

Chadron State College
Proposal to Add a New Master of Science Degree
in Athletic Training

1. Descriptive Information

- a. Name of Institution
Chadron State College
- b. Name of Program
Athletic Training
- c. Degrees/credentials to be awarded graduates of the program
Master of Science in Athletic Training
- d. Other programs offered in this field by the institution
No other similar program offered
- e. CIP code
51.0913 Athletic Training /Trainer
- f. Administrative units for the program
School of Professional Studies and Applied Sciences
Department of Applied Sciences
- g. Proposed delivery site(s) and type(s) of delivery if applicable
Offered at Chadron State College campus with face-to-face delivery
- h. Proposed date (term/year) the program will be initiated
Initial offering to begin Fall 2022 or earliest Fall semester pending approval.
- i. Description, including credit hours and other requirements (program of study) and purpose of the proposed program

Athletic Trainers are multi-skilled health care professionals who collaborate with physicians to provide preventative services, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions. They have the ability to work in a wide variety of settings and provide care to patients through the training they receive during their studies in an accredited program.

Students who earn an M.S in Athletic Training degree from a program accredited by the Commission on Accreditation of Athletic Training Education (CAATE) are eligible to sit for the Board of Certification (BOC) examination. Certified Athletic Trainers (ATCs) are able to provide a wide variety of services including primary care, injury and illness prevention, wellness promotion and education, emergent care, examination and clinical diagnosis, therapeutic intervention, and rehabilitation of injuries and medical conditions.

Certified Athletic Trainers (ATCs) provide services in a variety of settings, including the more traditional settings of professional sports, college/university & higher education, or high school athletic programs. ATCs are also becoming more common in emerging settings, such as health care administration, rehabilitation centers/clinics, military, occupational/industrial health, performing arts, physician practices, and public safety. Serving an expanding variety of settings has impacted the need for those with the knowledge and training to provide services for orthopedic injuries. As the possibilities grow, so does the demand.

One setting that is experiencing a critical need for access to Certified Athletic Trainers is high school athletic programs. This is partly due to many of the new health concerns related to injuries (i.e., concussion protocols, etc), that have occurred for athletes at the high school level. The University of Connecticut and the Kory Stringer Institute have conducted a nation-wide study, called the ATLAS project that reports how little access there is to qualified athletic trainers to serve high school athletic programs. The following links provide information about the project and the existing need related to athletic training:

<https://ksi.uconn.edu/atlas/about-atlas/>
<https://ksi.uconn.edu/atlas/atlas-survey-and-maps/>
<https://ksi.uconn.edu/atlas/atlas-report-2/>

This need currently exists in Nebraska and is growing for area high schools in the CSC service region. Colorado recently required licensure in order to provide medical services in high school athletic programs. Moving forward, licensure can only be attained by completing a graduate program in Athletic Training. In response to the current demand for Certified Athletic Trainers, and in recognition of the changes in degree completion requirements for certification, Chadron State is proposing the offering of the Master of Science in Athletic Training (MSAT) program.

The MSAT program has been developed to meet the requirements for accreditation by the CAATE and will include a combination of classroom, laboratory, and clinical experiences. The Standards for Accreditation of Professional Athletic Training Programs are used to prepare professional athletic trainers. Each institution is responsible for demonstrating compliance with these Standards in order to obtain and maintain recognition as a CAATE-accredited professional athletic training program.

Standard 2 of the CAATE was recently updated to mandate that accredited professional athletic training programs must result in the granting of a Master's degree in Athletic Training. The previous degree requirement for certification was a Baccalaureate level program. The established timeline for compliance with the change in degree requirement from Baccalaureate to Masters level states that current Baccalaureate programs may not admit, enroll, or matriculate students into the athletic training program after the start of the fall term 2022, which aligns with the timeline that CSC has established for implementation of this new program.

In addition, Standard 2 of the CAATE requires that the program be identified as an academic athletic training degree in all institutional academic publications. The degree must appear on the official transcript similar to normal designations for other degrees at the institution.

Program assessments will consist of a (1) mid-program review at the end of the first year of the program and (2) the BOC Exam at the completion of the program. The mid-program review will consist of a written exam using questions from the NATA practice exams covering the first year of courses. The final assessment will be the completion rate of the students in the program who

successfully pass all requirements for certification by NATA. These data will be analyzed to determine effectiveness of curricula and make adjustments as needed.

Master of Science in Athletic Training

Program Requirements: Students must complete the following requirements upon admittance into the Master of Science in Athletic Training program.

Course Prefix	Course Number	Course Title	Course Credits
AT	501	Clinical Education I	1
AT	502	Clinical Education II*	1
AT	503	Clinical Education III*	1
AT	504	Clinical Education IV*	1
AT	523	Foundations of Athletic Training I	2
AT	524	Foundations of Athletic Training II*	2
AT	527	Lower Extremity Examination & Treatment	2
AT	528	Upper Extremity Examination & Treatment	2
AT	529	Athletic Training Administration	2
AT	539	Advanced Emergency Medical Techniques	2
AT	540	Therapeutic Modalities	2
AT	541	Therapeutic Exercise	2
AT	547	Advanced Nutrition for Sport & Wellness	3
AT	605	Clinical Education V*	1
AT	606	Clinical Education VI	1
AT	610	General Medical Conditions	2
AT	611	Pharmacology	3
AT	615	Research Process & Practice	2
AT	629	Head & Neck Examination & Treatment	2
AT	634	Principles of Strength and Conditioning	3
AT	690	Internship	3
AT	691	Athletic Training Capstone I	3
AT	692	Athletic Training Capstone II	3
Total		*Requires a Prerequisite	46

New Course Catalog Descriptions:

The following are catalog descriptions for new courses added to support the program.

AT 501 Clinical Education I (1 cr)

Integration of educational competencies and clinical proficiencies with classroom instruction and supervised field-based experience.

AT 502 Clinical Education II (1 cr)

Integration of educational competencies and clinical proficiencies with classroom instruction and supervised field-based experience. Prerequisites: Formal acceptance for progression into the Master's Degree in Athletic Training and AT 501.

AT 503 Clinical Education III (1 cr)

Integration of educational competencies and clinical proficiencies with classroom instruction and supervised field-based experience. Prerequisites: Formal acceptance for progression into the Master's Degree in Athletic Training and AT 502.

AT 504 Clinical Education IV (1 cr)

Integration of educational competencies and clinical proficiencies with classroom instruction and supervised field-based experience. Prerequisites: Formal acceptance for progression into the Master's Degree in Athletic Training and AT 503.

AT 523 Foundations of Athletic Training I (2 cr)

Athletic Training Students will study the gross and functional anatomical and physiological principles of athletic injury with practical application to motor performance.

AT 524 Foundations of Athletic Training II (2 cr)

To provide the Athletic Training Student with the knowledge necessary to help sustain life, reduce pain, and minimize the consequences of sudden injury or illnesses.

AT 527 Lower Extremity Examination & Treatment (2 cr)

A systematic examination of the fundamental principles and concepts of athletic training as it relates to the prevention, evaluation, diagnosis, treatment and rehabilitation of lower extremity injuries.

AT 528 Upper Extremity Examination & Treatment (2 cr)

A systematic examination of the fundamental principles and concepts of athletic training as it relates to the prevention, evaluation, diagnosis, treatment and rehabilitation of upper extremity injuries.

AT 529 Athletic Training Administration (2 cr)

A course designed to provide the athletic training student with competencies needed to plan, coordinate and supervise administrative components of an athletic training organization including those pertaining to health care, financial, personnel and facilities management, and public relations.

AT 539 Advanced Emergency Medical Techniques (2 cr)

To provide the Athletic Training Student with the knowledge and skills necessary to respond and act appropriately in emergency medical situations.

AT 540 Therapeutic Modalities (2 cr)

Investigate and analyze indications, contraindications and biophysics of agents that aid in the healing of athletic injuries and the reduction of pain utilizing appropriate therapeutic modalities, basic therapeutic exercises and rehabilitative techniques.

AT 541 Therapeutic Exercise (2 cr)

Introduction to the principles of rehabilitation of sports injuries, including range of motion, pain control, balance, proprioception, strengthening, and endurance. The development of therapeutic goals and objectives, exercise gradation and methods of evaluating rehabilitation progress will be stressed.

AT 547 Advanced Nutrition for Sport & Wellness (3 cr)

The course examines nutritional needs across the life span, focusing on the basic nutrients and their food sources, and nutrient utilization in the human body. There will be a study of the association between nutrition and exercise performance, nutrition assessment of athletes, how to measure body composition, and the use of and controversy over ergogenic aids are explored.

AT 605 Clinical Education V (1 cr)

Integration of educational competencies and clinical proficiencies with classroom instruction and supervised field-based experience. Prerequisites: Formal acceptance for progression into the Master's Degree in Athletic Training and AT 504.

AT 606 Clinical Education VI (1 cr)

Integration of educational competencies and clinical proficiencies with classroom instruction and supervised field-based experience. Prerequisites: Formal acceptance for progression into the Master's Degree in Athletic Training and AT 606.

AT 610 General Medical Conditions (2 cr)

Focuses in the identification and treatment of medical conditions of the nervous, urinary, endocrine, reproductive, respiratory, gastrointestinal, cardiovascular, integumentary systems. Emphasis placed on the role the Athletic Trainer has in the prevention, evaluation, diagnosis, treatment and rehabilitation of associated conditions as directed by a supervising physician.

AT 611 Pharmacology (3 cr)

Introduces principles of drug therapy across the lifespan and the use of drugs as they pertain to the health care of athletes and their effect on athletic competition. An emphasis on the knowledge, skills and values required of the Athletic Trainer on pharmacological applications, including indications, contraindications, precautions, interactions, documentation and governing regulations relevant to the treatment of injury and illness in athletic training.

AT 615 Research Process & Practice (2 cr)

Athletic Training Students develop the skills necessary to critically review and use evidence in the field of Athletic Training. This course will introduce research topics and the data collection and application of statistical methods used in Athletic Training and related research.

AT 629 Head & Neck Examination & Treatment (2 cr)

A systematic examination of the fundamental principles and concepts of athletic training as it relates to the prevention, evaluation, diagnosis, treatment and rehabilitation of the head, neck and spine

AT 634 Principles of Strength and Conditioning (3 cr)

Instruction in basic physiological adaptations to strength and speed development, exercise prescription and testing, and facility design and safety.

AT 690 Internship (3 cr)

Provides a practical field-based experience incorporating educational competencies and clinical proficiencies gained throughout the athletic training program.

AT 691 Athletic Training Capstone I (3 cr)

A capstone course designed for research discussion of critical questions and contemporary issues and problems in athletic training/sports medicine. Athletic Training Students will prepare for the Board of Certification Exam.

AT 692 Athletic Training Capstone II (3 cr)

A capstone course designed for research discussion of critical questions and contemporary issues and problems in athletic training/sports medicine. Athletic Training Students will prepare for the Board of Certification Exam. Prerequisites: Formal acceptance for progression into the Master's Degree in Athletic Training and AT 691

Plan of Study

Students will be accepted into the program by cohorts every other fall term and complete the program as a group. The program will require five semesters of coursework, which includes one summer term. Below outlines the plan of study and the sequence of coursework required for all students accepted into the Master of Science in Athletic Training (MSAT) Program.

Each course within the program will be offered once every two years, with cohorts beginning every other year. All courses offered during the first year of the program will be delivered on campus, with the exception of AT 615 during Summer I, which is delivered online to accommodate students who may wish to be off-campus beyond the completion of the two clinical education experiences. During the second year of the program, fall courses will be delivered on campus, and spring courses will be delivered online to support the student being placed off-campus for both the Clinical Education VI experience and the culminating Internship.

MSAT Plan of Study					
YEAR ONE			YEAR TWO		
Fall Semester I: 9cr			Fall Semester II: 11cr		
AT 501	Clinical Education I	1	AT 605	Clinical Education V*	1
AT 523	Foundations of Athletic Training I	2	AT 610	General Medical Conditions	2
AT 527	Lower Extremity Exam & Treatment	2	AT 629	Head & Neck Examination & Treatment	2
AT 539	Adv Emergency Medical Techniques	2	AT 634	Principles of Strength and Conditioning	3
AT 540	Therapeutic Modalities	2	AT 691	Athletic Training Capstone I	3
		9			11
Spring Semester I: 10cr			Spring Semester II: 12cr		
AT 502	Clinical Education II*	1	AT 529	Athletic Training Administration*a	2
AT 524	Foundations of Athletic Training II*	2	AT 606	Clinical Education VI*a	1
AT 528	Upper Extremity Exam & Treatment	2	AT 611	Pharmacology*a	3
AT 541	Therapeutic Exercise	2	AT 690	Internship a	3
AT 547	Advanced Nutrition for Sport & Wellness	3	AT 692	Athletic Training Capstone II*a	3
		10			12
Summer Semester I: 4cr					
AT 503	Clinical Education III*	1			
AT 504	Clinical Education IV*	1			
AT 615	Research Process & Practice*a	2			
		3			1
TOTAL		23	TOTAL		23

*requires pre-requisite a – Online Format

2. **Centrality to Role and Mission**

The Master of Science in Athletic Training Preparation meets the role and mission of CSC and NSCS in the following ways.

- Provides a stimulating, caring, and enriching learning experience
- Provides opportunities for applied research
- Emphasizes participation in public service and service learning
- Enriches the quality of life in the region by providing education opportunities, research, service, and a program that contributes significantly to the vitality and diversity of the region.
- Provides preparation for graduate programs in Athletic Training which will be the new requirement for certification.

3. **Evidence of Need and Demand**

The U.S. Department of Labor and Statistics predicts employment of athletic trainers will surpass the average of other occupations and grow 21% from 2012-2022. As stated earlier, Standard 2 of the CAATE was recently updated to mandate that accredited professional athletic training programs must result in the granting of a Master's degree in Athletic Training. In order for CSC to provide access to an accredited program that leads to certificate in the Athletic Training field, the College proposes the offering of the MSAT degree program, which has been aligned to the accreditation standards from CAATE.

Offering the MSAT program will provide much needed access for individuals living in or near the Panhandle region to a graduate program that meets CAATE requirements. Students who complete the program and become Certified Athletic Trainers will be able to legally practice in the field, enhancing the quality of life and economic development of both the region and the State. Currently, Chadron State College has an average of 15 incoming freshman entering the Pre-Athletic Training option within the Sport and Recreation Management program. This option has only been in existence for two years, beginning with the 2019-20 academic year, which reflects the increased interest in this field of study. Based on these numbers, the cohort size for the MSAT program is set for 15 students every two years.

Need for Programs:

- Nebraska: 5 programs (closest 300 miles)
- Colorado: 4 programs (closest 250 miles)
- Kansas: 7 programs (closest 430 miles)
- Montana: 2 programs (closest 440 miles)
- South Dakota: 4 programs (closest 330 miles)

Currently there are no Graduate Athletic Training programs offered fully online. In the State of Nebraska, there are five accredited Athletic Training programs, with the closest to Chadron offered in Kearney, which is over 300 miles away. CSC believes there is a need for a program in the western half of the State and that this program will help increase relationships with local and regional health care providers and 7-12 high schools. The closest programs in the surrounding states are identified above and reflect that there are no comparable programs available to individuals who live in the northwestern part of Nebraska and wish to pursue an accredited graduate program in athletic training.

All existing accredited programs in each state can be found on the CAATE website:
<https://caate.net/search-for-accredited-program/>.

4. **Adequacy of Resources**

a. Faculty and Staff Resources

Currently Chadron State College employs three certified athletic trainers (one full-time faculty, one full-time faculty with release hours for athletic training duties, and one professional staff in athletic training who also teaches a course). This number of certified trainers exceeds the requirement of the Commission on Accreditation of Athletic Training Education (CAATE). These individuals primarily support the offering of existing undergraduate courses in this field of study; however, only one of these athletic trainers has a terminal degree needed to teach 600 level coursework. Therefore, to address the addition of the equivalent of one FTE faculty load (23 credits per year) with the new graduate courses being offered for this program, a full-time faculty position is being added to support the program and allow CSC to manage the new course loads being offered each year.

b. Physical Facilities

The program will utilize the current teaching locations on the Chadron State College campus. No additional physical facilities or renovations will be required.

c. Instructional Equipment and Informational Resources

Increases to Basic Athletic Training supplies (tape and wrap) will be necessary. Student fees will be assessed at \$25.00 per student for courses AT 527, AT 528 and AT 629 to cover the increased costs for supplies and materials needed for specific courses within the program. Initial equipment purchases will result in an additional \$2815.00 expenditure for the Year 1. A small increase in library holdings will also be necessary for the profession.

d. Budget Projections (see Program Expense and Program Revenue pages)

As the Expenses and Revenues tables reflect, the expenses associated with adding this MSAT program include faculty, equipment, library/information resources, and marketing. Total expenses for the first five years of the program are **\$425,225.00**. This is offset by the program's revenue, which is based solely on the tuition and fees paid by students, including specific course fees for three courses in the program. Total revenues for the first five years of the program are **\$561,421.50**.

5. **Avoidance of Unnecessary Duplication**

As stated above, currently only 39 Master's level accredited Athletic Training programs exist nationwide, with those closest to Chadron outlined in section 3 of this proposal. Completion of an accredited graduate program is required for certification beginning 2022. With no accredited programs within 250 miles, CSC projects that this new program will meet the growing demand for Certified Athletic Trainers in the region and the State.

6. **Consistency with the Comprehensive Statewide Plan for Postsecondary Education**

The Master of Science in Athletic Training (MSAT) program address the Coordinating Commission's goals for meeting the needs of the students and meeting the needs of the state. The MSAT program will meet the growing need for Certified Athletic Trainers across the region. Beginning Fall 2022, the Commission on Accreditation of Athletic Training Education (CAATE) will require graduate level degree completion from an accredited program to receive certification and the ability to practice. Offering a Master of Science program in Athletic Training to students within the CSC geographic area will reflect the Nebraska State College System's efforts to provide students with career-oriented training in areas of growing demand.

TABLE 1: PROJECTED EXPENSES - NEW INSTRUCTIONAL PROGRAM

	(FY22/23)		(FY23/24)		(FY24/25)		(FY25/26)		(FY26/27)		Total	
	FTE	Cost	FTE	Cost	FTE	Cost	FTE	Cost	FTE	Cost	FTE	Cost
Personnel												
Faculty ¹	1	\$76,462.00	1	\$78,374.00	1	\$80,333.00	1	\$82,341.00	1	\$84,400.00	1	401,910.00
Professional	0	\$0	0	\$0	0	\$0	0	\$0	0	\$0	0	\$0
Graduate assistants	0	\$0	0	\$0	0	\$0	0	\$0	0	\$0	0	\$0
Support staff	0	\$0	0	\$0	0	\$0	0	\$0	0	\$0	0	\$0
Subtotal	0	\$0	0	\$0	0	\$0	0	\$0	0	\$0	0	\$0
Operating												
General Operating		\$0		\$0		\$0		\$0		\$0		\$0
Equipment ²		\$3,565.00		\$375.00		\$750.00		\$375.00		\$750.00		\$5,815.00
New or renovated space		\$0		\$0		\$0		\$0		\$0		\$0
Library/Information Resources ³		\$1,500.00		\$1,500.00		\$1,500.00		\$1,500.00		\$1,500.00		\$7,500.00
Marketing ⁴		\$2,500.00		\$2,500.00		\$2,500.00		\$2,500.00		\$2,500.00		\$10,000.00
Subtotal		\$0		\$0		\$0		\$0		\$0		\$0
Total Expenses	1	\$84,027.00	1	\$82,749.00	1	\$85,083.00	1	\$86,716.00	1	\$86,650.00	1	\$425,225.00

¹ The current salary and benefits for an assistant professor with a doctorate, with an additional .025% added yearly for anticipated salary increases.

² The amount needed for initial equipment purchases during Year 1 (\$2815), plus an annual amount for materials needed for program coursework.

³ The amount needed to ensure electronic and print materials to remain current in the field.

⁴ The amount established for marketing of the new program, for the first four years.

TABLE 2: REVENUE SOURCES FOR PROJECTED EXPENSES - NEW INSTRUCTIONAL PROGRAM

	FY(22/23)	(FY23/24)	(FY24/25)	(FY25/26)	(FY26/27)	Total
	Year 1	Year 2	Year 3	Year 4	Year 5	
Reallocation of Existing Funds ¹	\$0	0	0	0	0	\$0
Required New Public Funds ²	\$0	0	0	0	0	\$0
1. State Funds	\$0	0	0	0	0	\$0
2. Local Tax Funds (community colleges)	\$0	0	0	0	0	\$0
Tuition and Fees ³	\$107,865.90	\$118,911.90	\$107,865.90	\$118,911.90	\$107,865.90	\$561,421.50
Other Funding ⁴	\$0	\$0	\$0	\$0	\$0	\$0
1						\$0
2						\$0
3						\$0
Total Revenue 5	\$107,865.90	\$118,911.90	\$107,865.90	\$118,911.90	\$107,865.90	\$561,421.50

⁵This calculation is based on a cohort of 15 students entering the program every other year and completing the courses as outlined in the Plan of Study, which includes 23 hours of credit each year. Tuition for both on-campus and online coursework is based upon 2020-2021 costs for graduate resident students, as identified at <https://www.eso.edu/businessoffice/tuition/fees/>. In addition, a program-specific fee per student is added beyond the regular cost of attendance to address the \$25 course fee per student for AT527, AT 528, and AT639, which is used to offset annual cost of program materials and supplies.

Tuition and Fees computations per student:

Years 1. 3. 5 (23 credits of coursework):

Fall I: 9 credits on campus
 Spring I: 10 credits on campus
 Summer I: 2 credits online, 2 credits on campus
TOTAL: \$2,734.74 + \$25.00 fee for AT527
 \$3,038.60 + \$25.00 fee for AT529
 \$1,367.72
\$7,191.06 * 15 students = \$107,865.90

Years 2. 4 (23 credits of coursework):

Fall II: 11 credits on campus coursework
 Spring II: 12 credits online coursework
TOTAL: \$3,342.46 + \$25.00 fee for AT629
 \$4,560.00
\$7,927.46 * 15 students = \$118,911.90