

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.
- After a lengthy review process, we are proud to be a CATA accredited program.

Course Requirements for BKin (AT Option)

New Curriculum

- KINE 160A – Athletic Therapy Practicum 1
 - KINE 161A – Athletic Therapy Practicum 2
 - KINE 260A – Athletic Therapy Practicum 3
 - KINE 261A – Athletic Therapy Practicum 4
 - 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 4843 – Assessment and Rehabilitation 3: Hip, Spine, Pelvis (Lecture and Lab)
 - KINE 4853 – Therapeutic Modalities
 - KINE 4013 – Training Methods (Lecture and Lab)

 - KINE 3400 – First Responder* required to start taking AT courses
- 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 16 students will be accepted each year.

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

- 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.
- 3rd year will focus more on developing field-based skills
- 4th year will focus more on developing professional/clinical skills

Varsity Athletes?

- With 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 after they have taken or are currently registered in KINE 2413: Human Physiology 1.
- 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

- **January 17th , 2023** – Question & Answer Session (4pm in Gym 491)
- **January 30, 2023** – Application Deadline (Tentative Date)
- **February 6th- 17th, 2023**- Interviews (Tentative Dates)
- **March 1, 2023** – 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