

# 3+2 Sports Science/ Athletic Training

Northern Michigan University offers a 5 year program leading to a master's degree in Athletic Training. This program prepares students to sit for the national board exam in A.T., and for entry level A.T. positions in the field.

As a 5 year program, students will complete 3 years in the undergraduate Sports Science program, then complete 2 years (including 2 Summers) of masters level coursework in Athletic Training.

## Skills and Competencies

Students pursuing the 3+2 Sports Science/ Athletic Training masters must have a good understanding of human anatomy & physiology, chemistry and physics. Student should also possess good verbal and written communication skills and strong interpersonal skills consistent with the needs of health care professionals.

The Athletic Training Masters component of this program requires a significant amount of clinical education, which is time intensive. Therefore, it is also critical that students possess strong organizational and time management skills.

## Course Work

This degree includes the following courses as part of the program requirements, and specific major requirements along with general education courses and graduation requirements.

### Sport Science Core

\*See the Sports Science Brochure

### Athletic Training Masters Core

- ATR541 Principles of Athletic Training (3 cr.)
- ATR501 Pathology & Pharmacology for AT (4 cr.)
- ATR510 Health Care Admin & Professional Behaviors (4 cr.)
- ATR542 Orthopedic Taping and Bracing (2 cr.)
- ATR520 Orthopedic Assessment I (4 cr.)
- ART521 Orthopedic Assessment II (4 cr.)
- ATR550 Advanced Manual Therapies (4 cr.)
- ATR560 Therapeutic Exercise (4 cr.)
- ATR580 Therapeutic Modalities (3 cr.)
- ATR585 Evidence Based Practice & Clinical Decision making (4 cr.)
- ATR591A Clinical Skills in AT I (2 cr.)
- ATR591B Clinical Skills in AT II (2 cr.)
- ATR592A Clinical Experience in AT I (3 cr.)
- ATR592B Clinical Experience in AT II (3 cr.)
- ATR592C Clinical Experience in AT III (4 cr.)
- ATR590 AT Grad Capstone & Seminar (4 cr.)
- ATR575 Research Methods in AT (4 cr.)
- ATR572 Internship in AT (12 cr.)
- HN516 Sports Nutrition (3 cr.)
- ES422 Sports Biomechanics (3 cr.)

*Detailed course descriptions can be found at [www.nmu.edu/graduatebulletin](http://www.nmu.edu/graduatebulletin).*

## Career Development

You should begin the resume-building process as soon as you can. The Academic and Career Advisement Center can assist you with career planning, while Career Services will help you fine tune your resume and look for jobs related to your field. In the meantime, the more hands-on experience you have, the better the chances are that you will find a job. Becoming involved in a professional related internship is a way to develop your professional skills and gain experience. Your academic course work is important as well, so be sure to maintain a high grade point average.

## Additional Considerations

Students wishing to complete the 3 + 2 SS/AT Master's program will be required to apply for admission to the NMU graduate school and to the AT master's program. Admission is competitive, thus, not guaranteed.

More information about the application process is located at [nmu.edu/hhp](http://nmu.edu/hhp).

## Job Outlook

According to the U.S. Bureau of Labor and Statistics, Athletic Training is expected to grow 23% from 2016 to 2026. Demand for athletic trainers is expected to increase as more people become aware of the effects of sports-related injury, as the middle aged and older populations remain active, and as more high schools are mandating the hiring of athletic trainers.

# Potential Careers

NMU's 3 + 2- Sports Science and Athletic Training Master's Program prepares students for the National Board Exam in Athletic Training & for careers as an Athletic Trainer in any of the following settings:

College/ University Athletics

Professional Sports

High School Athletics

Hospitals and Sports Medicine Clinics

Performing Arts

Industry/ Corporate "in house"

health care

Other Athletic/ Sport Programs

For more information or to schedule a meeting with the program director please contact:

Julie Rochester, EdD, AT  
email: [jrochest@nmu.edu](mailto:jrochest@nmu.edu)

# Additional Resources and Information

For Career Planning and Opportunities:  
Academic & Career Advisement Center  
3302.1 C.B. Hedgcock  
906-227-2971  
[www.nmu.edu/acac](http://www.nmu.edu/acac)

School of Health and Human Performance  
201 PEIF  
906-227-2130  
[www.nmu.edu/hhp](http://www.nmu.edu/hhp)

For Job Search, Resume and Career Information:  
Career Services  
3302.3 C.B. Hedgcock  
906-227-2800  
[www.nmu.edu/careers](http://www.nmu.edu/careers)

For Information about NMU Student Organizations Associated with this Major Contact:  
Center for Student Enrichment  
1206 University Center  
906-227-2439  
[www.nmu.edu/cse](http://www.nmu.edu/cse)

Student Association for Sports Science (SASS)  
Student Athletic Training Organization (SATO)

Internet Resource Links:  
[www.careers.org](http://www.careers.org)  
[www.bls.gov](http://www.bls.gov)

For Career Information with National Organizations:  
[www.nata.org](http://www.nata.org) - National Athletic Trainers Assoc.  
[www.boccatc.org](http://www.boccatc.org) - Board of Certification for Athletic Training  
[www.acsm.org](http://www.acsm.org) -The American College of Sports Medicine  
[www.nisss.org](http://www.nisss.org) -National Inst. for Sports Science and Safety  
[www.caate.net](http://www.caate.net) - Commission on Accreditation of Athletic Training Education



**NORTHERN MICHIGAN  
UNIVERSITY**

MARQUETTE, MICHIGAN

The Academic & Career Advisement Center  
2021



What to do with  
a major in...

Sports Science &  
Athletic Training  
3 + 2 Program

