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## Athletic Training



### Description

The Athletic Training Associate of Arts degree provides students with the opportunity to explore this area of sports medicine through courses in nutrition, biological and physical sciences, applied anatomy, and care and prevention of athletic injuries. The goals of the program are to help students earn an Associate of Arts degree in Physical Education with a concentration in athletic training and to assist students with transfer to a four-year program in athletic training or a related field.

### Mission

Degree programs within the Exercise and Health Sciences Department serve to prepare students to transfer to a four-year institution in the fields of exercise science, athletic training, pre-physical therapy, and health promotion. Graduates will demonstrate specific sport, health, and exercise-related knowledge and display critical thinking, problem-solving skills, and academic proficiency to meet the challenges of upper-division curriculum and real-world application.

### Why This Program

CWI offers a state-of-the-art Human Performance laboratory along with the most advanced curriculum available at a community college in the state of Idaho. Students will have the opportunity to work with athletes as well as the average population completing health screenings, exercise testing and

prescription, injury prevention, and taping techniques. Upon successful completion of the program, students will be prepared to apply to the athletic training program of their choice.

## **What You Will Learn to Do**

- Injury rehabilitation
- Injury prevention
- Taping techniques
- Nutrition concepts for weight loss/management
- Training principles
- Concepts in athletic injury
- Medical Terminology
- Nutrition to fuel performance
- Exercise physiology
- Sport history
- Sport psychology
- Exercise prescription

## **Clubs**



## **Exercise and Health Science Club**

The College of Western Idaho's Exercise and Health Science Club is dedicated to promoting health and wellness to all students. Becoming a member means you will have the opportunity to attend conferences and excursions, such as visiting...

## **Additional Opportunities**

Students will complete a 15-hour internship within the community in the field of their choice.

## **Associate of Arts in Education—Physical: Athletic Training**

Degree Type:

AA

Length:

24 Months

Delivery Formats:

Traditional, Hybrid

## Important Dates for Credit Programs

	<b>Fall 2014</b>	<b>Spring 2015</b>	<b>Summer 2015</b>
<b>Registration Open</b>	April 14	November 10	April 13
<b>Financial Aid Priority Date</b>	July 14	December 1	May 11
<b>Admission Deadline</b>	August 8	December 22	May 15
<b>Tuition and Fees Due</b>	August 22	January 9	May 29
<b>Last Day to Register</b>	August 22	January 9	May 29
<b>Classes Begin</b>	August 25	January 12	June 1*

\*Some classes begin before this date. See [class schedule](#) [1] for more information.

Please refer to our [Important Dates](#) [2] for more information.

### Financial Aid Available

Did you know that as a student in this program you may be eligible for financial aid? Through grants, [scholarships](#) [3], and loans, more than 60 percent of first-time, full-time CWI students receive some form of financial assistance. To learn more about financial aid options and whether you may be eligible, visit [Financial Aid](#) [4].

### Tuition and Fees

Tuition for a full-time CWI student averages half the cost of a state university and a third of the cost of a private college. Tuition and fees vary based on program and residence. Visit [Tuition and Fees](#) [5] for more information.

### Advising

Navigating your way through college can be confusing, especially if you try to go it alone. CWI One Stop Student Services offers advising assistance, to help in deciding which courses you need to take to complete your educational goals. Visit [Advising](#) [6] for more information or contact [One Stop Student Services](#) [7] to schedule an appointment.

The [Athletic Training Degree Progression Grid](#) [8] is available to use in addition to the Advising Worksheet.

### Transfer

Look beyond your degree at CWI and plan for continuing your education by working closely with CWI advising and representatives of your intended transfer school. Planning before you transfer can save you time and money. Visit [Transfer Information](#) [9] for more information or contact [One Stop Student Services](#) [7].

The College of Western Idaho Athletic Training Program has agreements in place with many of Idaho's universities in order to help students transfer credits and complete four-year degrees.

## **Career Information**

Students with degrees in athletic training are trained in the fields of athletic injury, treatment, and prevention. Students will go on to have careers in multiple areas including colleges and universities, hospitals and clinical settings, occupational health, military, professional sports, public safety, and high schools.

Professions

- Athletic Training
- Physical Therapy
- Occupational Therapy
- Research
- Strength and Conditioning

## **Locations**



### **Nampa Campus Aspen Classroom Building**

6002 Birch Lane, Nampa, ID 83687



### **Nampa Campus Multipurpose Building**

6042 Birch Lane, Nampa, ID 83687

## **Program Contact**



[10]

[Rhonna Krouse](#) [10]

Department Chair, Exercise and Health Sciences

[Dept of Exercise & Health Sci](#) [11]

208.562.3340

[rhonnakrouse@cwidaho.cc](mailto:rhonnakrouse@cwidaho.cc) [12]

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### Links

[1] <http://cwidaho.cc/current-students/class-schedule>

[2] <http://cwidaho.cc/dates>

[3] <http://cwidaho.cc/scholarships>

[4] <http://cwidaho.cc/financialaid>

[5] <http://cwidaho.cc/tuition>

[6] <http://cwidaho.cc/advising>

[7] <http://cwidaho.cc/contact>

[8] [http://cwidaho.cc/sites/default/files/imce/PDF/programs/education-phys/education\\_-\\_phys\\_athletic\\_training\\_aa\\_degree\\_progression\\_grid.pdf](http://cwidaho.cc/sites/default/files/imce/PDF/programs/education-phys/education_-_phys_athletic_training_aa_degree_progression_grid.pdf)

[9] <http://cwidaho.cc/transfer>

[10] <http://cwidaho.cc/person/faculty/rhonna-krouse>

[11] <http://cwidaho.cc/department/dept-exercise-health-sci>

[12] <mailto:rhonnakrouse@cwidaho.cc>