Pre-Athletic Training

Bachelor of Science

CONCORD U

Semester 1

Course	Credits	Grade	✔
ENGL 101: Grammar, Composition & Rhetoric	3	C	☐
BIOL 101/L: Biology or 121/L: Foundations of Biology I w/ Lab	4	C	☐
MATH 103: College Algebra	3	🏴	☐
HS 120: Personal Health	3		☐
HS 101: Introduction to Health Sciences	3		☐
UNIV 100: CU Foundations for AT Majors	1		☐

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Semester 2

Course	Credits	Grade	✔
ENGL 102: Composition & Rhetoric II	3	C	☐
HS 221: Introduction to Athletic Training	2		☐
PSY 101: General Psychology	3	C	☐
MATH 104: College Trigonometry	3	🏴	☐
General Education Course	3		☐

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Semester 3

Course	Credits	Grade	✔
HS 111/112: Prevention & Acute Care of Athletic & Common Injuries & Illnesses	3		☐
BIOL 335/L: Human Anatomy & Physiology I with Lab	4	C 🏴	☐
CHEM 101/CHEM 111: General Chemistry I (with Lab)	4	C	☐
General Education Course	3		☐

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Semester 4

Course	Credits	Grade	✔
HS 304: Nutrition & Weight Management	2	C 🏴	☐
BIOL 336/L: Human Anatomy & Physiology II with Lab	4	C	☐
MATH 105: Elementary Statistics	3	C	☐
PSY 229: Health Psychology	3		☐
General Education Course	3		☐

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The **Bachelor of Science in Health Science— Pre-Athletic Training** degree prepares students for entry into the graduate athletic training program. 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.
- Semester 6 Landmark— Apply to a Graduate Athletic Training Program of choice. Students should have reviewed prospective Athletic Training graduate programs and the admission criteria for those programs. For assistance, discuss options and plans with your academic advisor.

Semester 5

Course	Credits	Grade	✔
EXSS 314: Exercise Physiology	3	C	☐
EXSS 314L: Exercise Testing & Prescription	1	C	☐
PHYS 101/L: Intro to Physica with Lab **_Or_** PHYS 201/L: University Physics with Calculus I with Lab	4	C	☐
EXSS 407: Orthopedic Evaluation	3		☐
HS 401: Research in Health Sciences I	2		☐
Elective/Minor	3		☐

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Semester 6

Course	Credits	Grade	✔
EXSS 315: Kinesiology & Biomechanics	3	C	☐
HS 402: Research in Health Sciences II	2		☐
EXSS 316: Anatomy for Health Care & Orthopedics	3		☐
HS 415: Community Health & Health Promotion	2		☐
SOC 101: Introduction to Sociology	3		☐
General Education Course	3		☐

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Semester 7

Course	Credits	Grade	✔
EXSS 404: Therapeutic Modalities	3		☐
BIOL 249: Medical Terminology	3		☐
EXSS 410: Strength & Conditioning	3		☐
HS 305: Human Disease and Prevention	2		☐
HS 301: Public Health Epidemiology	3		☐

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Semester 8

Course	Credits	Grade	✔
EXSS 405: Therapeutic Rehab & Exercise I	3		☐
HS 201: Emergency Care	1		☐
EXSS 401: Evaluation of Head, Neck, & Spine Injuries	3		☐
HS 303: Principles of Mental & Emotional Health	2		☐
Elective/Minor	3		☐

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You're FINISHED!!

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

PATCH
PHAC

Helpful Hints

- Students apply to graduate athletic training programs prior to graduation. Most prerequisite courses should be taken prior to application.

- Talk with your advisor about your plans to apply to a graduate athletic training program during your sophomore year.