PREATHLETIC TRAINING INFORMATION SUMMARY

PreProfessional Advising Information

Email: ppa@advising.utah.edu (For Quick Questions)

Office Location: Building 44 (Second Floor)

Website: ppa.utah.edu

Make an appt!

AT School Basics

AT School
- Two years: Didactic Years (Class Instruction) and Clinicals

Residency (optional)
- 1-2 years focused postgrad training

Degree(s) Conferred:
MAT (Master of Athletic Training)

Get involved in activities (in- and outside the classroom) to help you answer the question "why AT?" and prepare you for success in your AT program and career:

Demonstrate your knowledge, skills, and preparation

Extracurricular Activities

Many AT programs encourage students to engage in **service to their community and** have **leadership** experiences prior to their application to AT programs.

Visit the **Bennion Center** (bennioncenter.utah.edu) and **Campus Connect** (getinvolved.utah.edu) to find out what's available at the U!

Academic Preparation

Ensure you're academically prepared for the rigor of AT school.
- Complete a bachelor's degree and prerequisites
- Competitive applicants have high GPAs, so build and strengthen your time management skills
- Any major is appropriate; make sure to pick the right fit for you, and study what you love!

Shadowing and Clinical Experience with Athletic Trainers

This should be one of your first experiences as a PreAT student. Observing athletic trainers in action, working in different environments will help you understand the profession, as well as help you get to know individual ATs. This is important, as many AT programs require at least one letter of recommendation from an AT.

UofU MAT requires students shadow a minimum of 50 hours. Only hours with a certified AT will count toward this requirement. Most students observe an AT long enough to get a strong letter of recommendation.

Demonstration of AT Traits

Maturity & Professionalism

ATs work with clients from a variety of backgrounds. It's important to demonstrate that you can work with all clients with professionalism, and good interpersonal & communication skills. Demonstration of strong work ethic through various activities will show your professionalism as a future healthcare provider.

APPLICATION PROCESS AND INFORMATION

Start Saving NOW!

Applying to AT school can be expensive. The application fee for ATCAS is approx. $96, which includes applying to one school; each additional school is $55. These fees will increase each year. Some programs may have additional supplemental fees. ATCAS offers a limited number of fee waivers for qualified applicants on a first-come, first served basis.

APPLICATION DETAILS

Most AT programs admit students once a year, for summer or fall matriculation. UofU MAT classes begin in June. You'll take the GRE if necessary, and submit an application at least 12 months in advance of the year for which you are applying.

Do your research!

It is your responsibility to ensure you are meeting all requirements for the schools you are interested in. When selecting AT programs, we recommend that you look at schools that align with your interests: location, size, student/faculty ratio, representation, etc. You can search for AT schools on the Commission on Accreditation of Athletic Training Educations (CAATE) website, https://caate.net/Search-for-Accredited-Programs.

ATCAS (Athletic Training Centralized Application Service)

Most US AT programs utilize ATCAS.

- Application requirements include transcripts, extracurricular experiences, personal statement, plus fees
- Many schools use a rolling admissions process (meaning they begin reviewing applications and admitting before the deadlines). It will benefit you greatly to *submit your application early*.
- The application will take most students several weeks to complete. Ensure you have plenty of time to fill out the application.

GRE

Some programs require the Graduate Record Exam (GRE). **UofU MAT does not require the GRE.** The GRE is offered throughout the year, and taking the exam by the spring of the year before you wish to enter OT school will enable you to apply earlier. The exam may be repeated, but it's always best to prepare thoroughly and take the GRE once. It has three sections: Verbal Reasoning, Quantitative Reasoning, and Analytical Writing. Additional information, including registration, can be found at ets.org/gre.

COST and PREP: The exam costs over $200. There are a variety of ways to prep for taking the GRE. You can purchase a test prep book, utilize free resources online, or purchase a study course (for example, through the University of Utah Continuing Education).

Helpful Resources

- **Commission on Accreditation of Athletic Training Education (CAATE):** caate.net
  PreAT Resources, including an AT Program Directory
- **National Athletic Trainers' Association (NATA):** nata.org
  PreAT Resources, including an AT Program Directory
- University of Utah AT Program

APPLICATION TIMELINE

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY
Register & Study					**Take the GRE**											
Request and Gather LORs																
Prep: Personal Statement & Program Research																
						Submit ATCAS	UofU MAT's deadline is November 1st									
						Supplemental Requirements										
										Interviews						
	Ideal										**Acceptances**					
	Possible															

POLICIES and CONSIDERATIONS

AP/IB CREDIT	No AP/IB will be accepted, per CAATE standards.
REPEATS	All grades will be counted in your ATCAS calculated GPA. How repeated courses are viewed will vary by the specific AT program. However, many programs will consider your performance in each class and the frequency of repeats.
WITHDRAWALS	Although W's will not affect your GPA, W's should be used sparingly. Work with your advisor.
GPA	Most AT programs require minimum overall and prerequisite GPA of 3.0. *UofU MAT requires a minimum of 3.0 for* **both** *overall and prerequisite GPAs.* Competitive applicants for most programs have higher in both overall and prerequisite GPA.
MINIMUM GRADE	Most programs set a minimum grade requirement for prerequisites of a C or better.
GRADE EXPIRATION	Check each program's requirements for more information. *UofU MAT does not have grade expiration.*
INTERNATIONAL STUDENTS	Depends on program. UofU MAT accepts international students. Most schools which accept international students usually require the TOEFL in addition to the GRE.
BACHELOR'S DEGREE	Although some schools still offer AT as a major/bachelor's degree, more and more schools are transitioning AT to a master's degree. This requires a bachelor's degree. There is no specific major you need to pursue in order to increase your chances of admission to an AT program.

Letters of Recommendation

Students are required to submit **Letters of Recommendation** through ATCAS. ATCAS limits applicants to 4 letters, but most programs require 2-3. The number and types of LORs vary depending on each AT program, but generally, you will need one letter from each of the following people:

UofU MAT's requirements:

- **AT you shadowed or worked with**
- **Professor** (possibly science) OR any **Professional** who can write about your academic ability

PreAT Prerequisite Course Guide

Requirements vary by program. It is your responsibility to do your own research on each AT program you wish to apply to. AP coursework may or not be accepted. If accepted, coursework beyond AP is often required.

Shaded boxes indicate the classes most commonly required by AT programs. **Bolded** classes may be taken at a community college; however, not all programs accept prerequisites from 2-year schools.

MATH	
MATH 1050 (4) **College Algebra** and/or **MATH 1060 (3)** **Trigonometry** **may be needed for other classes*	**MATH 1070 (3)** **Statistics** **Required by UofU MAT* May be substituted by other statistics

Please note: Consult an advisor to determine appropriate placement and course selection.

BIOLOGY		
BIOL 1610 (4) **Fundamentals of Biology I** **Required by UofU MAT* *PreReq: MATH 1010*	**BIOL 2325 (4)** **Human Anatomy** **Required by UofU MAT* *PreReq: BIOL 1610*	**BIOL 2420 (4)** **Human Physiology** **Required by UofU MAT* *PreReq: BIOL 1610 and CHEM 1210*

Please note: It is commonly expected for anatomy and physiology to be completed prior to applying.

CHEMISTRY
CHEM 1210 (4) **CHEM 1215 (1)** **General Chemistry and Lab** **Required by UofU MAT* *PreReq: MATH 1050*

PHYSICS	
PHYS 2010 (4) **PHYS 2015 (1)** **General Physics I and Lab** **Required by UofU MAT* *PreReq: MATH 1060*	**PHYS 2020 (4)** **PHYS 2025 (1)** **General Physics II and Lab** **Preferred by UofU MAT* *PreReq: PHYS 2010*

KINESIOLOGY and OTHER COURSES					
KINES 3093 (3) Biomechanics **Required by UofU MAT* *PreReq: MATH 1050 & BIOL 2325*	**KINES 3091 (3)** **Exercise Physiology** **Required by UofU MAT* *PreReq: BIOL 2325*	**NUIP 1020 (3)** **Scientific Foundations of Human Nutrition and Health** **Required by UofU MAT*	**Psychology** **Upper division preferred by UofU MAT*	**H EDU 3030 (3)** **Medical Terminology** **Preferred by UofU MAT*	ATSM 3300 (3) Intro to Prevention & Health Promotion in Sports Medicine **Preferred by UofU MAT*

Updated: April 2025