

## PRE-ATHLETIC TRAINING TIMELINE 2023

### ***3 Years Prior to Starting AT School: (Freshman Year if entering immediately from Carthage.)***

- Make an appointment with your pre-health career specialist in the Aspire Center to gather information on engaging in pre-health events.
  - Enroll in the Allied Health Science major to begin your journey through the 3 + 2 pathway
  - Enroll in AHS 1020: Introduction to Health Professionals
  - Attend informational meetings for the pre-health program.
  - Research career information to identify what being an athletic trainer means and the pathway steps towards that career.
  - Become involved in the student runned pre-health club.
  - Participate in the first-year pre-health career exploratory seminar.
  - Start to develop relationships with faculty, staff and mentors at Carthage.
  - Identify experiential learning opportunities including research, internships, volunteering or shadowing and track in your MAP (my aspire plan).
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### ***2 Years Prior to Starting AT School: (Sophomore Year if entering immediately from Carthage.)***

- Meet with your academic faculty advisor or pre-health advising team to make sure you are progressing through the AHS major, any minors, and the athletic training prerequisite courses.
  - Reach out to the pre-health career specialist in The Aspire Center to gather information on potential application preparation opportunities.
  - Continue to identify and secure experiential learning opportunities including research, internships or volunteering and track in your MAP (my aspire plan).
  - Begin shadowing a variety of athletic trainers. You need at least 20 hours of shadowing an ATC before your application.
  - Participate and complete the personal statement workshop in the fall semester.
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### ***1 Year Prior to Starting AT School: (Junior Year if entering immediately from Carthage.)***

- Continue to meet with your academic faculty advisor, pre-health advising team and the pre-health career specialist to ensure that you are on track for both major/minor academic requirements and athletic training requirements.
- Apply to the 3 + 2 MAT program by September 15th using the ATCAS portal.

- Stay involved in both the Carthage community and experiential learning opportunities.

## **PRE-ATHLETIC TRAINING ADVISING PROGRAM 2023**

### ***Pre-Athletic Training Advising Team:***

As a pre-athletic training student, Carthage has numerous faculty/staff members to support your journey to professional school. Make sure you are working closely with your assigned faculty advisor to address any questions relating to your major or minor requirements. For questions regarding the 3 + 2 program requirements and preparation, please contact the Program Director, Laurie Jensen or the Directors of Pre-Health, Ashley Greenwood/ Mandy Long.

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### ***Course Prerequisites:***

These are the prerequisites for the 3 + 2 MAT program. These courses align with the AHS major requirements.

- AHS 1020 Introduction to Health Care Professions
- AHS 3080 Structural Kinesiology
- BIO 2010 Human Anatomy and Physiology for the Health Professional I
- BIO 2020 Human Anatomy and Physiology for the Health Professional II
- CHM 1010 General Chemistry I
- CHM 1020 General Chemistry II
- EXS 3080 Physiology of Exercise\*
- EXS 2330 Applied Statistics for Health & Human Services
- PHY 2100 Physics I
- PYC 1500 Introduction to Psychological Science

### ***Other Suggested Courses:***

- CDM 2100 Health Communication
- BUS 1130 Introduction to the Business of Healthcare
- PYC 1850 Lifespan Development Psychology for the Health Professional

\*= prerequisites needed for course

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### ***Shadowing and Volunteering Amount/Location:***

In order to apply to the 3 + 2 MAT program, you must have 20 hours of shadowing a Certified/License Athletic Trainer. The hours of shadowing must be documented on the Carthage College Shadowing documentation. You can get this document from the AHS Schoology resource page or the program website. You should be shadowing multiple Athletic Training locations to demonstrate your understanding and commitment.

***Personal Statement:***

You will need to submit a personal statement with your application. To help craft your personal statement, attend our Personal Statement Workshop, typically held in the fall semester.

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***Letter of Recommendation:***

You will need several letters of recommendations for your application. You need 3 letters of recommendation. One letter must be from a current Carthage professor, an ATC, and one of your choosing.

Ideally, you should ask for a letter of recommendations at least 2-3 months in advance of your application deadline, although give as much time as possible. This way they have adequate time to reflect upon their experience and write the best possible letter they can. If you are participating in an experiential role, it is suggested that you ask for a letter a month or two prior to the close of that experience. You should ask within 6 months of working with an Athletic Trainer if you are asking for a letter.

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***Applications:***

The application for the 3 + 2 program is due on September 15th of your junior year. Applications will be submitted through the ATCAS platform. This platform has a rolling application process, but it is suggested to submit in August or early September. Your application will be the most competitive if you submit before September 1st. Below is the list of application materials:

- Personal statement
  - Shadowing hours
  - 3 or more letters of recommendation
  - Transcripts
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***First Year Advice:***

Preparing for professional school starts year one at Carthage and we are here to help you each step of the way! We recommend that you reach out to your advising team as soon as possible regarding your plans so they can help you start preparing. You should also join the Pre-Health Club at Carthage which could help you foster connections with other pre-health students, understand what your next steps will look like, and deepen your experience with healthcare. Start building connections with professors now -- by getting involved and seeking out opportunities. Actively participating in class and being a positive role model will help them craft your letters of recommendations. It is highly recommended

you start looking for experiential learning opportunities and get involved. It is never too early to volunteer, shadow or secure an internship/research opportunity.