

**Master of Athletic Training (MAT) Degree**

Effective Fall 2022 – Last Updated: September 2022 ❖ **Application Deadline: FEBRUARY 1**

This degree provides students with an entry-level degree in athletic training. Upon completing this degree, students will be **eligible** to complete the BOC exam and become certified athletic trainers (upon passing the BOC) and prepared to assume leadership roles in clinical and allied health and medical programs. This degree does not require research or a thesis.

**ADMISSION REQUIREMENTS**

- A. Fulfill all requirements for admission to the BYU graduate school. (See the current University Catalog.)
- B. Graduate with a bachelor's degree in Exercise Sciences or a related field, including the *all* of courses listed below or equivalents:
  - 1. CELL 220 Human Anatomy
  - 2. CELL 305 or Essentials in Human Physiology  
CELL 362 Advanced Physiology
  - 3. PHSCS 105/107 College Physics
  - 4. CHEM 105 or General College Chemistry 1 w/Lab  
CHEM 106 / 107 General College Chemistry 2 / Lab
  - 5. PSYCH 111 Intro to Psychological Science
  - 6. CELL 120 Science of Biology
  - 7. EXSC 501 Pathophysiology for the AT (*may be taken at BYU when you begin your program if no equivalent*)Grades on prerequisites should be no lower than a C, and total GPA should be 3.0 or greater (for the 6 courses listed above).
- C. Have a minimum GPA of 3.2 for the last 60 semester hours of undergraduate academic work.
- D. Submit a 1–2-page letter of intent which includes (*NOTE: Put "LETTER OF INTENT" at the top of your letter*):
  - 1. Your preparation and background for an MAT degree in the Exercise Sciences Department, including personal characteristics that may enhance success in graduate studies and your career.
  - 2. Reasons for applying to Brigham Young University.
  - 3. Explain your professional/career goals and why you want to be an athletic trainer.
  - 4. Explanations for any expected deviation from completing your degree within two years, or any specific circumstances or objectives you wish to have taken into consideration.
- E. Submit the following supplemental documents to be completed and uploaded as a single document with your application: 1) Technical Standards, 2) Physical Exam. **Before beginning program in Fall**, submit Proof of Immunizations, Background Check, and Drug Screen, and Proof of current CPR/AED certification (copy of card, both sides).

**COURSE WORK**

To qualify for the Master of Athletic Training degree, you must complete a minimum of 36 semester hours of credit, with a GPA of 3.0 (B or better). All course work must be approved by your advisory committee and the graduate coordinator. You will be required to remove any deficiencies or strengthen any weaknesses in your undergraduate preparation, writing ability, and computer literacy early in your program of study.

**MAT Requirement 1 – 10 credit hrs**

**Take all of the following:**

- EXSC 514 Advanced Athletic Training Lab (1)
- EXSC 515 Therapeutic Interventions 1, Modalities (3)
- EXSC 516 Orthopedic Evaluation 1, Lower Extremities (3)
- EXSC 601 Pharmacology in Athletic Training (3)

**MAT Requirement 2 – 26 credit hrs**

**Take all of the following:**

- EXSC 517 Ortho Eval 2, Upper Extremities & Trunk (3)
- EXSC 518 Therapeutic Interventions 2, Rehabilitation (3)
- EXSC 602 Graduate Athletic Training 1 (2)
- EXSC 603 Graduate Athletic Training (2)
- EXSC 625R Clinical & Ed Admin (TC 011) (2)
- EXSC 635 Evidence-Based Practice (2)
- EXSC 654 Athletic Training Clinical Education 1 (2)
- EXSC 655 Athletic Training Clinical Education 2 (2)
- EXSC 656 Athletic Training Clinical Education 3 (2)
- EXSC 657 Athletic Training Clinical Education 4 (2)
- EXSC 688R Athletic Training Internship (2)
- EXSC 697 Capstone (2)

**Electives – if desired**

- EXSC 519 Medical Topics in Athletic Training (1)
- EXSC 625R Adv Topics in Physical Medicine & Rehab (2)  
Mechanical Spinal Impair & Mobil (TC 023)  
Diagnostic Testing (TC 020)  
Electrotherapy, US, & Diathrmy (TC 013)  
Functional Testing & Exercise (TC 014)  
Strength Rehabilitation (TC 019)  
Neural Basis of Rehab (TC 016)  
Joint Mobiliz & Manual Therapy (TC 015)
- EXSC 630 Research Methods in ExSc (3)
- EXSC 662 Motion Analysis Techniques (2)
- EXSC 663 Neuromechanical Signal Processing (2)
- EXSC 667 Lab Methods and Procedures (2)
- EXSC 668 Orthopaedic Anatomy (4)
- EXSC 669 Exercise Testing & Prescription (2)
- EXSC 671 Adv Lifestyle & Chr Dis Prev (3)
- EXSC 693R Readings Seminar (1)
- STAT 511 Stat Methods for Research 1 (3)

Other courses as approved by your advisory committee and the graduate coordinator (not including prerequisites or deficiencies).

**TOTAL: 36 credit hours**

*Fall admittance is required for proper class sequencing*