

# Lindenwood University (2017-2018)

## School of Health Sciences – St. Charles Campus BACHELOR OF SCIENCE DEGREE IN ATHLETIC TRAINING

Name:		ID:	
Sem Start at LU:		Sem Started AT Program:	
Minor:		Second Major:	

### Application/Program Requirements:

1. Application process for the Athletic Training Program occurs each Spring semester (See Athletic Training Handbook)
  - Candidates must achieve a grade of C or better in the following courses: BSC 22700, AT 22000; AT 28000; AT 28500
  - Candidates must have a cumulative GPA of 2.75 or higher for all courses and a cumulative GPA of 3.0 or higher for all curriculum courses
2. Athletic training students must achieve a grade of C or better in all athletic training curriculum courses

\*Classes in red are both a general education requirement and a class within the athletic training curriculum.

### General Education Requirements (46 credit hours)

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Orientation						
Freshman Orient.	LNO	1				Not Identified as a Gen Ed Credit
Core		Hrs	Semester	Trans	Grade	General Education Designation
Composition	ENGL 15000 Strategies for University Writing	3				
Composition	ENGL 17000 Research and Argumentation	3				
Math	MTH 12100 or Higher	3	Complete this data below in the AT Curriculum section.			GE-Math
US History & Government		3				GE-Human Culture: US History/Government
Natural & Social Science/Math						
Social Science	PSY 10000 Principles of Psychology	3	Complete this data below in the AT Curriculum section.			GE-Social Science
Natural Science with Lab	CHM 10000 Concepts of Chemistry	4				GE-Natural Science Lab
Social or Natural Science Elective	BSC 10000 Concepts of Biology	4				GE-Social Science, GE-Natural Science, GE-Natural Science Lab
Social Science, Natural Science, or Math Elective	BSC 22700 Anatomy and Physiology	4				
Human Culture						
Arts		3				GE-Human Culture: Arts
Literature		3				GE-Human Culture: Literature
Non-Literature, Non-Arts Elective		3				GE-Human Culture: US Government, World History, Foreign Language/Culture, Religion, Philosophy
Human Cultures Elective		3				GE-Human Culture
Electives						
GE – Elective	*MTH 14100 Basic Statistics	3	Complete this data below in the AT Curriculum section.			GE-Math *Required
GE - Elective	*EXS 24000 Nutrition Throughout the Life Cycle	3				GE-Natural Science *Required
Human Diversity – 6 credit hours must be designated in the Human Diversity category						
<p><b>The following classes are from the Human Culture category and also fulfill the Human Diversity requirements. It would be advantageous to use these courses to meet both requirements.</b> REL 15000 World Religions, HIST 16200 World History since 15000, GEO 10100 World Regional Geography, GEO 10200 Concepts of Geography, GEO 10300 Human Geography, REC 21400 Cultural Tourism, DAN 17100 Dance as an Art, ENGL 20100 World Literature I, and any Foreign Language Courses</p>						

## Athletic Training Curriculum (104 credit hours)

Required Classes (not specific to a certain year in program)	Hrs	Semester Completed	Trans	Grade	Notes/Prerequisites
CHM 10000 Concepts of Chemistry	4				May alternate CHM 23000 <b>*Must be completed before the spring semester of second year</b>
EXS 24000 Nutrition Throughout the Life Cycle	3				Recommend taking during first or second year.
MTH 12100 (or higher) – specify below	3				Recommend taking during the first year.
MTH 14100 – Basic Statistics	3				Recommend taking during the second year.
PSY 10000 Principles of Psychology	3				
HFS 20500 Concepts of Health	3				Recommend taking during first year.
EXS 26000 Concepts in Conditioning	3				Must take during first or second year.
PE 35600 Theory & Methods of Coaching Weight Training	3				Must take during first or second year. Prerequisites: HFS 20400 or AT 28500 or PE 15000 or EXS 25000
EXS 34000 Nutrition for Performance	3				Prerequisite: EXS 24000
PE 33000 Psychological Aspects of Physical Education	3				Prerequisite: PSY10000

First Year – Required Classes	Hrs	Semester Completed	Trans	Grade	Notes/Prerequisites
BSC 10000 Concepts of Biology	4	FA -			May alternate BSC 24400 *Enroll during Fall semester; prerequisite for BSC 22700
AT 22000 Medical Terminology	2	FA/SP -			
BSC 22700 Anatomy and Physiology I	4	SP -			Prerequisites: BSC 10000 or BSC 24400
AT 28000 Introduction to Athletic Training Lab	1	SP -			
AT 28500 Introduction to Athletic Training	3	FA/SP -			

Second Year – Required Classes	Hrs	Semester Completed	Trans	Grade	Notes/Prerequisites
HFS 204000 Care and Prevention	3	FA -			Taken in conjunction with HFS 20600 Prerequisites: BSC 22700
HFS 20600 Care and Prevention Lab	1	FA -			Taken in conjunction with HFS 20400
EXS 32500 Biomechanics	3	FA -			Prerequisites: BSC 22700 May alternate HFS 31000
AT 25000 Clinical Practicum I	2	FA -			Admittance into the Athletic Training Program
BSC 22800 Anatomy and Physiology II	4	FA/SP -			Prerequisites: BSC 22700 and CHM 10000 or CHM 23000
AT 30200 Assessment of Athletic Injuries - Lower Body	3	SP -			Taken in conjunction with AT 38100 Prerequisites: BSC 22700 and EXS 325000 and AT 25000
AT 38100 Assessment of Athletic Injuries - Lower Body Lab	2	SP -			Taken in conjunction with AT 30200 Prerequisites: BSC 22700 and EXS 325000 and AT 25000
AT 26000 Clinical Practicum II	2	SP -			AT 25000

<b>Third Year – Required Classes</b>	<b>Hrs</b>	<b>Semester Completed</b>	<b>Trans</b>	<b>Grade</b>	<b>Notes/Prerequisites</b>
AT 30300 Assessment of Athletic Injuries - Upper Body	3	FA -			Taken in conjunction with AT 38200 Prerequisites: AT 30200 and AT 38100
AT 38200 Assessment of Athletic Injuries - Upper Body Lab	2	FA -			Taken in conjunction with AT 30300 Prerequisites: AT 30200 and AT 38100
EXS 31500 Physiology of Exercise	3	FA -			BSC 22800
EXS 31600 Physiology of Exercise Lab	1	FA -			Taken in conjunction with EXS 31500
AT 30000 Principles of Rehabilitation	3	FA -			BSC 22800 and EXS 32500
AT 35000 Clinical Practicum III	2	FA -			AT 26000 and AT 30200 and AT 38100
AT 30400 Therapeutic Modalities	3	SP -			Taken in conjunction with AT 38600 Prerequisites: BSC 22800
AT 38600 Therapeutic Modalities Lab	1	SP -			Taken in conjunction with AT 30400 Prerequisites: BSC 22800
AT 30100 Therapeutic Exercise and Rehabilitation of Athletic Injuries	3	SP -			Taken in conjunction with AT 38000 Prerequisites: BSC 2280 and AT 30000 and PE 35600
AT 38000 Therapeutic Exercise and Rehabilitation of Athletic Injuries Lab	2	SP -			Taken in conjunction with AT 30100 Prerequisites: AT 30000 and EXS 31500 and PE 35600
AT 36000 Clinical Practicum IV	2	SP -			AT 35000 and AT 30300 and AT 38200

<b>Fourth Year – Required Classes</b>	<b>Hrs</b>	<b>Semester Completed</b>	<b>Trans</b>	<b>Grade</b>	<b>Notes/Prerequisites</b>
AT 43100 Organization and Administration of Athletic Training	3	FA -			Senior standing in Athletic Training Program
AT 43200 Pharmacology	3	FA -			Senior standing in Athletic Training Program Prerequisites: BSC 22800
AT 43300 Non-Orthopedic Assessment	3	FA -			Senior standing in Athletic Training Program Prerequisites: BSC 22800
AT 45000 Clinical Practicum V	2	FA -			AT 30100 and AT 36000 and AT 38000
AT 43800 Senior Seminar	1	FA -			Senior standing in Athletic Training Program
AT 46000 Clinical Practicum VI	2	SP -			AT 45000
<b>(A) GE Credit Hours [45 + 1 (LNO)]</b>	<b>46</b>				
<b>(B) AT (Non-GE) Credit Hours</b>	<b>80</b>				
<b>(C) AT Curriculum Hours</b>	<b>104</b>				
<b>Total Hours for BS Degree in AT (A + B)</b>	<b>126</b>				