

# FOUR-YEAR PLAN

Athletic Training, B.S.

15 to Finish



## Semester 1

Course	Credits	Grade		✓
ENGL 101: Composition & Rhetoric I	3	C*		<input type="checkbox"/>
BIOL 121/L: Foundations of Biology I w/ Lab	4	C		<input type="checkbox"/>
MATH 105: Elementary Statistics	3	C		<input type="checkbox"/>
P ED 101M: Personal Wellness	2	C		<input type="checkbox"/>
AT 242: Prevention & Care of Common Injuries & Illnesses	2	C		<input type="checkbox"/>
AT 243: Acute Care of Athletic Injuries Lab	1	C		<input type="checkbox"/>
UNIV 100: CU Foundations for AT Majors	1			<input type="checkbox"/>
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## Semester 2

Course	Credits	Grade		✓
ENGL 102: Composition & Rhetoric II	3	C*		<input type="checkbox"/>
General Education Course	3			<input type="checkbox"/>
General Education Course	3			<input type="checkbox"/>
AT 126: Introduction to Athletic Training	2	C		<input type="checkbox"/>
Elective/Minor	3			<input type="checkbox"/>
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## Semester 3

Course	Credits	Grade		✓
General Education Course	3			<input type="checkbox"/>
General Education Course	3			<input type="checkbox"/>
BIOL 335/L: Anatomy & Physiology I (with Lab)	4	C		<input type="checkbox"/>
PSY 101: General Psychology	3	C		<input type="checkbox"/>
BIOL 249: Medical Terminology (Recommended Elective)	3			<input type="checkbox"/>
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## Semester 4

Course	Credits	Grade		✓
General Education Course	3			<input type="checkbox"/>
General Education Course	3			<input type="checkbox"/>
AT 2602: Pre-Professional Athletic Training Practicum	1	B		<input type="checkbox"/>
BIOL 336/L: Anatomy & Physiology II (with Lab)	4	C		<input type="checkbox"/>
H ED 304: Nutrition & Weight Management	2	C		<input type="checkbox"/>
P ED 315: Kinesiology	3	C		<input type="checkbox"/>
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The **Bachelor of Science in Athletic Training** degree prepares students for entry into the athletic training profession.

Students are presented with the classroom knowledge, hands-on skills, and practical experiences to assist them in achieving satisfying careers and making positive contributions to their profession and communities.



### MILESTONE COURSES

Courses marked as Milestone Courses are crucial for staying on

track to complete your degree in four years. Take them in the recommended semester to stay on track! If you see a recommended minimum grade, this is the grade you need to earn to have the best chance for success in this degree! Grades marked with an asterisk are required to pass.



### LANDMARKS

Points where you see a landmark icon on the four-year plan indicate you have reached a point of action outside regular coursework! See the Helpful Hints for information on each landmark.

## Helpful Hints

- Semester 1—Must have a composite ACT score of 18 or above to take BIOL 121. Otherwise, you will take BIOL 101: Biology: Human Body.
- Semester 3—BIOL 249 is recommended as an elective, however, you may choose a different elective if you prefer.
- Semester 4 Landmark—Apply to the Athletic Training Program. Courses required for admission to the ATP: AT 126, AT 242, AT 243, AT 2602, PSY 101, BIOL 335/L, P ED 101M, P ED 315, H ED 304. See more about the admission requirements and application to the [ATP](#) online.

# FOUR-YEAR PLAN Athletic Training, B.S.

## Semester 5

Course	Credits	Grade	✓
AT 3601: Athletic Training Practicum	2	B	<input type="checkbox"/>
AT 236/L: Evaluation of Lower Extremity Injuries (with Lab)	4	C	<input type="checkbox"/>
AT 331: Therapeutic Modalities (with Lab)	4	C	<input type="checkbox"/>
Elective/Minor	3		<input type="checkbox"/>
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## Semester 6

Course	Credits	Grade	✓
AT 3602: Athletic Training Practicum II	3	B	<input type="checkbox"/>
AT 314: Exercise Physiology	3	C	<input type="checkbox"/>
AT 314L: Exercise Testing and Prescription	1	C	<input type="checkbox"/>
AT 237/L: Evaluation of Upper Extremity Injuries (with Lab)	4	C	<input type="checkbox"/>
AT 329/L: Therapeutic Exercises I (with Lab)	4	C	<input type="checkbox"/>
<b>15</b>			

## Semester 7

Course	Credits	Grade	✓
AT 4601: Athletic Training Practicum III	3	B	<input type="checkbox"/>
AT 332/L: Therapeutic Exercises II (with Lab)	4	C	<input type="checkbox"/>
AT 444: Therapeutic & Psychosocial Intervention in Athletic Training	2	C	<input type="checkbox"/>
AT 449: General Medical Conditions in Sports Medicine	3	C	<input type="checkbox"/>
AT 238/L: Evaluation of Head, Neck & Spine Injuries (with	3	C	<input type="checkbox"/>
AT 440: AT Lab Assistant (Recommended Elective)	1		<input type="checkbox"/>
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## Semester 8

Course	Credits	Grade	✓
General Education Course	3		<input type="checkbox"/>
AT 4602: Athletic Training Practicum IV	3	B	<input type="checkbox"/>
AT 406: Organization & Administration in Sports Medicine	2	C	<input type="checkbox"/>
AT 420: Special Topics in Athletic Training	2	C	<input type="checkbox"/>
AT 440: AT Lab Assistant (Recommended Elective)	1		<input type="checkbox"/>
Elective/Minor	3		<input type="checkbox"/>
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### ADVISING

When you choose to pursue this degree, you will be assigned an advisor who is an expert in the field of Athletic Training. This advisor can help you with course selection, career planning, resume building, and help you with tracking your path to degree completion.

### CAREERS

Athletic Trainer

### STUDENT ORGANIZATIONS

Athletic Training Club

NATA (profession organization—membership required for ATP students.)

### COMPLEMENTARY MINORS

Sports Medicine

Health Promotion

### Helpful Hints

- Students begin the formal Professional Phase of the ATP in Semester 5.
- All AT courses in Semesters 4-8 are listed in the appropriate sequence to satisfy all prerequisite requirements. Note: a separate co-requisite registration is required for labs.
- Semester 7 & 8—AT 440 is recommended as an elective, however, you may choose other electives if you prefer.
- Semester 8 Landmark—AT 420 must be taken during your final semester, and prepares you to sit the BOC Certification Examination. It is recommended you take this exam during this semester or within 6 months of graduation.