



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**

CHANGES EFFECTIVE FALL 2019- ENHANCED MAJOR DECLARATION

As of Fall 2019, the Athletic Therapy degree stream will no longer be a direct entry program. Following completion of a required list of courses, students will 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 a 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

Human Anatomy involves the study of the human anatomical systems and their integration. Special emphasis will be placed on the skeletal, articular, and muscular systems. Students will also begin to undertake the analysis of movement.

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
- Nutrition for Health and Wellness
- Drugs and Ergogenic Aids in Sports
- Pathology in Sport Medicine
- Massage Techniques in Sport
- Scientific Principles of Fitness and Conditioning
- Athletic Taping and Splinting Techniques
- Biomechanics

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. We **recommend** that you complete either **Applied Mathematics 40S** or **Pre-Calculus 40S**.

HOW TO APPLY

To find out more information on application requirements, deadlines, and to access the application, please visit:
uwinnipeg.ca/apply

For more information visit www.uwinnipeg.ca or contact a student recruitment officer at welcome@uwinnipeg.ca or 204.786.9844. In any case where The University of Winnipeg Academic Calendar and this fact sheet differ, the current Calendar takes precedence.

CONTACT US

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