



GUPTA FACULTY OF KINESIOLOGY AND APPLIED HEALTH

ATHLETIC THERAPY

Athletic Therapy focuses on the prevention, care and treatment of muscle, bone and joint injuries in both field and clinical settings.

The Athletic Therapy program at The University of Winnipeg is a **four-year Bachelor of Science** degree housed in the Department of Kinesiology and Applied Health. The major is referred to as the **Enhanced Major in Athletic Therapy**.

Our curriculum is designed to promote critical thinking, observation and research skills in areas including injury prevention, assessment, rehabilitation, biomechanics and strength and conditioning, all of which are key components in the profession of athletic therapy. The program is accredited by the Canadian Athletic Therapy Association (CATA). Upon graduation, students will have met all educational requirements of the CATA and would be eligible to challenge the National Certification Exam.

NOTE: This is *not* a direct entry program. Students must complete a set of prescribed University courses first, and then apply to the Athletic Therapy program. See “How to Apply” on page 2.

SAMPLE CAREERS

Athletic Therapy students are uniquely trained to work in a variety of areas including:

- Professional Teams
- Rehabilitation Centers
- Amateur Teams (e.g. National team)
- Insurance Case Managers
- Private Practice
- Medical Equipment Representative
- University Athletics
- Retail Sales Medical Supplies
- High School Athletics
- Industrial Rehabilitation
- Strength and Conditioning Centers
- Military Rehabilitation

In a recent (2022) survey of our graduates (54 respondents)...

- 91% said they were satisfied with our program
- 91% were employed; 62% were practicing Athletic Therapists and 27% were employed in related fields
- The average salary of survey respondents was \$51,000. The top salary was \$109,000.

SAMPLE COURSES

- Rehabilitation of Upper and Lower Limb Injuries
 - Exercise Physiology
 - Sport First Responder
 - Drugs and Ergogenic Aids in Sports
 - Therapeutic Modalities
 - Soft Tissue Manual Therapy
 - Sports Injuries of the Spine
 - Musculoskeletal Support Techniques
 - Professionalism in Kinesiology
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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 offers a unique learning environment. It provides all the resources to become successful, including knowledgeable professors/instructors who match your level of dedication in the program. The skill set and confidence gained during this program carries over into all aspects of life. It is a fulfilling degree that opens the door for many career opportunities.”

- Dakota Brueneau Bushie, 4 year BSc. (Athletic Therapy) 2023

REQUIRED HIGH SCHOOL COURSES

You must meet The University of Winnipeg’s general admission requirements. We strongly recommend that you 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, with a B grade in specific courses and a minimum 3.0 GPA.

Then apply to the Enhanced Major in Athletic Therapy. It is a competitive selection process. Application Deadline for Enhanced Major: **April 1**

CONTACT US

Dr. Danielle Defries
Chair, Dept. of Kinesiology and Applied Health
P 204.258.3037
E kinesiology@uwinnipeg.ca

Dr. Glen Bergeron
Director, Athletic Therapy Program
P 204.230.0669
E kinesiology@uwinnipeg.ca

See <https://www.uwinnipeg.ca/dept-kinesiology/degrees/4-yr-bsc-athletictherapy.html>
