

# 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 3<sup>rd</sup> 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.
- 3<sup>rd</sup> year will focus more on developing field-based skills
- 4<sup>th</sup> 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 22<sup>nd</sup>, 2024** – Question & Answer Session (4pm in Gym 491)
- **January 31<sup>st</sup>, 2024** – Application Deadline (Tentative Date)
- **February 6<sup>th</sup>- 16<sup>th</sup>, 2024** - Interviews (Tentative Dates)
- **March 1, 2024** – 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](mailto:colin.king@acadiau.ca)