

**UWA Athletic Training Comprehensive Major**  
**Suggested 4 Year Course Plan for 1<sup>st</sup> Semester Entering Freshman**

(Revised 07/10/17)

**FRESHMAN YEAR**

FALL SEMESTER		SPRING SEMESTER		Year
AH 101 Practicum in Athletic Training I	1	AH 210 Protective Techniques for Injuries	2	
AH 200 Introduction to Athletic Training	3	AH 102 Practicum in Athletic Training II (AH 101 prerequisite)	1	
		AH 230 Athletic Training Emergency Care (AH 200, American National Red Cross Professional Rescuer/AED First Aid and CPR or American Heart Association BLS for Health Care Providers certification or Emergency Medical Technician equivalency prerequisite)	2	
BY 101 Introductory Biology I & BY 101L Introductory Biology I Lab <b>OR</b> BY 103 Honors Biology & BY 103L Honors Biology Lab	4	BY 231 Anatomy & Physiology 1 & BY 231L Anatomy & Physiology 1 Lab (BY 101 or BY 103 prerequisite)	4	
EH 101 Written English I (EH 099 if English ACT <18) or EH 103 Honors English I)	3	EH 102 Written English II (EH 101 prerequisite) or EH 104 Honors English II	3	
PE 251 Concepts in Health, Wellness, and Fitness	3	MH 113 Pre-Calculus Algebra ("C" or higher in MH 101, an ACT math subscore of 20 or higher, or other appropriate standardized test scores.) (MH 101 if Math ACT <20, MH 081 if <16, MH 080 if <14)	3	
UWA 101 Freshman Seminar	2			
<b>TOTAL</b>	<b>16</b>			<b>15 31</b>

\*EH 103 Honors English I (ACT composite score of 22 or higher and an ACT English score of 24 or higher) and EH 104 Honors English II (EH 103 with a "C" or higher or ACT composite score of 28 or higher and an ACT English score of 28 or CLEP or AP score at requisite level) will substitute for EH 101 and EH 102.

\*BY 103 Honors Biology (ACT composite score of 22 or higher and an ACT Science Reasoning score of 24 or higher) will substitute for BY 101.

**SOPHOMORE YEAR**

FALL SEMESTER		SPRING SEMESTER		Year
AH 281 Athletic Training Clinical Education I (Admission to athletic training education program)	1	AH 282 Athletic Training Clinical Education II (AH 281 prerequisite)	1	
AH 220 Injury/Illness Assessment (AH 200, BY 231 prerequisite or corequisite)	2	AH 322 Evaluation of Injuries I (AH 220 prerequisite)	3	
		AH 323 Evaluation of Injuries I Lab (AH 322 prerequisite)	1	
AT 100 Art, MH 100 Music or TH 100 Theatre	3	PY 100 General Psychology	3	
BY 232 Human Anatomy and Physiology II & & BY 232L Anatomy & Physiology II Lab (BY 231 prerequisite)	4	EH 222 British Literature II ("C" or above in EH 102 or EH 104 prerequisite); EH 232 American Literature II ("C" or above in EH 102 or EH 104 prerequisite)	3	
EH 221 British Literature I ("C" or above in EH 102 or EH 104 prerequisite); EH 231 American Literature I ("C" or above in EH 102 or EH 104 prerequisite)	3	EX/PE 444 Physiology of Exercise (BY 231 and AH 200 or PE 200 or PE 240 and 6 hours of Athletic Training or Physical Education prerequisite)	3	
EX/PE 443 Kinesiology (BY 231 and AH 200 or PE 200 or PE 240 and 6 hours of Athletic Training or Physical Education prerequisite)	3	EX 445 Physiology of Exercise Laboratory (AH 200 or PE 200 or PE 240 and 6 hours of Athletic Training or Physical Education prerequisite)	1	
<b>TOTAL</b>	<b>16</b>			<b>15 31</b>

\*EH 213 Honors Literature I (2.5 average in EH 103 and EH 104 or 3.5 GPA in EH 101 and EH 102) will substitute for EH 221 or 231 and EH 214 Honors Literature II ("C" or above in EH 213 or 3.5 GPA in EH 101 and EH 102) will substitute for EH 222 or 232.

**JUNIOR YEAR**

FALL SEMESTER		SPRING SEMESTER		Year
AH 330 Therapeutic Modalities in Athletic Training (AH 324 prerequisite or corequisite or permission of the instructor)	3	AH 340 Rehabilitation of Injuries (AH 330, PE 443 prerequisite or corequisite PE 444)	3	
AH 331 Therapeutic Modalities in Athletic Training Lab (AH 330 corequisite)	1	AH 341 Rehabilitation of Injuries Laboratory (AH 340 corequisite)	1	
AH 381 Athletic Training Clinical Education III (AH 282 prerequisite)	1	AH 382 Athletic Training Clinical Education IV (AH 381 prerequisite)	1	
AH 324 Evaluation of Injuries II (AH 322 prerequisite)	3	EX 470 Development of Strength and Conditioning Programs (AH 200 or PE 200 or PE 240 and 6 hours of athletic training or physical education)	3	
AH 325 Evaluation of Injuries II Lab (AH 324 prerequisite)	1	HY 101 Western Civilization I or HY 211 American History I	3	
AH 301 Research in Athletic Training (EH 102, PH 201 prerequisite or corequisite, or higher than junior standing)	1	SH 100 Principles of Public Speaking or SH 150 Professional Speaking	3	
AH 300 General Medical Aspects of Athletic Training (AH 200, BY 231, PE 251 prerequisites)	3			
PH 201 College Physics I & PH 211L Technical Physics I Lab (MH 113 or higher prerequisite)	4			
<b>TOTAL</b>	<b>17</b>			<b>14 31</b>

\*HY 103 Honors History I (ACT composite score of 22 or higher and an ACT Reading score of 24 or higher) and HY 104 Honors History II (HY 103 with a "C" or higher or ACT composite score of 28 or higher and an ACT Reading score of 28 or CLEP or AP score at the requisite level) will substitute for HY 211 and HY 212 or HY 101 and HY 102.

Athletic Training majors are strongly advised to take AH 409, Preprofessional Clinical Experience for up to 4 hours to meet part or all their Athletic Training Elective Requirements. Generally, this preprofessional clinical experience which requires 60 clock hours for every credit hour is best scheduled in the summer prior to the senior year.

**SENIOR YEAR**

FALL SEMESTER		SPRING SEMESTER		Year
AH 350 Organization & Administration of Athletic Training (AH 200 prerequisite)	2	AH 482 Athletic Training Clinical Education VI (AH 481 prerequisite)	1	
AH 430 Psychological Aspects of Athletic Training (PY 100 prerequisite or senior standing)	2	AH 400 Clinical Decisions in Athletic Training (AH 340 prerequisite)	1	
		AN 100 Introduction to Anthropology; EC 201 Microeconomics; GY 100 Introduction to Geography; PS 110 American Government; SY 100 Sociology; SY 110 Social Problems	3	
AH 408 Seminar in Athletic Training (Senior standing or permission of the athletic training education program director)	1	HY 102 Western Civilization I (HY 101 prerequisite) or HY 212 American History II	3	
AH 481 Athletic Training Clinical Education V (AH 382 prerequisite)	1	EX 446 Biomechanics of Human Movement (PE 443 prerequisite)	3	
EX 442 Sport & Exercise Nutrition (BY 231 and AH 200 or PE 200 or PE 240 and 6 hours of Athletic Training or Physical Education)	3	General Elective	3	
Athletic Training Electives	4			
<b>TOTAL</b>	<b>13</b>			<b>14 27</b>

**120**

Total hours = minimum of 120 in order to graduate. A minor is not required with this major. 5 hours of this program are general electives which includes the 2 semester hour course, UWA 101 Freshman Seminar. Students are advised to gear these electives towards athletic training, biology, health, physical education, physical sciences, or psychology.

Lightly shaded courses are taught once a year in the semesters where listed but may also be taught in the Summer semester.

Darkly shaded courses are taught once a year only in the semesters where listed.

**UWA Athletic Training Comprehensive Major**

**Suggested 3 Year Course Plan for Transfers above the Freshman Level Accepted Directly into the Program in the Fall Semester**

(Revised 07/10/17-Transfer students)

**Transfer Sophomore or above 1st Year**

FALL SEMESTER		SPRING SEMESTER		Year
AH 200 Introduction to Athletic Training	3	AH 282 Athletic Training Clinical Education II	1	
AH 281 Athletic Training Clinical Education I	1	AH 322 Evaluation of Injuries I	3	
AH 220 Injury/Illness Assessment	2	AH 323 Evaluation of Injuries I Laboratory	1	
**PE 251 Concepts in Health, Wellness, and Fitness	3	AH 210 Protective Techniques for Athletic Injuries	2	
**BY 231 Human Anatomy and Physiology I & BY 231L Human Anatomy and Physiology I Lab	4	**BY 232 Human Anatomy and Physiology II & BY 232L Human Anatomy and Physiology II Lab	4	
PE 443 Kinesiology	3	EX/PE 444 Physiology of Exercise	3	
		EX 445 Physiology of Exercise Laboratory	1	
		AH 230 Athletic Training Emergency Care	2	
<b>TOTAL</b>	<b>16</b>		<b>17</b>	<b>30</b>

\*\* To be taken in this semester if not transferring these courses in. \*\*Courses from the spring semester may be moved up to the fall if the courses in the fall have been transferred in.

**Transfer 2nd Year**

FALL SEMESTER		SPRING SEMESTER		Year
AH 330 Therapeutic Modalities in Athletic Training	3	AH 340 Rehabilitation of Injuries	3	
AH 331 Therapeutic Modalities in Athletic Training Laboratory	1	AH 341 Rehabilitation of Injuries Laboratory	1	
AH 381 Athletic Training Clinical Education III	1	AH 382 Athletic Training Clinical Education IV	1	
**PH 201 College Physics I & & PH 211L Technical Physics I Lab	4	**EC 231, EC 232, GY 100, PS 110, SY 100, or SY 110	3	
AH 324 Evaluation of Injuries II	3	EX 470 Development of Strength and Conditioning Programs	3	
AH 325 Evaluation of Injuries II	1			
AH 301 Research in Athletic Training	1			
AH 300 General Medical Aspects of Athletic Training	3			
<b>TOTAL</b>	<b>17</b>		<b>13</b>	<b>30</b>

Athletic Training majors are strongly advised to take AH 409, Preprofessional Clinical Experience for up to 4 hours to meet part or all their Athletic Training Elective Requirements. Generally, this preprofessional clinical experience which requires 60 clock hours for every credit hour is best scheduled in the summer prior to the senior year.

**Transfer 3rd Year**

FALL SEMESTER		SPRING SEMESTER		Year
AH 350 Organization & Administration of Athletic Training	2	AH 482 Athletic Training Clinical Education VI	1	
AH 481 Athletic Training Clinical Education V	1	AH 400 Clinical Decisions in Athletic Training	1	
AH 430 Psychological Aspects of Athletic Training	2	**HY 101 or HY 211 or HY 102 or HY 212	3	
AH 408 Seminar in Athletic Training	1	Athletic Training. Elective	5	
EX 442 Sport & Exercise Nutrition	3	EX 446 Biomechanics of Human Movement	3	
** EH 221 or EH 231	3			
<b>TOTAL</b>	<b>12</b>		<b>13</b>	<b>25</b>
				<b>85</b>

Total hours = minimum of 120 in order to graduate. A minor is not required with this major. 5 hours of this program are general electives which includes the 2 semester hour course, UWA 101 Freshman Seminar. Students are advised to gear these electives towards athletic training, biology, health, physical education, physical sciences, or psychology.

Lightly shaded courses are taught once a year in the semesters where listed but may also be taught in the Summer semester.

Darkly shaded courses are taught once a year only in the semesters where listed.