailored to career interests so that students can complete the required pre-requisite courses for graduate health science degrees. Successful graduates of this concentration should possess the knowledge and skills to qualify for the American College of Sports Medicine Certified Clinical Exercise Physiologist certification (requires additional clinical hours).

The **Sports Medicine concentration** is for students planning to continue on in higher education in Athletic Training, Exercise Science or other health related professions. Successful graduates of this concentration will possess an understanding of exercise and fitness and their relationship to human physiology, as well as the skills to prevent, evaluate and treat sports injuries.

The **Pre-Athletic Training concentration** is designed for students interested in applying for the Master's in Athletic Training Program (see information below).

The **Master's in Athletic Training** Program prepares competent entry-level athletic trainers for employment in educational and clinical settings or post-graduate study. The Athletic Training curriculum is designed to help students develop competency in evidence based medicine, prevention and health promotion, clinical examination and diagnosis, acute care of injury and illness, therapeutic interventions, psychosocial strategies and referral, healthcare administration and professional development and responsibility. Successful graduates should possess the knowledge and skills to qualify for the Board of Certification Examination.

## Activity Classes

The HHP department also provides a large activity program (ACT classes numbered 100-287, and ACTV 189 ) which includes instruction in a wide

variety of individual, team, recreational, and fitness activities. Goals of this program include helping students:

1. Develop and maintain long-term health-related fitness,
2. Develop motor performance skills that facilitate regular and continuous participation in physical activity, and
3. Develop the adult "inner athlete" who continually strives to reach optimal potential through involvement in challenging endeavors.

Any University of Montana student may elect to apply up to four credits toward a baccalaureate degree.

## Special Degree Requirements

All Integrative Physiology majors must earn a minimum grade of a C- in all required courses, including prerequisites, except for special cases of higher requirements in Athletic Training noted below. In-department and out-of-department courses specifically listed in this catalog as requirements for Integrative Physiology majors must be taken for a traditional letter grade.

## Admission Policies for the Master's in Athletic Training Degree Program

### Athletic Training Program (ATP)

The University of Montana-Missoula offers an accelerated entry-level Master's in Athletic Training (MAT) program housed within the School of Integrative Physiology and Athletic Training. The program meets the standards established by the Commission on Accreditation of Athletic Training Education (CAATE). The MAT Program was granted CAATE accreditation in 2015. The ATP is a demanding curriculum which requires dedication and commitment. Upon completion there are a variety of professional career opportunities.

The University of Montana offers an accelerated MAT Program. This program allows students to take three years of pre-requisite courses and general education requirements, followed by 2 years full time in a MAT program, including summers. There are two ways in which a student may attain a Master's Degree in Athletic Training:

**Option 1:** A five-year program in which students earn a Bachelor of Science Degree in Integrative Physiology and a Master's Degree in Athletic Training. (Note: Both the Bachelors degree and Master's degree will be officially awarded at the time of graduation.)

**Option 2:** A two-year master s program designed for students who already have a baccalaureate degree.

Upon completion of the MAT Program, students will be eligible to sit for the Board of Certification (BOC) Exam

Following are the requirements for application, admission, and retention of the Athletic Training Program (ATP). Academic advisors are available to assist students with this interesting and challenging professional program.

### Admission

Students who desire admission into the Master's in Athletic Training Program must submit a formal application to ATCAS.

**Early Admission consideration:** Students may submit their application for early consideration by November 1st. Up to half of the cohort may be filled at this time depending on the qualifications of the applicants. Applicants not accepted during early admission will still be considered

with the regular admissions cycle unless the applicant does not meet the minimum application criteria.

**Regular Admissions:** Applications and supporting materials are due no later than February 1st. Applications received after the deadline will be considered on a rolling admissions basis if available slots exist. Students are encouraged to apply by the February 1st deadline, as the program will likely reach capacity at that point. Applications received after the deadline will be considered on a rolling admissions basis if available slots exist.

Formal notification of admission to the Master's program will be made in writing.

Candidates who are NOT admitted to the program will also receive written notification of this decision. Students may be selected as alternates and if a vacancy should become available prior to summer semester, these students will be informed. Not all qualified candidates may be admitted to the Master's program due to limited enrollment in clinical experiences.

### ADMISSION REQUIREMENTS & APPLICATION STEPS FOR MASTER'S PROGRAM

1. Submit Athletic Training Student Application through ATCAS (found online at: <https://atcas.liaisoncas.com> (<https://atcas.liaisoncas.com/>)) (pay application fee to ATCAS).
2. Students must have a minimum GPA of 3.0 for all college coursework (a GPA below 3.0 may be considered).
3. Completed pre-requisite courses with a grade of "C" or better (students may be enrolled in pre-requisite courses at time of application). Prerequisite coursework must be completed prior to the start of the professional program.
4. Official transcript(s) of all college coursework (submit to ATCAS). Obtain a current official copy of all college course work. Students must complete or be in the process of completing required course work prior to application to the professional athletic training program.
5. Submit 3 professional letters of recommendation (submit to ATCAS).
  - All recommendations must be received by November 1st/February 1st.
  - Please do not request recommendations from personal friends. (At least one letter from a Certified Athletic Trainer is strongly recommended.)
6. Application essay which should address your professional goals and desire for pursuing athletic training as a career. (submit to ATCAS)
7. Current resume (submit to ATCAS).
8. Program Interview – in person, video conference, or by phone.
9. Submit secondary application to the University of Montana's Graduate School upon acceptance to MAT program (<http://www.umt.edu/grad/apply/default.php>) (separate application fee from ATCAS).

### Professional ATP

As a student in the Master's in Athletic Training Program at the University of Montana, students must meet the following retention standards:

- enroll as a full-time student (some exceptions allowed as approved by Program Director).
- maintain a cumulative grade point average of 3.00 or higher.
- achieve no more than 2 "C" grades in graduate courses.
- achieve no less than a "C" grade in graduate courses.
- achieve satisfactory evaluations in each Clinical Phase before progressing.

- successfully complete coursework in the sequence indicated by the program of study unless approved by Athletic Training Program Director.
- abide by the Code of Ethics of the University and those established by the National Athletic Trainers' Association.

### Additional Costs Associated with ATP Program

There will be additional costs for the clinical rotations (<https://www.umt.edu/finaid/cost-of-attendance/default.php>). Program fee: There is an additional fee of \$1158/semester in addition to regular tuition and fees. This fee will help cover the cost of lab equipment, accreditation costs, adjunct teaching, and software. Other costs may include, but are not limited to: criminal background check (\$55), vaccinations (\$50) and NATA membership fee (\$60).

Transportation is needed for all off-campus clinical sites. Each student will have a minimum of one off-campus site. Any concerns about transportation to off-campus sites should be communicated with the Coordinator of Clinical Education immediately.

The MAT curriculum includes training in skills that may require additional certification beyond Athletic Training, including but not limited to Graston Soft Tissue Manipulation Technique and NASM Performance Exercise Specialist. The required educational material to sit for these complementary certifications is embedded within course curriculum; however, additional costs to receive the certifications are expected. These certifications are not mandated nor will they effect the eligibility to sit for the athletic training certification exam. UMAT Students will receive discounted prices (Graston - \$300, PES - \$500) if they choose to obtain these additional certifications. These pricing options may vary and are not controlled by the UM ATP.

## General Integrative Physiology Program Requirements

### First Aid and CPR Exit Certifications

All Integrative Physiology majors are required to have the appropriate certification in Basic Life Support at graduation.

Academic credit for ECP 120 will not be awarded for certifications earned at off-campus approved agencies other than the School of Integrative Physiology and Athletic Training at the University of Montana.

### Upper-division Writing Expectation

The School of Integrative Physiology and Athletic Training offers two upper-division writing courses to fulfill the General Education writing requirements; KIN 447 and AHAT 342/AHAT 343.

The typical student may take more than four years to complete these requirements.

## Baccalaureate Degrees in Integrative Physiology

- Integrative Physiology B.S., Exercise Science – Applied Concentration (<http://catalog.umt.edu/colleges-schools-programs/health/integrative-physiology-athletic-training/bs-exercise-science-applied/>)
- Integrative Physiology B.S., Exercise Science – Pre-Professional Concentration (<http://catalog.umt.edu/colleges-schools-programs/health/integrative-physiology-athletic-training/bs-exercise-science-preprofessional/>)

- Integrative Physiology B.S., Exercise Science – Sports Medicine Concentration (<http://catalog.umt.edu/colleges-schools-programs/health/integrative-physiology-athletic-training/sports-medicine/>)
- Integrative Physiology B.S. - Applied Human Physiology Concentration (<http://catalog.umt.edu/colleges-schools-programs/health/integrative-physiology-athletic-training/applied-human-physiology/>)
- Integrative Physiology B.S., Health Enhancement Concentration (<http://catalog.umt.edu/colleges-schools-programs/health/integrative-physiology-athletic-training/bs-health-enhancement/>)
- Integrative Physiology B.S. - Pre-Athletic Training Concentration (<http://catalog.umt.edu/colleges-schools-programs/health/integrative-physiology-athletic-training/pre-athletic-training/>)

## Minors

- Sport Psychology Minor (<http://catalog.umt.edu/colleges-schools-programs/health/integrative-physiology-athletic-training/minor-sport-psychology/>)

## Undergraduate Certificates

- Athletic Injury Certificate (<http://catalog.umt.edu/colleges-schools-programs/health/integrative-physiology-athletic-training/athletic-injury-cert/>)
- Exercise is Medicine Certificate (<http://catalog.umt.edu/colleges-schools-programs/health/integrative-physiology-athletic-training/exercise-is-medicine-cert/>)
- Sports Coaching Certificate (<http://catalog.umt.edu/colleges-schools-programs/health/integrative-physiology-athletic-training/sports-coaching-cert/>)
- Wilderness Emergency Medicine Certificate (<http://catalog.umt.edu/colleges-schools-programs/health/integrative-physiology-athletic-training/wilderness-emergency-medicine-cert/>)

## Graduate Degrees in Integrative Physiology

The School of Integrative Physiology and Athletic Training also offer exercise science focused graduate degrees in Integrative Physiology at the Masters and Doctoral level. Masters degree options include a research concentration for students with careers directed toward terminal degrees (clinical or research doctorates), and an applied concentration for students with career interests in clinical (e.g., cardiac rehabilitation), fitness/wellness, coaching, and training. The Doctoral degree in Integrative Physiology and Rehabilitation Sciences serves research-minded students with a career interest in academia, industry, and as an additional credential for collaborative work with physical therapy and other rehabilitation sciences.

- Master of Athletic Training (M.A.T.) (<http://catalog.umt.edu/graduate/health/integrative-physiology-athletic-training/athletic-training-mat/>)
- Integrative Physiology M.S. (<http://catalog.umt.edu/graduate/health/integrative-physiology-athletic-training/integrative-physiology-ms-exercise-science/>), with concentrations in:
  - Applied Integrative Physiology, or
  - Research
- Integrative Physiology and Rehabilitation Sciences, Ph.D. (<http://catalog.umt.edu/graduate/health/integrative-physiology-athletic-training/integrative-physiology-rehabilitation-sciences-phd/>)