

## Pre-Athletic Training

### In order to become an athletic trainer, you must:

- complete a bachelor's degree (in any major) [WCU Undergraduate Major Options](#)
- take the appropriate prerequisite coursework (see *list of programs for specific requirements*)
- obtain required observation hours with Athletic Trainer (see *list of programs for specific requirements*)
- apply through ATCAS system, some colleges may require additional applications [ATCAS](#)
- complete a degree in Athletic Training from an accredited AT program [List of programs](#)
- pass the Board of Certification (BOC) exam
- obtain state specific credential for the area you are wanting to practice

### What should I major in?

While there is no prescribed major for admission into an athletic training program, it is imperative that students complete all required courses for admission. AT programs vary significantly in their requirements, and it is important for you to learn what coursework the schools that interest you require. Students should choose their major according to their strengths, interests and alternative career choices. The Athletic Training Centralized Application Services (ATCAS) is used by the majority of AT schools but most schools also require a separate application to their institution as well.

Minimally, a student should complete these courses at WCU for entrance into many athletic training programs:

#### **BIOL 140, BIOL 291, BIOL 292**

Principles of Bio. I, Human Anat. & Phys. I, Human Anat. & Phys. II

#### **CHEM 139**

General Chemistry I

#### **PHYS 130**

Introductory Physics I

#### **PSY 150 and/or other course in social or behavioral science**

General Psychology

#### **ND 330 (or higher)**

Human Nutritional Needs

### WHO CAN HELP ME AT WCU?

For information on undergraduate program options and admission requirements for Athletic Training schools, contact pre-professional advisors:

#### **Pre-Professional Students:**

[828-227-7753](tel:828-227-7753)  
[prepro@wcu.edu](mailto:prepro@wcu.edu)

#### **Honors College Students:**

Emily Sharpe  
828-227-3277  
[easharpe@email.wcu.edu](mailto:easharpe@email.wcu.edu)

[go.wcu.edu/preprofessionaladvising](http://go.wcu.edu/preprofessionaladvising)