

# BS in Athletic Training (663421) MAP Sheet

## Life Sciences, Exercise Sciences

For students entering the degree program during the 2017-2018 curricular year.

This is a program that requires a secondary application process. Apply for acceptance into the athletic training program during semester of enrollment in ExSc 320. See the program director or ExSc 320 instructor for an application packet.

Admission to the program requires the candidate to meet the following criteria:

- Complete PDBio 220, 305 (Prerequisite: Chem 101), ExSc 320, 321. (ExSc 320 and 321 **must** be completed at BYU.)
- Complete the athletic training education program application, which includes an essay.



University Core and Graduation Requirements				Suggested Sequence of Courses			
<b>University Core Requirements:</b>				<b>FRESHMAN YEAR</b>			
<b>Requirements</b>	<b>#Classes</b>	<b>Hours</b>	<b>Classes</b>	<b>1st Semester</b>		<b>JUNIOR YEAR</b>	
<b>Religion Cornerstones</b>				<b>5th Semester</b>			
Teachings and Doctrine of The Book of Mormon	1	2.0	REL A 275	1st Year Writing or A HTG 100	3.0	EXSC 394	2.0
Jesus Christ and the Everlasting Gospel	1	2.0	REL A 250	Quantitative Reasoning (if needed)	3.0	EXSC 414 (FW)	1.0
Foundations of the Restoration	1	2.0	REL C 225	NDFS 100	3.0	EXSC 415 (FW)	3.0
The Eternal Family	1	2.0	REL C 200	Religion Cornerstone course	2.0	EXSC 416 (FW)	3.0
<b>The Individual and Society</b>				PSYCH 111 (Social Science)	3.0	Religion elective	2.0
American Heritage	1-2	3-6.0	from approved list	<b>Total Hours</b>	<b>14.0</b>	Adv. Written & Oral Communication	3.0
Global and Cultural Awareness	1	3.0	from approved list	<b>2nd Semester</b>		General elective	2.0
<b>Skills</b>				A HTG 100 or 1st Year Writing	3.0	<b>Total Hours</b>	<b>16.0</b>
First Year Writing	1	3.0	from approved list	STDEV 170 (FW)	1.0	<b>6th Semester</b>	
Advanced Written and Oral Communications	1	3.0	ENGL 316 recommended	EXSC 302 (FWSpSu)	1.0	EXSC 390 (FWSu)	4.0
Quantitative Reasoning	1	3.0	STAT 121*	PDBIO 220 (FWSu)	3.0	EXSC 417 (FW)	3.0
Languages of Learning (Math or Language)	1	3.0	STAT 121*	Global & Cultural Awareness elective	3.0	EXSC 418 (FW)	3.0
<b>Arts, Letters, and Sciences</b>				Religion Cornerstone course	2.0	EXSC 463 (FWSpSu)	3.0
Civilization 1	1	3.0	from approved list	Religion Cornerstone course	2.0	EXSC 464 (FWSpSu)	0.5
Civilization 2	1	3.0	from approved list	<b>Total Hours</b>	<b>15.0</b>	EXSC 395 (FW)	2.0
Arts	1	3.0	from approved list	<b>SOPHOMORE YEAR</b>		<b>Total Hours</b>	<b>15.5</b>
Letters	1	3.0	from approved list	<b>3rd Semester</b>		<b>SENIOR YEAR</b>	
Biological Science	1	3-4.0	NDFS 100 recommended	HLTH 320 (FWSu)	3.0	<b>7th Semester</b>	
Physical Science	1	3.0	from approved list	PDBIO 305 (FWSp)	4.0	EXSC 423 (FW)	2.0
Social Science	1	3.0	PSYCH 111*	STAT 121 (FWSpSu) (Lang. or Learning)	3.0	EXSC 494 (FW)	2.0
<b>Core Enrichment: Electives</b>				Civilization 1 elective	3.0	EXSC 501 (FWSp)	3.0
Religion Electives	3-4	6.0	from approved list	Arts or Letters elective	3.0	Religion elective	2.0
Open Electives	Variable	Variable	personal choice	<b>Total Hours</b>	<b>16.0</b>	General Elective	3.0
*THESE COURSES FILL UNIVERSITY CORE AND PROGRAM REQUIREMENTS (6 hours overlap)				<b>4th Semester</b>		<b>8th Semester</b>	
<b>Graduation Requirements:</b>				EXSC 362 (FWSpSu)	3.0	EXSC 419 (W)	1.0
Minimum residence hours required		30.0		NDFS 310 (F)	2.0	EXSC 460 (FWSp)	3.0
Minimum hours needed to graduate		120.0		EXSC 320 (FWSpSu)	3.0	EXSC 468 (FWSu)	2.0
				EXSC 321 (FWSpSu)	0.5	EXSC 495 (FW)	2.0
				Religion Cornerstone course	2.0	EXSC 498 (FW)	2.0
				Arts or Letters elective	3.0	EXSC 498 (FW)	2.0
				Civilization 2 elective	3.0	Religion elective	2.0
				<b>Total Hours</b>	<b>16.5</b>	General elective	3.0
				<b>Note:</b> Apply for admission to the program fall or winter. Applications will be given to you in ExSc 320 early in the semester, or see your advisor.		<b>Total Hours</b>	<b>15.0</b>
				Please check with departments for current availability of all courses.			
				Note: Students are encouraged to complete an average of 15–16 credit hours each semester or 30–32 credit hours each year, which could include spring and/or summer terms. Taking fewer credits substantially increases the cost and the number of semesters to graduate.			
				This handout is NOT a contract between Brigham Young University and present or prospective students. Although the University makes every effort to ensure the accuracy of this information, it reserves the right to make changes as university business may require. Students should regularly consult their department or college advisement center.			

## BS in Athletic Training (663421)

### 2017-2018 Program Requirements (64 Credit Hours)

*The Exercise Sciences Department requires a minimum of 45 major hours to be taken in residence at BYU for this degree program. These hours may also go toward BYU's 30-hour residency requirement for graduation.*

#### REQUIREMENT 1

**COMPLETE APPLICATION INTO THE ATHLETIC TRAINING PROGRAM DURING SEMESTER OF ENROLLMENT IN EXSC 320. SEE THE PROGRAM DIRECTOR OR EXSC 320 INSTRUCTOR FOR AN APPLICATION PACKET.**

*a. Have a physical examination and provide an immunization record to verify technical standards.*

*b. Submit one letter of recommendation.*

*c. Interview with the athletic training staff.*

*d. Complete 30 hours of directed clinical observation in BYU and affiliated high school athletic training settings and associated objectives.*

**Complete the senior exit interview.**

**Maintain CPR/AED certification for the professional rescuer.**

**Meet the technical standards associated with the athletic training education program.**

#### REQUIREMENT 2 Complete 22 courses

EXSC 302 - Philosophical and Ethical Issues in Exercise Sciences	1.0
EXSC 320 - Basic Athletic Training	3.0
EXSC 321 - Basic Athletic Training Lab	0.5
EXSC 362 - Kinesiology and Biomechanics	3.0
EXSC 414 - Advanced Athletic Training Lab	1.0
EXSC 415 - Therapeutic Modalities	3.0
EXSC 416 - Injury Evaluation: Lower Extremities	3.0
EXSC 417 - Injury Evaluation: Upper Extremities and Trunk	3.0
EXSC 418 - Rehabilitation of Orthopedic Injuries	3.0
EXSC 419 - Medical Issues in Athletic Training	1.0
EXSC 423 - Administration of Athletic Training Programs	2.0
EXSC 440 - Advanced Musculoskeletal Human Anatomy (includes lab)	4.0
EXSC 460 - Orthopaedic Impairments and Therapeutic Exercise	3.0
EXSC 463 - Exercise Physiology	3.0
EXSC 464 - Exercise Physiology Lab	0.5
EXSC 468 - Problems in Exercise Prescription	2.0
EXSC 501 - Sports Medicine Pathology and Pharmacology	3.0
NDFS 310 - Nutrition and Metabolism in Sports and Exercise	2.0
PDBIO 220 - Human Anatomy (with lab)	3.0
PDBIO 305 - Human Physiology	4.0

*PSYCH 111 - Introduction to Psychological Science	3.0
*STAT 121 - Principles of Statistics	3.0

#### REQUIREMENT 3 Complete 1 course

**TO BE TAKEN LAST SEMESTER PRIOR TO GRADUATION.**

EXSC 498 - Capstone Experience in Athletic Training	2.0
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#### REQUIREMENT 4 Complete 4 courses

**NOTE: THE CLINICAL INTERNSHIP MUST BE COMPLETED OVER A TWO-CALENDAR-YEAR PERIOD. THE ATHLETIC TRAINING CLINICAL EDUCATION COURSES REQUIRE FIELD EXPERIENCE HOURS AS PART OF THE ATHLETIC TRAINING CURRICULUM.**

EXSC 394 - Athletic Training Clinical Education 1	2.0
EXSC 395 - Athletic Training Clinical Education 2	2.0
EXSC 494 - Athletic Training Clinical Education 3	2.0
EXSC 495 - Athletic Training Clinical Education 4	2.0

#### RECOMMENDED

##### RECOMMENDED COURSES

HLTH 320 - Advanced First Aid and Safety	3.0
PDBIO 363 - Advanced Physiology Laboratory	1.0
STDEV 170 - Introduction to Health Professions	1.0

#### THE DISCIPLINE:

The study of athletic training appeals to those who would like to work in a field that combines an athletic setting with health and medical care. A student in athletic training will learn to apply knowledge of human anatomy, exercise physiology, conditioning, nutrition, and therapy in the prevention, diagnosis, immediate care, and rehabilitation of athletic injuries. Students must graduate from an accredited athletic training program and pass the Board of Certification (BOC) examination to certify as an athletic trainer.

#### CAREER OPPORTUNITIES:

Career possibilities include working with athletic teams at all levels of competition, in a sports medicine clinical setting or other allied health care facilities, or in a corporate/industrial setting. Certification (BOC) is required and an advanced degree is recommended.

Certification (BOC) is required and a teaching certificate or advanced degree is recommended for some job positions. Many opportunities are available for graduate studies in the field of athletic training and other related disciplines (i.e., exercise science, health promotion).

Average starting salary for an athletic trainer with a bachelor's degree ranges from \$30,000-\$40,000, depending on location and qualifications. Completion of a teaching certificate or advanced degree will increase potential earning power.

For more information on careers in your major, please refer to *From Major to Career*, a publication which is located in all college advisement centers.

#### MAP DISCLAIMER

While every reasonable effort is made to ensure accuracy, there are some student populations that could have exceptions to listed requirements. Please refer to the university catalog and your college advisement center/department for complete guidelines.

#### DEPARTMENT INFORMATION

##### Exercise Sciences Department

Brigham Young University  
106 Smith Fieldhouse  
Provo, UT 84602-2216  
Telephone: (801) 422-6507

#### ADVISEMENT CENTER INFORMATION

##### Faculty Advisors:

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Dr. Aaron Wells

## **BS in Athletic Training (663421)**

**2017-2018**

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### **Life Science Student Services**

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