



SHENANDOAH  
UNIVERSITY

Division of Athletic Training



Master of Science in **Athletic Training**  
Graduate **Performing Arts &**  
**Esports** Certificates

# Make a Difference as an Athletic Trainer

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Become an expert in health care for athletes and the physically active. Shenandoah's Division of Athletic Training offers a unique combination of hands-on clinical training, distance-based education and clinical research. Explore our graduate certificates to combine your passion for the arts or gaming with your desire to make a difference in the lives of performers and esports athletes.

## Graduate Programs

### Master of Science in Athletic Training

Our Master of Science in Athletic Training (MSAT) is a two-year, 70-credit degree program accredited by the Commission on Accreditation of Athletic Training Education (CAATE). The program offers a hybrid learning experience (summer on-campus instruction, hybrid fall and spring semesters), providing a strong foundation in anatomy, kinesiology, and injury pathomechanics. The program prepares you to take the Board of Certification (BOC) exam in athletic training and boasts a three-year aggregate 97% first-time board pass rate.

### Dual Degree: Master of Science in Athletic Training/ Doctor of Physical Therapy

Our dual degree in athletic training and physical therapy is one of the only programs in the country designed for students interested in joining both professions and becoming a sports medicine expert clinician. This four-year program, offered at our locations in Winchester and Leesburg, Virginia, prepares you to meet the standards to take the physical therapy licensure exam and the athletic training Board of Certification (BOC) exam. Courses are shared between programs when didactic coursework overlaps between the two professions.

### Graduate Certificates

- Esports Health & Fitness
- Esports Medicine
- Performing Arts Health & Fitness
- Performing Arts Medicine

Health care professionals and current students can specialize their skill sets by taking advantage of any of our four, 15-credit, hybrid graduate certificates. Performing Arts Medicine and Esports Medicine aim to educate health care professionals on the prevention, assessment, and management of injuries and disorders specific to dancers, theatre artists, musicians or esports athletes while the Performing Arts Health & Fitness and Esports Health & Fitness certificates focus on preventing injury/illness, providing strength and conditioning, understanding nutritional needs and integrating mind and body techniques to enhance health and wellness for performing artists and esports athletes.



*"Coming from a traditional sports and orthopedic background, the only dancing I ever did was at weddings. However, the experience, knowledge, and mentorship I gained from the Performing Arts Medicine program at Shenandoah University exposed me to an incredible population of underserved individuals in need of knowledgeable and skilled clinicians. I will be forever grateful for the clinical reasoning and communication skills that I developed over this course series that have allowed me to better serve dancers, gymnasts, cheerleaders, musicians and vocalists that come through the clinic. The PAM program helped me find a passion I didn't know I had."*

*— Jacob Manley '17 PT, DPT, MS, LATC, CSCS  
PRO Physical Therapy, Performance Physical Therapist  
and Athletic Trainer*

*"The PAM program helped me gain a background in dance terminology, injuries and evaluation that has been instrumental in building rapport with injured ballet dancers. When a dancer realizes that they do not have to worry about explaining fundamental ballet positions and movement, they can focus on their pain and they feel more comfortable and confident coming to me with their injuries. The comprehensive knowledge taught in the PAM program regarding evaluation and prevention of dance-specific injuries cultivated a high level of confidence going into my clinical rotation. The clinical rotation through Shenandoah's PAM program directly translated into getting a job providing care for professional and pre-professional ballet dancers after I graduated."*

*— Leanne Wonesh '18, MS, LAT, ATC  
Outreach Athletic Trainer | Houston Ballet & Academy  
Houston Methodist Orthopedics and Sports Medicine*





*“Shenandoah University students engage in clinical experiences on campus, in leading sports medicine clinics, in secondary schools, in NCAA Division I athletics, and in universities abroad. Students are able to specialize in emerging practice areas such as the physician setting, performing arts medicine and esports medicine.”*

*– Rose Schmieg, DHSc, ATC, PT, OCS, CSCS,  
Interim dean of the School of Health Professions*

# Why Shenandoah?

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In our Master of Science in Athletic Training program, you will benefit from classroom and hands-on learning from a highly experienced faculty. Two courses in anatomy in our state-of-the-art cadaver facility will enhance your clinical performance. The program's medical director is from the INOVA Sports Medicine Center, giving students access to guest lectures by top professionals and clinical opportunities with leaders in orthopedic and concussion care of youth and professional athletes. Students also have the opportunity to apply for additional certifications while enrolled: ASOP Orthopedic Physician Extender (OPE), Certified Sports Nutritionist (CISSN), and Certified Graston Practitioner.

## Hands-On Clinical Experience

You'll engage in unique clinical experiences with athletes and clients of all ages, as well as in practice areas such as law enforcement, performing arts and the physician setting. Program clinical experiences are available on our campus and throughout the U.S. Examples of clinical field experience sites include:

- DeMatha Catholic High School, Washington, D.C.
- High schools in Frederick, Loudoun and Fairfax counties in Virginia
- INOVA Sports Medicine Center
- North Carolina State University
- Old Glory - Professional DC Rugby Team
- Rutgers University
- UCLA
- University of Arizona
- University of Washington
- Washington Spirit - Professional Soccer

## Accomplished Faculty Mentors Make the Difference

Our accomplished and caring faculty will prepare you to serve as a compassionate athletic trainer, critical thinker and ethical leader. You'll benefit from small class sizes that enable faculty members to provide individualized attention and nurture your academic and professional development.

## Key Features

- **Three-year aggregate 97% first-time board pass rate**
- Small classes and interactive technology
- **Innovative** blend of hands-on learning, online learning and clinical experiences
- Opportunities to **present research locally and globally**
- **Clinical opportunities** in professional, collegiate and high school sports, as well as sports medicine clinics, performing arts medicine and sports performance businesses
- Students use **university-provided Apple tech**: a MacBook Pro laptop and an iPad with an Apple Pencil

## Exceptional Facilities

Our facilities include cutting-edge simulation suites configured to emulate a variety of health care spaces, house several health professions programs and encourage interprofessional collaboration, with an eye toward creating the highly collaborative and evidence-based health care teams of the future.

The **Health & Life Sciences Building** in Winchester, Virginia anchors the south corner of main campus, providing a state-of-the-art facility for the natural sciences and health care education.

Our **cutting-edge esports arena** accommodates the growing esports demand in the region. It serves as both a practice facility for Shenandoah's 55+-member varsity team and as a public esports venue where spectators can watch weekly matches.

The **James R. Wilkins, Jr. Athletics & Events Center** is the home of the Shenandoah basketball, volleyball, and track & field teams, and offers student-athletes the opportunity to practice, train and receive treatment in all conditions. This facility includes several basketball and volleyball courts, a 6-lane track and a satellite athletic training area.





# Shenandoah has...

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## Unique graduate certificates

We offer four unique graduate certificates: Performing Arts Medicine, Esports Medicine, Performing Arts Health & Fitness and Esports Health & Fitness. These programs prepare you to serve the unique needs of performers and esports competitors.

## Performing Arts Medicine and Esports Medicine Certificates

Our Performing Arts Medicine and Esports Medicine graduate certificates are designed to educate health care professionals on the prevention, assessment and management of injuries and disorders specific to dancers, theatre artists, musicians or esports athletes. These programs also promote clinical research to determine best practices and embody collaboration between various health professions alongside esports and performing arts educators.

These programs are open to the following licensed health care professionals or current Shenandoah University students pursuing one of our degrees\*:

- Medical Doctors
- Physical Therapists\*
- Athletic Trainers\*
- Occupational Therapists\*
- Podiatrists
- Chiropractors
- Physician Assistants\*
- Nurse Practitioners\*

## Performing Arts Health & Fitness and Esports Health & Fitness Certificates

Our Performing Arts Health & Fitness and Esports Health & Fitness graduate certificates are designed to improve teaching within performing arts and esports, to increase performance while mitigating injury risk and to promote business opportunities for a fitness professional or massage therapist catering to the needs of a performing artist or esports athlete. These programs prepare you to be a leader in performing arts and esports health and fitness.




## Key Features

- **Flexible hybrid format** combines online learning with on-site lectures and labs
- **Clinical experiences** include backstage care of performing artists, wellness screenings, ergonomic assessments and the opportunity to shadow performing arts health care professionals and esports athletes across the nation
- Faculty experts provide **valuable practical experience**
- **Program research projects** have been published and presented nationally and internationally
- Option to complete certificates in **two or three years**



*"I truly enjoy working with the graduate students from Shenandoah's AT program. These students continually impress me with their knowledge, their dedication to learning and their dedication to the profession of athletic training, which may be why there are so many former students employed in Fairfax County."*

*– Paul G. Rupp, MS, ATC, VATL  
Athletic Trainer, Oakton High School*

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