



GUPTA FACULTY OF KINESIOLOGY AND APPLIED HEALTH

BACHELOR OF SCIENCE - ATHLETIC THERAPY

The University of Winnipeg offers a curriculum in athletic therapy which is accredited by the Canadian Athletic Therapists Association (CATA). This program, offered through the Department of Kinesiology and Applied Health, leads to a **4-year Bachelor of Science - Athletic Therapy**

ENHANCED MAJOR DECLARATION

The Athletic Therapy degree stream is no longer a direct entry program. Following completion of 60 credits (2 years) of prescribed courses, students must apply for entry into the Athletic Therapy degree stream in the Winter Term prior to their desired start date. For further information, please visit <https://www.uwinnipeg.ca/dept-kinesiology/>. Applications will be evaluated according to GPA, skills and abilities related to the profession, a written submission and references. Successful applicants will be granted an enhanced major declaration for Athletic Therapy.

The Athletic Therapy degree stream at The University of Winnipeg focuses on the prevention, care and treatment of muscle, bone and joint injuries as they occur in both field and clinical settings. The curriculum is designed to help students develop critical thinking, observation and research skills in areas such as injury prevention, assessment and rehabilitation, biomechanics and strength and conditioning, all of which are key components in the profession of athletic therapy. At the conclusion of the 4-year degree, students will meet all educational requirements of the CATA National Certification Exam.

SAMPLE CAREERS

The job market for athletic therapists is always evolving, including positions in private athletic therapy clinics, multidisciplinary clinics, reconditioning centres, with sport teams, as well as in industry dealing with work-related injuries. Practical experience should be geared toward developing a diverse portfolio of experiences that will make you marketable in the specific area of athletic therapy that you wish to pursue.

SAMPLE COURSES

Exercise Physiology in Chronic Disease involves the study of chronic diseases related to human movement such as cardiovascular disease, diabetes, arthritis, and osteoporosis. Students will begin to understand exercise prescription for these higher risk populations.

Assessment of Upper and Lower Limb Sport Injuries presents the theoretical and practical knowledge necessary for the recognition of athletic injuries to the appendicular skeleton. Students will study orthopaedic assessment techniques as well as history taking, record keeping, and assessment protocols.

Therapeutic Modalities in Sport Medicine involves a study of the principles of various therapeutic modalities – including ice, heat, muscle stimulation, ultrasound, and lasers – used in an athletic therapy clinic for the rehabilitation and reconditioning of sports injuries.

OTHER ESSENTIAL COURSES

- Rehabilitation of Upper and Lower Limb Injuries
- Exercise Physiology
- Sport First Responder
- Drugs and Ergogenic Aids in Sports
- Professionalism in Applied Health
- Soft Tissue Manual Therapy
- Sports Injuries of the Spine
- Musculoskeletal Support Techniques
- Applied Anatomy

PRACTICAL EXPERIENCE

Students must be prepared to commit a significant amount of time to gaining practical experience with teams and in clinics both on campus and in the community. For field experience, students work with a variety of community sport teams as well as with Wesmen teams on campus. For clinical hours, University of Winnipeg students work under the direct supervision and guidance of a Certified Athletic Therapist in the on-campus University of Winnipeg Athletic Therapy Centre and at other approved clinics in the community.

“The athletic therapy program provides an intimate learning environment. The professors are very approachable and always go the extra mile to help their students succeed. The program allows for tons of real-world and hands on experiences. It truly is a rewarding degree to pursue.”

- Brenna Pomanski, 4 year BSc. (Athletic Therapy) and the 2016 Spring Convocation Valedictorian

REQUIRED HIGH SCHOOL COURSES

You must meet The University of Winnipeg's general admission requirements. You **must** complete either **Applied Mathematics 40S** or **Pre-Calculus 40S**.

HOW TO APPLY

Apply to UWinnipeg through the online application: uwinnipeg.ca/apply
When choosing a major, select the 4-year Bachelor of Kinesiology.

After acceptance to UWinnipeg, complete 60 credit hours (two years) of prescribed courses. Then apply for entry into the Athletic Therapy Program. See <https://www.uwinnipeg.ca/dept-kinesiology/degrees/4-yr-bsc-athletictherapy.html>

CONTACT US

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