

School of Kinesiology

Bachelor of Kinesiology (Athletic Therapy Option) Information Session



ACADIA
UNIVERSITY

What is Athletic Therapy?



Reconditioning

Athletic Therapists work with individuals on a customized basis to condition.



Rehabilitation

Preparing individuals to re-establish their pre-injury lifestyle.



Prevention

Athletic Therapists prevent or minimize the possibility of injury.



Assessment

Athletic Therapists are experts at evaluating the type and severity of injuries.



Emergency & Acute Care

Usually the first to respond when any injury occurs, Athletic Therapists provide support.



More Information

- Canadian Athletic Therapists Association - <https://athletictherapy.org/en/>
- Atlantic Provinces Athletic Therapists Association - <http://apata.ca/>
- National Athletic Trainers Association - <https://www.nata.org/>

How do I Become a Certified Athletic Therapist?

- Graduate from an accredited program from the Canadian Athletic Therapists Association
- Complete a First Responder Certification
- Pass the National Certification Examination

- Earn the credentials CAT(C)

Transition from SIAM to BKin (AT Option)

- This is something that has been on Acadia's radar for quite some time, to have an accredited athletic therapy program at the institution.
- Formal application for Canadian Athletic Therapists Association accreditation on **January 1st 2021**
- We have received provision accreditation for our current cohorts (those graduating in 2022 and 2023)
- Site Review Process **March 2022**
- We will know if the rest of the program is accredited sometime after the site visit.
- So what does this mean for you as a student? What does this mean for previous students?
- We cannot make promises that you will be considered a graduate of an accredited program because these decisions will be determined by an external agency (CATA)

Course Requirements for BKin (AT Option)

New Curriculum

- KINE 2003 – Adapted Physical Activity
- KINE 3413 – Assessment and Rehabilitation 1: Intro and Lower Extremity (Lecture and Lab)
- KINE 3343 – Fitness Programming (Lecture and Lab)
- KINE 3423 – Assessment and Rehabilitation 2: Upper Extremity (Lecture and Lab)
- KINE 3433 – Athletic Therapy Field Seminar
- KINE 4843 – Assessment and Rehabilitation 3: Hip, Spine, Pelvis (Lecture and Lab)
- KINE 4853 – Therapeutic Modalities
- KINE 4433 – Athletic Therapy Clinical Seminar
- KINE 4013 – Training Methods (Lecture and Lab)

- KINE 3400 – First Responder* required to start taking AT courses
- KINE 3500, 3600, 4500, 4600 = Athletic Therapy Practicum Courses (mixture of clinical and field experiences)

- Minimum grades of C- are required in the Kinesiology and Communication core. Grades of B are required in the Athletic Therapy Core. A minimum program GPA of 2.0 is required to be eligible to graduate.
- An overall minimum cumulative GPA of 3.00 is required for application to this option. A maximum of 18 students will be accepted each year.

Old SIAM Curriculum

- KINE 3413 – Assessment of the Lower Extremity
- KINE 3423 – Assessment of the Upper Extremity
- KINE 4843 – Principles of Sport Rehabilitation
- KINE 4853 – Professional Issues

First Responder Requirement

- To be eligible for accreditation, a first responder course has to be embedded somewhere within the course requirements of the athletic therapy program.
- In the BKin(AT Option), we will offer a first responder course to students after exams in April (dates to be confirmed but it will be immediately after exams) at Acadia.
- The cost of this course is the responsibility of the **student**
- First Responder certification is required to be eligible to complete 3rd year KINE (AT Option) courses. Therefore if a student fails the April course, then they can find another one on their own to complete through the summer.

Practicum Requirements

- With the transition towards an accredited athletic therapy program, we need to ensure that our students obtain a wide variety of experiences in different sports.
- Each semester, you will be required to complete a number of field and clinical practicum hours, mixed between various internal and external field/clinical placements.
- Changes from existing SIAM model
 - 3rd year will focus more on developing field-based skills
 - 4th year will focus more on developing professional/clinical skills

Varsity Athletes?

- With the transition towards an accredited athletic therapy program, we need to ensure that our students obtain a wide variety of experiences in different sports.
- We also need to be able to evaluate these students in different field and clinical settings to assess their level of competence in specific skills.
- If a student is playing their sport, then we cannot assess their ability to complete on-field assessments, sideline assessment, interactions with coaches, etc.
- Therefore, we will not be able to accept varsity athletes for this program who are actively playing their respective sport.
- This is standard practice at ALL other athletic therapy programs across the country (and US)

Application Process

- Students can apply in their 2nd year standing.
- Applications will be sent through kinestu email thread
- We will use a common application for the Athletic Therapy Option and the Exercise Science & Training Option. If students are interested in applying to both programs, they can, while indicating which option is their preference.

Important Dates

- **Mid-January, 2022** – Live Information Session (Tentative Date)
- **February 1st, 2022** – Application Deadline (Tentative Date)
- **February 7th- 18th, 2022**- Interviews (Tentative Dates)
- **End of February, 2022** – Announce Selections
 - A maximum of 16 candidates for AT Option

Questions?

- Contact the BKin (Athletic Therapy Option) Program Director
 - Dr. Colin King – colin.king@acadiau.ca