Traveling north/east on I-59/I-20 from Meridian, take the AL-28 exit 17.

- Turn R) onto AL-28.
- Turn R) onto U.S. Highway 11.
- Turn R) at first traffic light into campus.
- Continue until you come to a T in the road, and turn L). Pass the parking lot on the L) take the next L).
- Continue down the hill through the gate.
- Take the stairs entering the building to the R). Go to Room 216, (second door on the R) once entering the building.

Traveling south/west on I-59/I-20 from Tuscaloosa, take the AL-28 exit 17.

- Turn L) onto AL-28.
- Turn R) onto U.S. Highway 11.
- Turn R) at the first traffic light onto campus.
- Continue until you come to a T in the road, and turn L). Pass the parking lot on the L) take the next L).
- Continue down the hill through the gate.
- Take the stairs entering the building to the R). Go to Room 216, (second door on the R) once entering the building.

Traveling west on US-80, from Demopolis turn R) onto AL-28 toward Livingston.
- Continue straight through U.S. 11, through two traffic signals, and past the Shell station on your L).
- Continue around the curve and take the first R) down the hill into the parking lot.
- The Center will be straight ahead.
- Take the stairs entering the building to the R). Go to Room 216, (second door on the R) once entering the building.
The UWA Athletic Training & Sports Medicine Center is located in Room 216 of Homer Field House in the end zone of Tiger Stadium on The University of West Alabama Campus.