
What is athletic training?

Athletic training (AT) is an allied health profession dedicated to the prevention, care, and rehabilitation of injuries in athletes and other physically active people. Athletic trainers work with physicians and other members of the sports medicine team to help injured athletes return safely to their sports.

Certification by the National Athletic Trainers' Association Board of Certification is the entry-level credential needed to practice athletic training. Most states also require athletic trainers to be licensed. The mission of our program is to prepare professionals for careers in sports medicine as certified athletic trainers in the context of a Christian liberal arts education.

How is the AT major designed?

The athletic training program at Hope College is accredited by the Commission on Accreditation of Athletic Training Education (CAATE).



It has two components: coursework and clinical experience. In addition to general education courses required as part of Hope's liberal arts curriculum, athletic training students take the following classes as part of their major:

- Introduction to Cell Biology
- Introduction to Psychology
- Health Psychology
- Human Anatomy
- Human Physiology
- Statistics
- Exercise Physiology & Lab
- Anatomical Kinesiology
- Health Education
- Nutrition
- Safety, First Aid, & CPR
- Prevention & Care of Athletic Injuries
- Therapeutic Modalities

- Therapeutic Exercise
- Athletic Training Injury Assessment I
- Athletic Injury Assessment II
- Seminar in Athletic Training Administration
- Medical Aspects of Sports
- Athletic Training Practicum (8 levels)

What about AT clinical experience?

Athletic training students complete clinical internships over the course of four years under the direct supervision of certified athletic trainers. Most the clinical experience will come from working with Hope student-athletes in one of our three athletic training facilities, but there will also be educational opportunities during three-month rotations in each of the following settings:

- A local high school
- A local hospital-based sports medicine clinic
- Our team physician's family medicine office

How can I get into the Hope College AT program?

Hope's athletic training program has a competitive admission requirement. Interested students must apply *both* to the College *and* the athletic training program. Candidates complete an application form and submit academic transcripts with three letters of recommendation. You must also visit the campus for a personal interview and meet certain technical standards for admission. Applications for admission can be found on-line at the Hope College AT program website.

www.hope.edu/academic/kinesiology/athtrain



HOPE COLLEGE
HOLLAND, MICHIGAN 49423

What makes Hope's AT program unique?

Our program has several features that distinguish it from the athletic training programs at other colleges, including:

- Hope is one of the few small liberal arts colleges (and the first in Michigan) to have its athletic training program accredited.
- Classes are small and our students receive a great deal of individual attention.
- Two faculty members have written textbooks used in AT programs throughout the country.
- Faculty / student research projects.
- Students are involved in the clinical part of our program from their first day on campus.
- State of the art facilities with up to date equipment, modalities, and supplies.
- Faculty with wide range of competitive experience from high school, collegiate, and professional sports.

Hope's athletic training students also participate in many special learning opportunities, including:

- The Distinguished Lecture Series in Sports Medicine
- The Athletic Training Practicum Series
- The Esther Geisel MIAA Student Athletic Trainer Workshop
- The Annual Clinical Symposium of the Great Lakes Athletic Trainer's Association
- The Annual Clinical Symposium of the National Athletic Trainer's Association
- Surgical observations
- Physician shadowing

What do Hope students do after they graduate?

Hope graduates are serving as certified athletic trainers in many different settings. Many attend graduate school and obtain jobs as a result of the summer internships they completed while at Hope. Our graduates have worked in such settings as professional football, sports medicine clinics, colleges and universities, high schools, industrial health care, medical sales, educational settings, and health and fitness facilities.

Athletic Training Faculty

- Kirk Brumels, PhD, ATC - Program Director, & Assistant Athletic Trainer
- Brian Dykhuizen, ATC - Head Athletic Trainer
- Meg Frens, ATC - Assistant Athletic Trainer
- Tonia Gruppen, ATC – Assistant Athletic Trainer
- Richard Ray, EdD, ATC - Assistant Athletic Trainer

Questions?

If you would like more information regarding the athletic training program, or would like to schedule a visit, please contact:

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You can learn more about the AT program at Hope College from our web site:

www.hope.edu/academic/kinesiology/athtrain

Additional information about the profession of AT can be accessed from the National Athletic Trainer's Association web site:

www.nata.org

Athletic Training

The Athletic Training Major at Hope College

