



## Program of Study: Bachelor of Science in Athletic Training

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### Program Description

The Athletic Training major prepares the student to become a certified athletic trainer who is qualified to work in a variety of settings including high schools, colleges and universities, professional sports, clinics, and other areas as an integral part of the health care team. The student will receive education in prevention, care, immediate treatment, rehabilitation, and management of athletic related injuries and illnesses. The education includes clinical rotations on and off campus that require at least 825 hours of clinical experience that must be completed before graduation. Students are also required to take a physical exam and sign a technical standards agreement prior to full acceptance to ensure ability to complete tasks associated with the position. The selection of student athletic trainers is competitive.

Course Number	Course Title	Course Description	Credits
UNV 101	University Success	This course provides positive re-enforcement of successful learning strategies and assistance with adaptation to the academic environment.	3
COM 101	Intro to Human Communication	This course focuses on how people use messages to generate meanings within and across various contexts, cultures, channels, and media. The course readings and discussions seek to increase understanding of relevant communication theories and their application in the practice of effective and ethical human communication in both personal and professional life.	3
ENG 101	Academic Writing	A course in writing academic prose, including various types of essays, arguments, and constructions. A writing intensive course. Prerequisite: UNV 105.	3
PSY 101	General Psychology*	A foundation course in the science of behavior. Includes a study of the origin and development of behavior patterns, motivation, emotional behavior sensory functions, perception, intelligent behavior, and adjustment. Simple experiments constitute a basic part of the course.	3
HIS 107	World Civilization before 1500*	A survey of the major events, personalities, movements, and ideas in world civilization from the prehistoric era to 1500 CE. This course focuses on the key political, intellectual, scientific, social, economic, and cultural changes that occurred in world civilization. Students will gain an understanding of the social forces and trends in social, religious, political, and philosophic thought that laid the foundations of the modern world.	3
ENG 102	Research Writing	A course exploring various types of research writing, with a focus on constructing essays, arguments, and research reports based on primary and secondary sources. A writing-intensive course. Prerequisite: ENG 101.	3
BIO 160	Anatomy & Physiology	A study of the basic structure and function of the major body systems of the human body. This course focuses on an in depth study of the musculoskeletal and neurological systems for the athletic training, health and exercise majors. This course will also compare normal and abnormal function for more comprehensive understanding of the human body. Co-requisite: BIO 160L	3

BIO	160L	Anatomy & Physiology Lab	A laboratory course designed to complement and support the principles taught in BIO 160. Co-requisite: BIO 160	1
MAT	120	Intermediate Algebra	Topics from basic algebra: linear equations, polynomials, quadratic equations, systems of equations, and introductory conic sections. Prerequisite: MAT 100.	3

Choose one of the following courses:

INT	463	World Religions*	A study of the major contemporary religions of the world including both historical background and development, and current beliefs and practice with emphasis on basic religions: Hinduism, Jainism, Buddhism, Sikhism, Taoism, Confucianism, Shinto, Zoroastrianism, Judaism, Islam, and Baha'i.	3
BIB	113	Old Testament History*	An introductory and historical survey of the Old Testament. Attention is given to the study of the Bible itself, its institutions, literature, and history of the national life of the Hebrew people from earliest times to close of the Old Testament period.	3

Choose one of the following courses:

PHI	101	Introduction to Philosophy*	An introduction to the discipline of philosophy through a study of representative philosophic problems.	3
BIB	123	New Testament History*	A general historical survey of the New Testament, beginning with the inter-biblical period, with the main emphasis given to the Gospels and Acts.	3

Complete the following courses:

UNV	200	Western Ideas and Aesthetics	An examination of ideas that shaped Western thought, and aesthetics. Students will have opportunities to identify and analyze instances of these ideas literature, film, and art.	4
EXS	314	Care and Prevention of Athletic Injuries	A course designed to provide the student with a basic knowledge and understanding of the principles of sports medicine, the care and treatment of athletic trauma, and the use of proper conditioning principles of the prevention of injury. Co-requisite: EXS 314L	3
EXS	314L	Care and Prevention of Athletic Injuries Lab	A laboratory course designed to complement and support the principles taught in EXS 314. Co-requisite: EXS 314	1

*Total General Education Credits: 39*

\* Campus students may choose an alternate course from the Grand Experience.

### Athletic Training Prerequisite

HLT	270	First Aid and Safety	Designed to develop the ability to administer emergency treatment for first responders. Upon successful completion of this course, students will receive American Red Cross Standard First Aid and CPR certification. Also a study of safety and its importance in home, work, and recreational settings.	3
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*Total Athletic Training Prerequisite Credits: 3*

### Athletic Training Major

EXS	295	Clinical Instruction in Athletic Training I	This course is designed to provide a clinical setting in which the athletic training student can clinically apply and show proficiency in the information learned in Care and Prevention of Athletic Injuries and First Aid and Safety. The student will be assigned to an "Approved Clinical Instructor" (ACI) who will supervise the student on a daily basis through constant visual and auditory interaction and provide feedback to the student on his/her progression. Prerequisites: HLT 270, EXS 314.	5
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HLT 310A	Spirituality in Health Care	This course explores the concept of spirituality as it relates to the person who is involved in the health-care system. Since illness and stress can amplify spiritual concerns and needs, health-care professionals are in a unique position to assist the patient/client in meeting those needs. This course explores the relationship between health-care professionals and those they serve. Topics include performing spiritual assessment, identifying those experiencing spiritual well-being as well as those experiencing a threat to spiritual well-being, and planning and evaluating care related to spiritual wellness. A spiritual care framework is used to apply these concepts to a variety of populations in diverse clinical settings. Prerequisite: Enrollment in BS in Health Sciences, BS in Medical Imaging Sciences, or BS in Respiratory Care	3
EXS 324	Recognition and Evaluation of Athletic Injuries	A course covering the evaluation of athletic injuries through practical skills of palpation of bony and soft tissue structures, assessing range of motion, neurological testing, and special tests for primary joints and areas of the body. Prerequisites: EXS 314; and BIO 160 or BIO 201. Co-Requisite: EXS 324L	3
EXS 324L	Recognition and Evaluation of Athletic Injuries Lab	A laboratory course designed to complement and support the principles taught in EXS 324. Co-Requisite: EXS 324	1
EXS 335 <sup>A</sup>	Kinesiology	Analysis of human movement, integrating knowledge of the skeletal, muscular, and neurological systems with the effects of gravity, friction, internal and external forces, and the effects of motion on function, including the application of these factors to various types of physical skills. Two-and-one-half credits lecture, one-half credit lab. A Writing-Intensive course. Prerequisites: HLT 253, BIO 160, or BIO 201. Recommended: PHY 101 or PHY 111 (may be taken concurrently). Co-requisite: EXS 335L.	3
EXS 335L	Kinesiology Lab	A laboratory course designed to complement and support the principles taught in EXS 335. Co-requisite: EXS 335	1
EXS 340	Physiology of Exercise	A study of the effects of exercise on the body. It includes the study of responses and adaptations to exercise at the systemic as well as the subcellular level. Prerequisites: HLT 253, BIO 160, or BIO 201 and BIO 202. Co-requisite: EXS 330L	3
EXS 340L	Physiology of Exercise Lab	A laboratory course designed to complement and support the principles taught in EXS 330. Co-requisite: EXS 330	1
EXS 385	Therapeutic Modalities	A study of various therapeutic modalities that aid in the healing process of injuries. The course will cover the theory behind and proper use of these modalities with laboratory experience. Prerequisites: EXS 314 (formerly EXS 496a). Co-requisite: EXS 385L	2
EXS 385L	Therapeutic Modalities Lab	A laboratory course designed to complement and support the principles taught in EXS 385. Co-requisite: EXS 385	1
EXS 365	General Medicine	Covers the competencies related to recognition, detection and referral and understanding treatment approaches for medical condition and disabilities associated with the physically active. These competencies covered are related to the derma, head, face, thorax, abdomen, eyes, ears, nose and throat. The student will also learn pharmacologic applications and governing pharmacy regulations relevant to treatment of injuries, illnesses and diseases. Prerequisites: EXS 314	3

EXS 360	Strength & Conditioning	The study of the physiological responses to exercise, exercise techniques, exercise program design for anaerobic and aerobic exercise, exercise prescription principles and organization and administration of strength and conditioning facility. This course is designed to prepare students for National Strength and conditioning association (NSCA) Strength and Conditioning Specialist (CSCS) certification exam and personal training certificate. Prerequisites: BIO 160 or BIO 201	3
EXS 395	Clinical Instruction in Athletic Training II	This course is designed to provide a clinical setting in which the athletic training student can clinically apply and show proficiency in the knowledge acquired in Evaluation of Athletic Injuries. The student will be assigned to an “Approved Clinical Instructor” (ACI) who will supervise the student on a daily basis through constant visual and auditory interaction and provide feedback to the student on his/her progression. Prerequisite: EXS 295A, EXS 295B, and instructor’s approval. (formerly EXS 497a)	5
EXS 424	Athletic Training Administration	This course deals with the organization and administration of an athletic training program. Topics include program and human resource management, budgeting and inventory management, facility design, information management, insurance and legal considerations, and ethics in athletic training. Prerequisite: EXS 314.	3
EXS 414 <sup>A</sup>	Advanced Athletic Training	This course covers content specific to the upper level athletic training student, including respiratory conditions and diseases, joint mobilizations, therapeutic massage, research design and presentation, resume development, and review for the NATABOC exam. A Writing-Intensive course. Prerequisites: EXS 314; and EXS 385, EXS 496, or EXS 497a.	3
EXS 426	Theory of Prescribing Exercise	The specific and applied use of exercise in prevention of injury, improvement of performance, and recovery from disability and dysfunction. Included are specific exercise routines, muscle testing, kinesiological principles, history and scope of rehabilitating exercise, abnormal clinical kinesiology, examination procedures, and reconditioning of specific disorders. Prerequisites: BIO 160 or BIO 201; and EXS 330 or EXS 340. Co-requisite: EXS 426L	3
EXS 426L	Theory of Prescribing Exercise Lab	Practical application of exercise prescription and rehabilitation. Designed to complement and support principles being taught in EXS 426 lecture. Prerequisites: BIO 160 or BIO 201; and EXS 330 or EXS 340. Co-requisite: EXS 426	1
EXS 494	Clinical Instruction in Athletic Training III	This course is designed to provide a clinical setting in which the athletic training student can clinically apply and show proficiency in the knowledge acquired in the prerequisite classes. The student will be assigned to an “Approved Clinical Instructor” (ACI) who will supervise the student on a daily basis through constant visual and auditory interaction and provide feedback to the student on his/her progression Prerequisite: EXS 395A, EXS 395B, and instructor’s approval.	5
EXS 495	Clinical Instruction in Athletic Training IV	This course is designed to provide a clinical setting in which the athletic training student can clinically apply and show proficiency in the knowledge learned in prerequisite classes. The student will be assigned to an “Approved Clinical Instructor” (ACI) who will supervise the student on a daily basis through constant visual and auditory interaction and provide feedback to the student on his/her progression Prerequisite: EXS 494A, EXS 494B, and instructor’s approval.	5

*Total Athletic Training Major Credits: 54*

*Total General Education Credits: 39*

*Total Prerequisite Credits: 3*

*Total Elective Credits: 24*

*Total Bachelor of Science in Athletic Training Credits: 120*