Ohio University
Athletic Training | Post-professional Master’s Degree
providing care to underserved populations

Information Guide
2020-2021
About the Program

The Ohio University Post-Professional Athletic Training Program is accredited by the Commission on Accreditation of Athletic Training Education (CAATE). We are dedicated to expanding our students’ depth of athletic training knowledge. The program strives to develop independent thinking, emphasize evidence-based decision making, promote scholarly inquiry, and instill ethical practice through a balance of positive learning experiences, innovative research, leadership development and service to the surrounding community and underserved populations.

Since 1972, the Post-Professional Program has been educating graduate students to become contributing members and leaders within the athletic training profession. The graduate program challenges students to become researchers, educators, leaders and advanced clinicians. Students may choose to serve as teaching assistants and are given the opportunity to act as preceptors in the clinical setting for the professional athletic training program.

The post-professional program is designed for students who have earned a bachelor’s degree from an accredited professional athletic training program. Graduate students have the opportunity to tailor their educational experience in a two-year (five semester) academic track by completing a thesis or research project. The academic experience is reinforced through clinical experience and vice-versa. Building on the expertise of our faculty and staff, research emphasizes evidence-based practice, epidemiology of underserved populations and athletic training education.

The athletic training program is staffed by seven athletic training faculty members and five sports medicine department athletic trainers. Several other medical and healthcare professionals contribute to the program's academic and clinical components. Upon graduation students receive a Master of Science in Athletic Training degree.

Our Mission

The mission of the post-professional athletic training program is to promote and advance the athletic training profession through academics, scholarship and practice. The program strives to provide advanced systematic study, innovative research opportunities, leadership development, teaching experiences and professional service. An emphasis is placed on personal and professional development.

Financial Assistance

Graduate assistantships and tuition waivers are available to qualified students. Funded students receive a stipend and full in-state and out-of-state tuition waiver for the fall and spring semesters. All students are responsible for paying the first (summer) semester tuition. See Graduate Assistantships for more information regarding funding options.

For students receiving a funded position, BOC certification and the appropriate state athletic training credential are required prior to August 1 to begin clinical placements. Those students who receive a graduate assistantship are awarded a stipend and a full or partial tuition scholarship. Graduate assistants may be placed at one of the following clinical sites, depending on availability:

- Ohio University intercollegiate athletics
- Ohio University campus organizations
- Ohio University performing arts (SHAPe)
- Cincinnati Reds organization
- Area high schools
- Columbus, Ohio, area high schools & colleges
- Marietta College (Ohio)

Dublin, OH Cohort

The post-professional program has expanded into the Columbus area. Ohio University’s Dublin Campus, serves as a distance learning base for students to engage in their post-professional coursework. Columbus students are based in the Athens campus for the summer semester and approximately once every two weeks throughout the academic year. Partnering with OhioHealth, graduate assistantship placements are offered through Columbus area high schools and colleges.
program design

The post-professional program uses an academic, research and clinical-based approach to develop scholarly-clinicians who understand the role of research in guiding practice and incorporate evidence into their patient care.

program goals and objectives

Upon completion of the graduate athletic training program, the student will be able to:

Participate in and understand the principles of scholarly inquiry.
- Engage in high-quality graduate education that provides students with professional and scholarly development opportunities in research, clinical skills, and teaching, ultimately fostering scholarly practitioners for the future.
- Identify the elements fundamental to the research process.
- Understand instrumentation and measurement used in data collection.
- Successfully complete an Office of Research Compliance IRB Committee on Human Subjects Research protocol.
- Critically analyze, interpret and apply the results of published research in conducting a literature review.
- Develop a research question, collect data and perform a statistical analysis resulting in a final project or academic thesis.
- Prepare research findings in a professional manner, including readiness for submission to a peer-reviewed journal, poster presentation, or published abstract.

Develop a standard of care beyond the entry-level (advanced clinical practice)
- Develop an evidence-based approach to practice.
- Critically analyze, interpret and apply to professional practice.
- Synthesize the principles of biomechanics, anatomy and neurology to develop therapeutic interventions.
- Develop strategies to provide athletic training services in a medically underserved region.

Realize professional and personal growth
- Undertake a strategy to identify personal and professional strengths and areas for growth.
- Become an active participant in athletic training professional organizations (e.g., NATA, BOC, CAATE, WFAT, state associations).
- Progress professional skills from proficiency to mastery.
- Recognize the importance of ethical decision-making in patient care decisions.
- Effectively communicate with patients, parents, supervisors, physicians, coaches and peers.
- When applicable, develop skills as a classroom and/or preceptor or supervisor.

academic program

The post-professional program consists of a two-year (five semesters) academic plan. The academic program is developed in conjunction with the program director and allows for additional electives and guided learning opportunities. Graduate students also have the opportunity to serve as teaching assistants and/or preceptors for professional (undergraduate) AT programs.

two-year course sequence

### Summer (Semester 1)

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<td>EXPH 6080</td>
<td>Research Methods and Instrumentation</td>
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<td>AT 6100</td>
<td>Orthopedic Diagnosis</td>
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<td>AT 6110</td>
<td>Administrative Aspects of AT</td>
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<td>AT 6200</td>
<td>Advanced Therapeutic Interventions</td>
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<tr>
<td>AT 6210</td>
<td>Human Anatomy</td>
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<td>AT 6220</td>
<td>Athletic Training Research I</td>
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<td>Athletic Training Practicum</td>
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<td>AT 6940</td>
<td>Research Project</td>
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**Total Credits:** 60-63

Suggested Electives

- AT 5100 Orthopedic Appliances
- AT 5300 Manual Therapy
- ELIP 5140 Writing in Graduate Studies
- EXPH 5180 Resistance training (CSCS exam prep)
- NUTR 6600 Nutrition for Sports and Fitness
- PT 8650 Sports Physical Therapy
- PT 7150 Imaging in Rehabilitation
The program emphasizes applied research that has immediate applicability to clinical practice. Over the years, post-professional athletic training students and faculty have produced high-quality research that has been presented at state, district and national symposia, with many being published in peer-reviewed journals. Students may be awarded competitive research funding from university, state or national organizations.

All students are required to complete a master’s level thesis and/or project. This will involve a mentored experience (see Research Topic Focus Areas) in the execution of original research. The completed work is expected to be of sufficient quality to be presented at a National professional or scientific meeting (ACSM, NATA, NSCA etc.) and for publication in a peer-reviewed journal. Research topics must be performed in the area of expertise of an athletic training faculty member.

Working with a primary mentor, students conceptualize a research topic, develop the methodology, collect and analyze data, and present the results in manuscript (project) or thesis format. The first semester, students identify a faculty member to serve as their primary mentor based on the faculty’s research interests. Students who are completing a project are also encouraged to find a co-mentor faculty; students who are completing a thesis must have a mentor and two additional Ohio University faculty on their committee.

Each semester offers research courses to guide the students through the process of developing a research question, obtaining IRB approval, data collection, data analysis and writing the results.

**Research Topic Focus Areas**

- Educational assessment
- Epidemiology
- Evidence-based practice
- Healthcare outcomes assessment/health related quality of life
- Military human performance
- Musculoskeletal injury screening and prevention
- Neural control of human movement
- Neuroplasticity associated with musculoskeletal injuries and rehabilitation
- Outcomes of lateral ankle sprains and chronic ankle instability
- Patient reported outcomes after AT interventions
- Performing Arts Medicine
- Profession-based issues
- Professional burnout
- Psychological response to injury
- Psychosocial development of adolescents and young adults
- Visual-motor implications for injury risk
graduate assistantships

Clinical placements are a mechanism to supplement and reinforce the academic and research components of our program. Funded students are awarded a minimum $9,000 stipend. Additional funds of up to $1,500 are available to students who are required to travel more than 25 miles to their clinical placement.

Students are financially responsible for the additional student fees posted on (1) OHIO graduate school Web site http://www.ohio.edu/finance/bursar/, and (2) any associated course fees, travel costs, technology fees, student health insurance and additional expenses dedicated per clinical placement (e.g., drug screens, immunizations, etc.). All students are responsible for paying for their summer tuition.

Program-specific fees include:
$95 AT 5100 – Orthopedic Appliances (elective).
$135 AT 6210 – Human Anatomy for AT
Professional liability insurance (varies)

Up to 24 new students may be awarded graduate assistantships. Assistantship assignments are made based on the student’s experiences, preferences, and institutional need.

requesting an assistantship

Rank order your clinical venue and location preference on the program application form. Students are first selected based on their ability to conduct graduate-level academics, the choice of clinical venue and research topic factor into the selection process. Candidates may be offered a placement at a site other than that requested. The availability and number of placements in each of the venues varies annually.

high school assistantships

High school placements are best suited for those students who are seeking an autonomous clinical experience. Students assigned to area high schools serve as the AT and, working under the direction of a physician, are responsible for all facets of athletic healthcare. The high school setting is a great opportunity for students to develop clinical independence, improve their management skills and become strong practitioners, thereby preparing students for any employment opportunity.

Positions are available in an approximate 50-mile radius from Athens and several throughout the Columbus area. Reliable transportation is a requirement of all graduate assistants. Students who are offered a position at a more distant site from Athens will be notified at the time of offer.

club sports assistantship

This person functions as the head AT for OHIO Club Sports teams. Primary coverage is provided to contact sports teams, such as men’s and women’s rugby, men’s lacrosse and men’s and women’s soccer. Other coverage is provided on an as-needed basis. This position also has administrative responsibilities within the Division of Athletic Training.

club ice hockey assistantship

The head athletic trainer for the OHIO DI club ice hockey team is a two-year position working the full season. Additional assignments will be made to club sports and other venues on an as-needed basis during the off-season.

intercollegiate athletics

ICA graduate assistants report to the full-time sports medicine staff and are provided with the opportunity to learn from the extensive experience of the fulltime sports medicine staff while developing skill and gaining further college athletic training experience.

Science and Health in Artistic Performance (SHAPE) Program

Performing arts medicine merges the sciences and the arts in innovative ways. The SHAPE program comprises three facets: clinical care, research and education. Clinical care occurs in the SHAPE Clinic, a full service athletic training facility located in the College of Fine Arts devoted exclusively to healthcare for performing artists. The research component investigates the medical and scientific aspects of dance, music, theater, entertainment, and marching band. SHAPE also involves education of healthcare workers, equipping them to better serve the healthcare needs of performing artists, and performers and performing arts instructors, offering essential information about maintaining a healthy artistic practice.

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For those interested in pursuing a career in professional baseball, second-year students have the unique opportunity to serve as an athletic trainer in the Cincinnati Reds’ organization. This experience provides the opportunity to work with the Reds’ world-class athletic trainers, sport scientists, and other medical providers with a singular focus on the unique needs of baseball players.

The first placement is with the team’s “Short season” clubs (June through August). The second placement is through a full season, commencing at the Reds’ Goodyear, AZ spring training facility in February. Students then report to a designated minor league team for the remainder of the season (approximately August 31st).

Students apply for these positions during the Fall semester of the first year. The Reds’ staff will interview and make selections and subsequent clinical assignments from the pool of candidates. Those students in this assignment will take classes (with no clinical assignment) during the Fall semester of the second year. Students will take online courses during Spring semester and be enrolled in a practicum during the Summer semester while fulfilling their obligations with the Reds. **Note that this placement will delay graduation by one semester (Summer rather than Spring).**

The combined stipend for these two assignments is approximately $27,000 plus per diem.
Faculty and Staff
Athletic Training Faculty

C had Starkey, PhD, AT, FNATA
Professor/Division Coordinator
Dr. Starkey received his bachelor’s degree from West Virginia University and his MS and PhD from Ohio University. His research areas are epidemiology, evidence-based practice, the financial implications of injury and the efficacy of therapeutic modalities. He also provided epidemiological services to the NBA.

Dr. Starkey was a member of the BOC’s Board of Directors, the NATA Education Task Force, and currently serves on the CAATE Board. He has authored several textbooks including *Therapeutic Modalities*, *Examination of Orthopedic and Athletic Injuries*, and *The AAOS Athletic Training and Sports Medicine*, and has several peer-reviewed journal publications and professional presentations. He is a member of the editorial boards for the Journal of Athletic Training, Journal of Sport Rehabilitation, and served as an editor of the 18th through the 22nd editions of *Taber’s Cyclopedic Medical Dictionary*.

Dr. Starkey has received the NATA’s Service Award, the EATA’s Cramer Award, NATA’s Most Distinguished Athletic Trainer Award and Sayers “Bud” Miller Distinguished Educator Award. In June 2009, Dr. Starkey was inducted into the NATA Hall of Fame.

J anet Simon, PhD, AT
Assistant Professor
Prior to returning to Ohio University, Dr. Simon was a visiting assistant professor at University of Toledo. In 2008, Dr. Simon earned a bachelor’s degree from Southern Connecticut State University in athletic training and in 2010 earned a master’s degree in athletic training from Ohio University. In 2014, a second master’s degree in applied statistics and doctorate in motor control from Indiana University. Her overall research goal is to decrease the risk of re-injury and to restore patient-reported outcomes post-injury. Specifically, her research interests include measuring the outcomes of various athletic training interventions as well as evaluating health related quality of life of high school and college athletes who suffer sport-related injury; and the use and development of patient-based outcomes instruments for the purpose of outcomes assessment and measuring the end result of healthcare services.

K ristine Ensign, PhD, AT
Lecturer, Professional Program Director
Dr. Ensign received her bachelor’s degree from North Dakota State University, her master’s degree from Ohio University, and her PhD from Indiana State University. Prior to being the Professional Program Director at Ohio University, Dr. Ensign taught at Franklin College in their athletic training program. Additionally, Dr. Ensign worked clinically for several years in the high school setting. Her research interests are diversity issues in AT. More specifically, minority representation in the athletic training profession and LGBT patient experience in the athletic training clinic.

D ustin Grooms, PhD, AT, CSCS
Associate Professor
Dr. Grooms received his doctorate from The Ohio State University in health and rehabilitation sciences, with a focus on neuroscience and biomechanics. Prior to pursuing his doctoral studies, Dr. Grooms was an assistant athletic trainer and instructor at the College of Mount Saint Joseph in Cincinnati, Ohio, and completed a season long internship with the Cincinnati Bengals. He completed a master’s degree from the University of Virginia in kinesiology and bachelor’s degree from Northern Kentucky University in athletic training. His primary research interest investigates brain and movement mechanics change following musculoskeletal injury and therapy.

J effrey A. Russell, PhD, AT, FIADMS
Associate Professor
Dr. Russell received his bachelor’s degree in sports medicine from Rice University, his MS in athletic training from the University of Arizona, and his PhD in dance medicine and science from the University of Wolverhampton in the UK. At Belhaven University in 2002, Dr. Russell redirected his professional focus from sports medicine to performing arts medicine after seeing the lack of healthcare that dancers typically received. He built the Belhaven performing arts medicine program that mirrored the university’s sports medicine program prior to moving to England in 2005 to pursue his PhD.

Dr. Russell’s work with the OHI0 athletic training program includes directing the Science and Health in Artistic Performance (SHAPe) initiative that comprises an injury clinic for performing artists (SHAPe Clinic), a research lab, and educational curriculum for performing artists and healthcare students. His research primarily targets the medical
aspects of performing arts, including concussions in theatre, sound exposure in music, and using biomechanical sensors to assess human motion. He is a Fellow of the International Association for Dance Medicine & Science and works closely with that organization, the Performing Arts Medicine Association, and other groups to improve health and healthcare for performing artists. He also serves on the Editorial Board of the Journal of Dance Medicine and Science.

Laura Harris, PhD, AT
Clinical Professor
Dr. Harris is based in Dublin, Ohio, at the Dublin Integrated Education Center. She is a graduate of Wilmington College (BS), Indiana University (MS), and The Ohio State University (PhD). Prior to working at Ohio University, from 2001-2013 she served as the Director of Clinical Education for The Ohio State University's (OSU) Athletic Training Program.

Dr. Harris has three research areas of interest, (1) psychosocial development of athletes, (2) psychological response to injury and (3) educational assessment. Her most recent project involves the analysis of the psychological impact of concussion in adolescent patients.

Dr. Harris was awarded the 2004 Clint Thompson Award for the Outstanding Manuscript in the Journal of Athletic Training and the 2007 Excellence in Teaching Award from the OSU College of Medicine. She was recognized by the Ohio Athletic Trainers’ Association for her mentorship in 2007 when she was awarded the Linda Weber Daniel Outstanding Mentor Award and in 2012 when she was named the Athletic Trainer of the Year. In 2011 and 2014, Dr. Harris was awarded the Service Award from the OSU School of Allied Medicine and National Athletic Trainers’ Association (NATA) respectively. Most recently, she was awarded the Great Lakes Athletic Trainers’ Association Outstanding Educator and the NATA Most Distinguished Athletic Trainer Awards in 2017.

Michele Kabay, PhD, AT
Director of Clinical Education
Dr. Kabay joined the faculty at Ohio University as the Director of Clinical Education for Athletic Training the summer of 2017. Dr. Kabay received her bachelor's degree from Slippery Rock University of Pennsylvania, her MEd in Exercise Science from East Stroudsburg University of Pennsylvania and her PhD in Rehabilitation Sciences from Duquesne University. Prior to arriving at Ohio University she worked at Saginaw Valley State University, Michigan as the Clinical Coordinator (2014-2017) and Waynesburg University, Pennsylvania as Clinical Coordinator and Program Director (2004-2014). Along with the years of academic responsibilities she has more than 25 years of experience as a clinical athletic trainer in a variety of settings. Dr. Kabay's research interests include athletic trainer student's critical thinking and clinical decision making processes as well as interdisciplinary education in athletic training.

Our Sports Medicine Staff

John Bowman, MEd, AT
Assistant Athletic Director for Sports Medicine Services
A 1987 graduate of Ohio University's undergraduate athletic training major and a 1989 graduate of the University of Virginia's master's degree athletic training program, John has been employed by the Ohio University athletic department since 1994. He serves as the head athletic trainer for OHIO football and oversees three full-time ATs and our AT graduate assistants. Previously, he was the head athletic trainer and assistant athletic director at Wagner College in Staten Island, N.Y.
The Division of Athletic Training is home to a dedicated classroom, the Charles “Skip” Vosler Clinical Education Laboratory, the SHAPE Clinic, and multiple research laboratories.

Our classroom is equipped with advanced teleconferencing technologies that all the broadcasting or viewing of remote classes, presentations, and speakers.

The Vosler Clinic serves as a learning laboratory for post-professional students and serves as the primary clinical facilities for the healthcare of Campus Recreation athletes including Club Sports and Club Ice Hockey.
research facilities

Research facilities include a neuromuscular and biomechanics laboratory that includes a 3D motion capture system. Off-campus facilities include access to MRI for neuromuscular imaging.

Ohio University’s research facilities include functional magnetic resonance imaging to identify changes in the brain’s neural pathways, a gait lab, virtual reality stations, and motion capture.
Ohio University’s graduate athletic training master’s degree is a CAATE-accredited post-professional program. Applicants must meet the following requirements to be considered for unconditional admission to the athletic training graduate program:

1. Earned bachelor’s degree in athletic training from a CAATE-accredited AT program.
2. Minimum overall undergraduate grade-point average of 2.7 on a 4.0 scale on the last 90 quarter hours or 60 semester hours. A GPA of 3.0 is highly preferred.
3. A minimum score of 300 on the Graduate Record Examination (GRE) is preferred.

Graduate classes begin around July 1 and clinical placements begin August 1. Students must be BOC certified and licensed/registered by the appropriate state before starting clinicals.

**Application Timeline**

Full consideration is granted to completed by the application due date. Applications received after this date are considered on a space-available basis.

- **January 8:** Applications are due
- **Early January:** Screening of applicants
- **January 25/26 (Approximate):** Selected applicants are invited for an on-campus interview. A second round of interviews may be scheduled based on the number of applicants. In some instances (e.g., long distances) candidates may be interviewed via Skype.

  When an offer for funding is extended to the student, the program believes in a philosophy of allowing the student to make an informed decision when choosing their graduate program. **For students offered tuition assistance we request that you notify us of your decision within one week following the official offer of acceptance into our program.**

The admissions process ends when all positions are filled.

**Application Procedure**

To apply to the program:

1. Apply online at [www.ohio.edu/graduate/apply](http://www.ohio.edu/graduate/apply).
2. Ohio University’s Graduate Record Examination (GRE) code is 1593.
3. Submit the application fee of $50 ($55 for international students).
4. Upload the following information:
   a. Program application form (found on the Graduate Athletic Training website).
   b. A one-page biography that includes information about your background and experience and how they relate to your future career goals.
   c. A resume of your educational background and professional work experience.
   d. Within the application form supply the email addresses for the three people who will provide a letter of recommendation. A link will be sent to these individuals who will then upload their recommendation. Additionally, email a copy of the Student Evaluation Form (found on the Graduate Athletic Training website) to these individuals with their recommendation. At least two references must be from someone who can attest to your qualifications and one must be from a faculty member who can support your ability to produce successful academic work at the graduate level.
   e. To upload additional documents after your application has been submitted, use the Graduate College supplemental upload at [https://www.ohio.edu/graduate/prospective-students/upload-supplemental-application-materials](https://www.ohio.edu/graduate/prospective-students/upload-supplemental-application-materials).

5. **Item 5: Transcript submission** – the Graduate Catalog requires only transcripts from the bachelor degree-granting institution, and post-bachelor’s work, and any college-level work undertaken after completion of the bachelor’s degree, regardless of whether or not a degree will be earned. Please be specific as to what is necessary for application review – copies of transcripts from all institutions attended, or just the bachelor’s, graduate-level, and post-bachelor’s per the catalog. Also, do you expect official transcripts (sent by the issuing institution directly to the Graduate College) or do you accept copies of official transcripts (uploaded by the student to the application) for application review? If you require transcripts sent directly from the institution to the Graduate College, point students to the Graduate College FAQ, “How do I submit an official transcript?” at [https://www.ohio.edu/graduate/frequently-asked-questions/application-and-admissions-faq](https://www.ohio.edu/graduate/frequently-asked-questions/application-and-admissions-faq).

6. International students must also present TOEFL scores (minimum of written 575, computer 233) for consideration. See [https://www.ohio.edu/graduate/prospective-international-students](https://www.ohio.edu/graduate/prospective-international-students)

*If you have any questions about the application process, please email Dr. Starkey (starkeyc@ohio.edu)*
Master of Athletic Training
School of Applied Health Sciences and Wellness
Dublin Program

- A two year, five semester program focusing on research, advanced course work and clinical practice
- Coursework in cadaver anatomy, neuromuscular control, evidence based practice and manual therapy
- Active engagement in scholarship that students present at local, regional and national conferences
- Graduate assistantships through Central Ohio's largest outreach sports medicine program, OhioHealth

The post professional program in Dublin, Ohio, was established in 2015 and functions as an extension of the parent program in Athens, Ohio. While Athens and Dublin each offer classes on their own campus, nearly half of the curriculum is delivered to both cohorts simultaneously via Polycom technology. This allows both cohorts to learn from each other's unique experiences in a live classroom.

The graduate assistantships in Dublin are based upon the model of transitioning a young professional to practice with active mentorship. Each clinical site is staffed by a full-time AI with multiple years of experience and a graduate assistant while the graduate assistant will have an autonomous sport experience, active mentorship and administrative oversight is available daily to facilitate the transition from preprofessional student to practicing clinician.

To learn more about the Athletic Training program in Dublin, contact Laura Harris, PhD, AT
harris28@ohio.edu
ohio.edu/hsps/ew/athletic-training/graduate/