FOUR-YEAR PLAN

15% Finish



Athletic Training, B.S.

Semester 1

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

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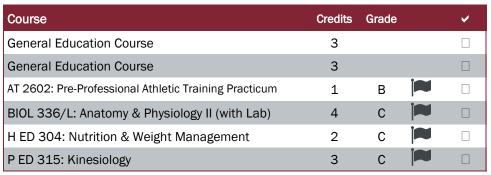
Semester 2

Course	Credits	Grade	~
ENGL 102: Composition & Rhetoric II	3	C*	
General Education Course	3		
General Education Course	3		
AT 126: Introduction to Athletic Training	2	С	
Elective/Minor	3		
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Semester 3

Course	Credits	Grade	~
General Education Course	3		
General Education Course	3		
BIOL 335/L: Anatomy & Physiology I (with Lab)	4	С	
PSY 101: General Psychology	3	С	
BIOL 249: Medical Terminology (Recommended Elective)	3		

Semester 4



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.

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FOUR-YEAR PLAN Athletic Training, B.S.

Semester 5

Course	Credits	Grade	✓
AT 3601: Athletic Training Practicum	2	В	
AT 236/L: Evaluation of Lower Extremity Injuries (with Lab)	4	С	
AT 331: Therapeutic Modalities (with Lab)	4	С	
Elective/Minor	3		
	12		

Semester 6

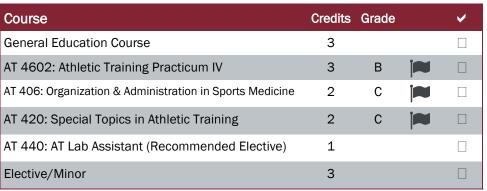
Course	Credits	Grade	✓
AT 3602: Athletic Training Practicum II	3	В	
AT 314: Exercise Physiology	3	С	
AT 314L: Exercise Testing and Prescription	1	С	
AT 237/L: Evaluation of Upper Extremity Injuries (with Lab)	4	С	
AT 329/L: Therapeutic Exercises I (with Lab)	4	С	

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Semester 7

Course	Credits	Grade	•
AT 4601: Athletic Training Practicum III	3	В	
AT 332/L: Therapeutic Exercises II (with Lab)	4	С	
AT 444: Therapeutic & Psychosocial Intervention in Athletic Training	2	С	
AT 449: General Medical Conditions in Sports Medicine	3	С	
AT 238/L: Evaluation of Head, Neck & Spine Injuries (with	3	С	
AT 440: AT Lab Assistant (Recommended Elective)	1		
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Semester 8 🥊



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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.

