

Semester 1

Course	Credits	Grade		✓
ENGL 101: Grammar, Composition & Rhetoric	3	C*		<input type="checkbox"/>
BIOL 101/L: Biology or 121/L: Foundations of Biology I w/ Lab	4	C*		<input type="checkbox"/>
MATH 103: College Algebra	3			<input type="checkbox"/>
HS 111: Prevention & Care of Common Injuries & Illnesses	2	C		<input type="checkbox"/>
General Education Course	3			<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"/>
HS 221: Introduction to Athletic Training	2	C		<input type="checkbox"/>
PSY 101: General Psychology	3	C*		<input type="checkbox"/>
MATH 104: College Trigonometry	3			<input type="checkbox"/>
General Education Course	3			<input type="checkbox"/>

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Semester 3

Course	Credits	Grade		✓
BIOL 249: Medical Terminology	3			<input type="checkbox"/>
BIOL 335/L: Human Anatomy & Physiology I with Lab	4	C*		<input type="checkbox"/>
HS 112: Acute Care of Athletic Injuries Lab	1	C		<input type="checkbox"/>
CHEM 101: General Chemistry I	3	C*		<input type="checkbox"/>
CHEM 111: General Chemistry Lab I	1	C*		<input type="checkbox"/>
General Education Course	3			<input type="checkbox"/>

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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 the Graduate Athletic Training Program. See more about the admission requirements and application to the [ATP](#) online.

Semester 4

Course	Credits	Grade	✓
BIOL 336/L: Human Anatomy & Physiology II with Lab	4	C*	 <input type="checkbox"/>
H ED 304: Nutrition & Weight Management	2	C*	<input type="checkbox"/>
MATH 105: Elementary Statistics	3	C*	<input type="checkbox"/>
PSY 229: Health Psychology	3		<input type="checkbox"/>
General Education Course	3		<input type="checkbox"/>

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Semester 5

Course	Credits	Grade	✓
EXSS 314: Exercise Physiology	3	C*	 <input type="checkbox"/>
EXSS 314L: Exercise Testing & Prescription	1	C*	 <input type="checkbox"/>
EXSS 316: Anatomy for Health Care & Orthopedics	3	C	 <input type="checkbox"/>
PHYS 101/L: Intro to Physics with Lab <i>Or</i> PHYS 201/L: University Physics with Calculus I with Lab	4	C*	<input type="checkbox"/>
HS 201: Emergency Care	1		<input type="checkbox"/>
HS 301: Public Health Epidemiology	3	C*	<input type="checkbox"/>

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Semester 6 

Course	Credits	Grade	✓
AT 360: Observation Practicum in Athletic Training	1	C	 <input type="checkbox"/>
EXSS 315: Kinesiology & Biomechanics	3	C*	 <input type="checkbox"/>
HS 403: EMT Certification <i>Or</i> EXSS 428: Strength & Conditioning	3		<input type="checkbox"/>
HED 415: Community Health & Health Promotion	2	C*	<input type="checkbox"/>
SOC 101: Intro to Sociology	3		<input type="checkbox"/>
General Education Course	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

Health Promotion
 Sports Medicine

Helpful Hints

- Students begin the formal Professional Phase of the ATP in the summer following semester 6.
- Courses taken during year 4 are within the MSAT curriculum and will complete the HS undergraduate degree.

