

# Averett University

# Athletic Training



If you are interested in a career in athletic training or physical therapy, Averett University's certified athletic training program will provide you with the hands-on experience you need to succeed. Qualified Averett students have the opportunity to work with professional sports teams, college programs and in a variety of clinical settings such as physical therapy clinics and doctors' offices.

## The Averett Advantage

- Learn from the same instructors who serve as consultants for the NFL, the MLB, the NHL and PGA professionals.
- Land a great internship. For qualified students, internship opportunities are possible with major sports programs including:
  - the New England Patriots
  - the Indianapolis Colts
  - Virginia Tech
  - Major League Baseball teams
  - Women's National Basketball Association teams
- Benefit from the unique experience of instructors who provide training advice to the Navy Seals, Army Rangers and professional firefighters.
- Get into graduate school! Nearly one hundred percent of our recent graduates have been accepted into graduate school for physical therapy, exercise science or athletic training.
- Gain experience in Averett's NCAA Div. III athletic program.

"Averett University has an excellent program. The faculty and staff have solid backgrounds in athletic training. You will also have the opportunity to work with nearly every sport, which is important to any future athletic trainer. There are also opportunities to work with some prominent people in the field of athletic training."

Paul Hylton, '03

After graduating from Averett, Paul continued his education earning a master's degree in sports medicine from the University of Virginia. He has returned to Averett to assist in the athletic training program.

Students who qualify for entry into Averett's athletic training program gain the hands-on experiences that make a difference.

To learn more visit [www.averett.edu/academics/physical-education](http://www.averett.edu/academics/physical-education).

## Contact Us

Averett University Office of Admissions, Danville, Va. 24541  
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“The athletic training students at Averett University have a very unique educational opportunity to work with clinical instructors and faculty who are at the forefront in developing and utilizing cutting edge assessment, strengthening and performance techniques.”

Jon Torine  
Head Strength and Conditioning Coach  
Indianapolis Colts

## A World of Opportunity

Averett’s 14 Division III athletic teams give student trainers the opportunity for hands-on experience in a variety of sports. The training room is located at the heart of Averett’s 70-acre athletic complex. Housed in the E. Stuart James Grant Center, the training room is equipped with the latest advances available in the field of sports medicine.

In addition to working with Averett’s sports teams, student trainers have the opportunity to work in doctors’ offices, physical therapy clinics and other clinical settings.

## Requirements for Major in Physical Education: Athletic Training

Students must apply for entry into the athletic training program prior to the start of their sophomore year at Averett. Visit [www.averett.edu/academics/majors.html](http://www.averett.edu/academics/majors.html) and select the Athletic Training link for a complete list of courses and requirements.

“I completed my internship at the Rehabilitation Services of Danville. It was a good experience. It showed me the basics of a physical therapy program, allowed me to interact with the PT and form a good relationship with my advisor at the clinical site. My career goals have changed since working in the orthopedic clinic. I’ve decided to stay in the rehabilitation field.”

Ashley Greer, '05

## Innovative Functional Movement Screen Co-developed by Averett Professor

The Functional Movement Screen (FMS), co-developed by the Director of Averett’s Athletic Training Program Dr. Lee Burton, is used by professional golfers, the NFL, the MLB and the WNBA players to improve their athletic performance. In addition, the FMS has proven effective in training professional firefighters and members of the elite Armed Forces.

“The Functional Movement Screen has been well received by professional sports teams as well as by others who need to be in top physical condition,” Burton said. “Initial observations indicate that people who complete the FMS and then follow the corrections we prescribe, improve their performance and are less likely to sustain injuries.”

Burton and his colleagues travel throughout the United States offering seminars and individualized instruction on their Functional Movement Screen. The result has been great contacts for future student internships and job openings.

“The contacts we’ve made through the popularity of FMS continue to open doors for our athletic training students,” Burton said. “Students who gain entry into the program and who are qualified have the opportunity to add valuable experience to their résumés. We recently had a student intern with the New England Patriots. For students wishing to become athletic trainers, hands-on experience is essential.”

FMS consists of seven tests that categorize and rank functional movement patterns. These movement patterns are specific to human growth and development and are extremely important in athletics because they are fundamental to complex activities. This screen attempts to pinpoint a weak area in these movement patterns, which will then allow for improved exercise prescription and performance. This can be the first line of defense in injury prevention.