

Honours Bachelor of Health Sciences – Athletic Therapy



Meet our students

Our students have advanced athletic therapy skills such as field assessment, injury treatment, clinical assessment and rehabilitation. They learn in a state-of-the-art Athletic Therapy Clinic with aquatic rehab, training facilities, and dedicated lab space with up-to-date equipment, allowing our students to apply their skills in environments that simulate the workplace and real-world settings. This program is accredited by the Canadian Athletic Therapists Association (CATA), putting our graduates a step closer to certification.

Learn more about the classes these students take by visiting [the program webpage](#).

Core competencies and skills

- Assessing the nature of injuries and illnesses sustained by active individuals and determining the appropriate treatment.
- Providing first aid and emergency care for injuries and limitations.
- Overseeing administrative components of an athletic therapy practice.
- Researching products and technologies for the treatment and management of injuries.
- Recommending health care information, education and counselling on subjects pertaining to both the psychological and physical health of an individual.
- Designing an athletic injury/illness prevention program for active individuals.

Work term availability

- Summer (May – August)

Work term capabilities

- Administering therapeutic modalities to assessed injuries within a supervised environment.
- Utilizing strapping, support, and emergency management techniques in the treatment of sports injuries during activity.
- Effectively using the H.O.P.S. method of evaluating sports injuries on site.
- Administering standard sideline assessments in the decision-making process for an athlete's return to sport.
- Monitoring protective equipment for its effectiveness and making decisions regarding the need for repair or replacement.
- Providing recommendations for effective bracing of injuries or proper footwear for activities.
- Assessing and creating rehabilitation and reconditioning programs for injuries or physical limitations sustained by active individuals.
- Providing first aid during the course of the activity.

Employer resources

- [Employer webpage](#)
- [Program information](#)
- [Program course schedule](#)

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