

Applied Health Sciences with Pre-Athletic Training Concentration

College of Natural and Health Sciences

Credit Hours: 122 hours minimum Total - 82 credits for Major

Declaring the Major: Plan Declaration form may be submitted anytime to the department.

Concentration: Pre-Athletic Training



First Year

Semester 1

Course	Credits	Course Notes	Category	Major GPA	Fall	Winter	Spring	Summer	Min. Grade	Grade	Complete
AHS 101 - Introduction to Applied Health Science	3		MJ	●	●		●				
MATH 111 - College Algebra I	4	Computational Requirement	SK		●		●	●	C		
ENGL 101 - Composition and Reading	3	Reading and Writing Requirement	SK		●		●		C-		
BIOS 101 - Bioscience (NS)	4	Placement in MATH 111 / ENGL 100	MJ/GE	●	●		●				

Total Credits: 14

Semester 2

BIOS 102 - Organismal Biology	4	Placement in MATH 111/ ENGL 100	MJ	●	●		●				
MATH 114 - College Algebra II with Trigonometry	5	Prereq: Math 111	MJ	●	●		●				
PSYC 101 - Intro to Psychological Science (SS)	3	ENGL 100 or concurrent enrollment	MJ/GE	●	●		●		C		
Gen Ed (DV): Humanities and Fine Arts	3	Select a course that meets Diversity Requirement	GE/DV		●		●				

Total Credits: 15

First Year Credit Total 29

WINTERIM YEAR 1 - OPTIONAL: Consult with your advisor whether winterim is appropriate for you in your first year.

SUMMER YEAR 1 - OPTIONAL: Enrollment in Summer courses is recommended for students who end their first year with less than 30 credit hours.

SK= Skills Requirement, GE = General Education Requirement, MJ = Major Requirement, NS = Natural Science Requirement, SS = Social and Behavioral Sciences Requirement, DV = Diversity Requirement

Second Year

Semester 1

Course	Credits	Course Notes	Category	Major GPA	Fall	Winter	Spring	Summer	Min. Grade	Grade	Complete
BIOS 105 - Human Physiology and Anatomy I	5		MJ	●	●		●		C		
CHEM 101 - General Chemistry I (NS)	5	Prerequisite: MATH 111	MJ/ GE	●	●		●				
HESM 270 - Lifetime Wellness (SS)	3		MJ/ GE	●	●		●	●			
BUS 100 - Introduction to Business (SS)	3		MJ/ GE	●	●		●				

Total Credits: 16

Semester 2

BIOS 106 - Human Physiology and Anatomy II	5	Prerequisite: BIOS 105	MJ	●	●		●		C		
CHEM 102 - General Chemistry II	5	Prerequisite: CHEM 101	MJ	●	●		●				
SPCH 105 - Public Speaking (HU)	3		GE	●	●		●				
Gen Ed (SS): Social and Behavior Science	3		GE		●		●				

Total Credits: 16

Second Year Credit Total 32

WINTERIM YEAR 2 - OPTIONAL: Enrollment in Winterim courses is strongly recommended for students who have accumulated less than 45 credits.
 SUMMER YEAR 2 - OPTIONAL: Enrollment in Summer courses is recommended for students who end their second year with less than 60 credit hours.

GE = General Education Requirement, MJ = Major Requirement, Social and Behavioral Sciences Requirement, HU = Humanities and Fine Arts Requirement

Third Year

Semester 1											
Course	Credits	Course Notes	Category	Major GPA	Fall	Winter	Spring	Summer	Min. Grade	Grade	Complete
BIOS 210 - Biostatistics OR PSYC 250 - Psychological Statistics	4	Prerequisite: BIOS 101 and 102	MJ	●	●		●				
PHYS 101 - Principles of Physics (NS)	4	Computational skills required or equivalent	MJ/ GE		●		●				
HESM 353 - Biomechanics	4	Prerequisite: BIOS 105 and 106	MJ	●	●		●				
Gen Ed (HU): Humanities and Fine Arts	3		GE		●		●	●			
Total Credits: 15											
Semester 2											
HESM 280 - Sport and Fitness Nutrition (NS)	3		MJ/ GE	●	●		●				
HESM 410 - Fitness Assessment and Prescription	3		MJ	●	●						
HESM 354 - Physiology of Exercise	4	Prerequisite: BIOS 105, 106 or BIOS 300, 341; and MATH 111	MJ	●	●		●				
Gen Ed (HU): Humanities and Fine Arts	3		GE		●		●	●			
XXXX - General Elective	3		EL		●		●	●			
Total Credits: 16											
Third Year Credit Total 31											

WINTERIM YEAR 3 - OPTIONAL: Enrollment in Winterim courses is strongly recommended for students who have accumulated less than 75 credits.
 SUMMER YEAR 3 - OPTIONAL: Enrollment in Summer courses is recommended for students who end their third year with less than 90 credit hours.

SK= Skills Requirement, GE = General Education Requirement, MJ = Major Requirement,
 HU = Humanities and Fine Arts Requirement, NS = Natural Science Requirement, EL = General Elective Requirement

Fourth Year

Semester 1

Course	Credits	Course Notes	Category	Major GPA	Fall	Winter	Spring	Summer	Min. Grade	Grade	Complete
HESM 358 - Sport and Fitness Psychology	3	Junior or Senior standing; Prerequisite: PSYC 101	MJ	●	●		●				
BIOS/HESM/PSYC 300 or 400 Level Elective	3	Any course	EL		●		●				
HESM 345 - Prevention and Care of Athletic Injuries	3		MJ	●	●						
XXXX - General Elective	3		EL		●		●	●			
AHS 494 - Internship/Fieldwork	3	AHS 101; sophomore or higher; approval by AHS advisor or the CHS director	MJ	●	●		●	●			

Total Credits: 15

Semester 2

HESM 430 - Fitness Program Management	3	Prereq: HESM 353, 354, 410		●			●				
BIOS/HESM/PSYC 300 or 400 Level Elective	3		EL	●	●		●				
HESM 415 - Scientific Principles of Strength and Conditioning	3		MJ	●			●				
HESM 445 - Therapeutic Exercise for Athletic Injuries	3		MJ	●			●				
AHS 494 - Internship/Fieldwork	3	Consent of instructor	MJ	●	●		●	●			

Total Credits: 15

Fourth Year Credit Total 30

WINTERIM YEAR 4 - OPTIONAL: Enrollment in Winterim courses is strongly recommended for students who have accumulated less than 105 credits.
 SUMMER YEAR 4 - OPTIONAL: Enrollment in Summer courses is recommended for students who end their fourth year with less than 120 credit hours.

MJ = Major Requirement, EL = General Elective Requirement

Milestone Checklist

Year 1:	
Complete Skills requirement (MATH 111 and ENGL 101).	
Complete AHS 101; BIOS 101 and 102; PSYC 101 with a C or better.	
Declare major by submitting a plan declaration form.	
Complete at least 10 hours shadowing a professional in the professional field of your choice.	
Create a CareerLocker account and create a resume using Resume Module.	
Year 2	
Complete BIOS 105 and 106 with a grade of C or better.	
Gain significant experience within the health care field (at least 50 hours).	
Review overall and program specific GPA for competitiveness for professional program application process.	
Register for RangerTrak and create a career profile.	
Year 3:	
Complete HESM 353 and HESM 354.	
Review GPA for competitiveness for professional programs.	
Select professional school options.	
Complete professional placement exam.	
Complete personal statement and initiate application for professional programs.	
Complete General Education requirements including Diversity Requirement.	
Submit graduation application.	
Year 4:	
Complete all major requirements.	
Update RangerTrak profile and resume.	
Develop a job search strategy if not attending a professional program.	
Attend Senior Send Off.	

Graduation Requirements Summary:

Minimum Total Hours: 122 credits

Minimum Upper-Division Hours: 36 credits

Minimum Major hours: 82-83 credits

Minimum Major GPA: 2.5

Minimum Overall GPA: 2.0