

**HEALTH AND EXERCISE SCIENCE
3+2 MASTER OF SCIENCE IN ATHLETIC TRAINING TRACK**

HEALTH & EXERCISE SCIENCE CORE COURSES (18 Credits)

Course Title	Prerequisites	Credits
ACT 160: Fundamentals of Personal Fitness	None	1
CED 220: Foundations of Professionalism	None	1
HES 150: Foundations of Health and Exercise Science	None	3
HES 121: First Aid & Basic Life Support for Healthcare Providers	None	1
HES 224: Principles of Human Performance <u>OR</u> PSY 220: Health Psychology	PSY 103 or PSY 103H	3
HES 226: Human Nutrition	ENG 101 & MTH 099 or above	3
HES 332: Epidemiology of Physical Activity and Health	ENG 101 & MTH 174	3
HES 327: Physiological Adaptations and Management of Stress	BIO 131 or BIO 198	3

MASTER OF ATHLETIC TRAINING CORE COURSES (33 CREDITS)

Course Title	Prerequisites	Credits
BIO 111: Principles of Biology I & BIO 111A: Principles of Biology I Lab	None	4
BIO 130: Medical Terminology	None	2
BIO 197: Human Anatomy & Physiology for the Health Sciences I & BIO 197A: Human Anatomy & Physiology for the Health Sciences I Lab	None	4
BIO 198: Human Anatomy & Physiology for the Health Sciences II & BIO 198A: Human Anatomy & Physiology for the Health Sciences II Lab	BIO 197 with a grade of "C" or better	4
CHE 111: General Chemistry I & CHE 111A: General Chemistry I Lab	MTH 099 (Corequisite) or MTH Placement 4 or Higher	4
PHY 201: General Physics I & PHY 201A: General Physics I Lab	MTH 185 or equivalent or MTH Placement 5	4
ESC 303: Exercise Physiology & ESC 303A: Exercise Physiology Lab	BIO 131 or BIO 198	4
ESC 311: Biomechanical Analysis of Human Movement	BIO 131 or BIO 197	3
ESC 323: Principles of Health Assessment and Exercise Prescription & ESC 323A: Principles of Health Assessment and Exercise Prescription Lab	ESC 303/303A	4

MASTER OF SCIENCE IN ATHLETIC TRAINING COURSES TO REACH 120 CREDITS (23 CREDITS)

LETTER OF ACCEPTANCE TO A CAATE ACCREDITED ATHLETIC TRAINING PROGRAM IS REQUIRED TO DECLARE THE 3+2 CONCENTRATION.

TRANSFER CREDITS WILL BE REPORTED AT THE END OF EACH SEMESTER FOLLOWING ADMISSION TO THE GRADUATE AT PROGRAM.

DEGREE WILL BE CONFERRED FOLLOWING THE COMPLETION OF THE FIRST YEAR OF THE GRADUATE AT PROGRAM AND SUCCESSFUL COMPLETION OF 120 TOTAL CREDIT HOURS.

**Health and Exercise Science
Recommended/Tentative 3 year plan**

Master of Science in Athletic Training 3+2 Track

		Fall		Spring	
		BIO 111/111A Principles of Biology I & Lab	4	ACT 160 Fundamentals of Personal Fitness	1
		BIO 130 Medical Terminology	2	HES 150 Foundations of Health and Exercise Science	3
		CORE 115 Common Ground	3	HES 121 First Aid & Basic Life Support for Healthcare Providers	1
		PSY 103 Psychology	3	SOC 103 Our Social World	3
		COM 100 Spoken Word	3	ENG 101 Written Word	3
				CHE 111/111A General Chemistry I & Lab	4
15				15	

		Fall		Spring	
		BIO 197/197A Human Anatomy & Physiology for the Health Sciences I & Lab	4	BIO 198/198A Human Anatomy & Physiology for the Health Sciences II & Lab	4
		PSY 220 Health Psychology / HES 224 Principles of Human Performance	3	HES 226 Human Nutrition	3
		MTH 174 Statistics I	3	CORE LIT	3
		CORE REL	3	CORE PHI	3
		CORE ART/MUS	3	CORE ETH	3
		CED 220 Foundations of Professionalism	1		
17				16	

		Fall		Spring	
		PHY 201/201A General Physics I & Lab	4	ESC 311 Biomechanical Analysis of Human Movement	3
		ESC 303/303A Exercise Physiology & Lab	4	ESC323/323A Principles of Health Assessment and Exercise Prescription & Lab	4
		HES 332 Epidemiology of Physical Activity and Health	3	HES 327 Physiological Adaptations and Management of Stress	3
		CORE JCG	3	CORE HIS	3
				CORE CAP	3
14				16	