



RECOMMENDED FOUR-YEAR PLAN FOR BACHELOR OF ARTS IN ATHLETIC TRAINING

This plan is applicable to students admitted to the Bachelor of Arts in Athletic Training Program. Students admitted to the 3+2 Master of Athletic Training Program (MAT) should refer to the MAT 5 Year Plan.

Updated: FALL 2017

JANUARY TERMS	
Students are required to complete a minimum of two January terms. Transfer students who transfer in 40 credits or more are required to complete at least one January term.	CR
ATR 350 Psychology of Athletic Injuries	3
KIN 291 Sports Nutrition	3

FIRST YEAR FALL SEMESTER		FIRST YEAR SPRING SEMESTER	
Title	CR	Title	CR
LIB 100 Modes of Inquiry	3	LIB 105 College Writing or LIB 115 Oral Communications	3
LIB 105 College Writing or LIB 115 Oral Communications	3	MAT 115 Statistics or Elective Course	3
PSY 121 Developmental Psychology	3	KIN 145 Nutrition	3
BIO 115 Biology I	4	ATR 130 Prevention of Athletic Injuries	3
ATR 140 Emergency Care of Athletic Injuries	3	ATR 250 Medical Terminology	1

SOPHOMORE YEAR FALL SEMESTER		SOPHOMORE YEAR SPRING SEMESTER	
Title	CR	Title	CR
LIB 130 or 135 Catholic Traditions	3	LIB 220 Democracy and Global Diversity	3
CHEM 111 Chemistry 1	4	BIO 226 Anatomy and Physiology II	4
BIO 225 Anatomy and Physiology I	4	ATR 281 Athletic Training Clinical II	1
ATR 280 Athletic Training Clinical I	1	ATR 291 Evaluation of Athletic Injuries II	3
ATR 290 Evaluation of Athletic Injuries I	3	ATR 382 or 383 Therapeutic Modalities or Therapeutic Exercise (Second or 3 rd year Spring)	3

JUNIOR YEAR FALL SEMESTER		JUNIOR YEAR SPRING SEMESTER	
Title	CR	Title	CR
KIN 050 Personal Fitness	1	Advanced General Education Course	3
KIN 322 Physiology of Exercise	3	KIN 370 Fitness Prescription and Assessment	3
KIN 344 Theory of Strength and Conditioning	3	KIN 232 Biomechanics & Kinesiology	3
ATR 380 Athletic Training Clinical III	3	ATR 382 or 383 Therapeutic Modalities or Therapeutic Exercise (Second or 3 rd year Spring)	3
ATR 480 or 481 Pathophysiology or Organization & Administration of Athletic Training (3 rd or 4 th year Fall)	3	ATR 381 Athletic Training Clinical IV	1

SENIOR YEAR FALL SEMESTER		SENIOR YEAR SPRING SEMESTER	
Title	CR	Title	CR
Advanced General Education Cluster	6	Advanced General Education Course	3
Advanced General Education Course	3	Advanced General Education Course	3
ATR 480 or 481 Pathophysiology or Organization & Administration of Athletic Training (3 rd or 4 th year Fall)	3	KIN 338 or 439 Sport or Exercise Psychology	3
ATR 489 Athletic Training Clinical V	1	ATR 490 Athletic Training Clinical VI-Portfolio	1
		BIO 365 Human Anatomy or Elective Course	4