

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		🚩
H ED 120: Personal Health	3		
HS 101: Introduction to Health Sciences	3		
UNIV 100: CU Foundations	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: Prevention & Care of Common Injuries & Illnesses	2		
BIOL 335/L: Human Anatomy & Physiology I with Lab	4	C	🚩
HS 112: Acute Care of Athletic Injuries Lab	1		
CHEM 101: General Chemistry I	3	C	
CHEM 111: General Chemistry Lab I	1	C	
General Education Course	3		

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Semester 4

Course	Credits	Grade	✓
BIOL 336/L: Human Anatomy & Physiology II with Lab	4	C	🚩
H ED 304: Nutrition & Weight Management	2	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 a 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 5

Course	Credits	Grade	✓
EXSS 314: Exercise Physiology	3	C	
EXSS 314L: Exercise Testing & Prescription	1	C	
EXSS 316: Anatomy for Health Care & Orthopedics	3		🚩
PHYS 101/L: Intro to Physics with Lab <i>Or</i> PHYS 201/L: Univer-sity Physics with Calculus I with Lab	4	C	
HS 201: Emergency Care	1		
HS 401: Research in Health Sciences I	2		

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Semester 6

Course	Credits	Grade	✓
HS 402: Research in Health Sciences II	2		
EXSS 315: Kinesiology & Biomechanics	3	C	
Elective Course	3		
H ED 415: Community Health & Health Promotion	2		
SOC 101: Intro to Sociology	3		
General Education Course	3		

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Semester 7

Course	Credits	Grade	✓
EXSS 404: Therapeutic Modalities I	3		
EXSS 410: Strength and Conditioning	3		
BIO 249: Medical Terminology	3		
H ED 305: Human Disease and Prevention	2		📍
HS 301 Public Health Epidemiology	3		

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Semester 8

Course	Credits	Grade	✓
EXSS 405: Therapeutic Exercise I	4		
H ED 303: Principles of Mental and Emotional Health	2		
EXSS Evaluation Elective: Either 401, 402 or 403	3-4		
Elective	3		
Elective	3		

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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

PATCH

PHAC

COMPLEMENTARY MINORS

Health Promotion

Sports Medicine

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 the a graduate athletic training program during your sophomore year.

You're FINISHED!!