

KINESIOLOGY

College of Science and Health

Accelerated Bachelor of Science in Sports Medicine (120 credits)

Fall 2020 (first freshman cohort)

Note: Duplicate credits for UCC and Major noted and only counted once in credit load

UCC REQUIREMENTS [34 credits]

AREA 1: PERSONAL WELL-BEING [3 credits]

PBHL 1500 Sports Nutrition 3 cred.

AREA 2: EXPRESSION [9]

a. Arts/Communication
_____ 3 cred.

b. Writing
ENG 1100 College Writing 3 cred.

c. Literature
ENG 1500 Experiences in Literature 3 cred.

AREA 3: WAYS OF KNOWING [19 credits]

a. Philosophical Perspectives
_____ 3 cred.

b. Historical Perspectives
_____ 3 cred.

c. Social/Behavioral Science (2 different disciplines)
PSY 1100 General Psychology 3 cred.
SOC 1010 Introduction to Sociology 3 cred.

d. Scientific Perspectives (choose 1 of the following)
BIO 1120 Anatomy & Physiology I 4 cred.

e. Quantitative Thinking
MATH 1300 Elementary Statistics 3 cred.

AREA 4: DIVERSITY & JUSTICE [Duplicate credits]

▪ *Must complete 18 credits in UCC prior to taking Area 4*
PBHL 2950 Disparities in Health Duplicate

AREA 5: CIVIC & COMMUNITY ENGAGEMENT [MUST COMPLETE Area 4 before taking Areas 5&6]

SMED 3000 First Aid and CPR Duplicate

AREA 6: GLOBAL AWARENESS [3 credits]

▪ *MUST COMPLETE Area 4 before taking Areas 5&6*
_____ 3 cred.

FRESHMAN WORKSHOP (Will Power 1010 and 1020)

▪ *Required for 1st year students & transfers with less than 12 credits*
WP 1010 and WP 1020 no cred.

INTENSIVE REQUIREMENTS

These courses can be double counted within the UCC, the major, or as free electives. If you are a transfer with an AA/AS degree you must take one WI course and zero TI courses.

WRITING INTENSIVE (WI) *W

▪ *The first WI course must be Area 2 College Writing*
▪ *At least one course must be at the 300 or above level*
ENG 1100 College Writing Duplicate
ENG 1500 Experiences in Literature Duplicate
KNES 3530 Motor Learning Duplicate
SMED 2200 Introduction to Sports Medicine Duplicate

TECHNOLOGY INTENSIVE (TI) *T

KNES 2300 Tests and Measurements Duplicate
KNES 3300 Biomechanics Duplicate

UNIVERSITY REQUIREMENTS

FOREIGN LANGUAGE [6 credits] _____ 3 cred.

_____ 3 cred.

Major courses = 80 credits total

Core Courses [19 credits]

- KNES 2300 Tests & Measurements^T
- KNES 2550 Disability and Diversity in Physical Activity
- KNES 3300 Biomechanics^T
- KNES 3500 Physiology of Exercise (4 credits)
- KNES 3530 Motor Learning^W
- KNES 4500 Psycho-Social Dimensions of Sport

Sports Medicine Courses [45 credits]

- EXPH 1500 Aerobic Conditioning
- EXPH 1600 Resistance & Flexibility Training
- EXPH 2800 Health Promotion and Fitness Management
- EXPH 3100 Essentials of Strength & Conditioning
- EXPH 3600 Exercise Programs for Older Adults
- EXPH 3901 Aerobic and Anaerobic Exercise Leadership I
- EXPH 4100 Exercise Programs for Special Populations
- EXPH 4200 Graded Exercise Testing & Exercise Prescription
- EXPH 4300 Advanced Exercise Physiology and Sport Nutrition
- PBHL 2950 Disparities in Health

- SMED 2000 Medical Terminology (1 cr. online)
- SMED 2200 Introduction to Sports Medicine^W (hybrid)
- SMED 2400 Surface Anatomy
- SMED 3000 First Aid and CPR
- SMED 3200 Injuries and Illnesses in Sports Medicine
- Electives 2 cr. or SMED 3400 Sports Medicine Observational Experience 2 cr.

Co-Requisite Courses [16 credits]

- BIO 1130 Anatomy & Physiology II
- BIO 1620 General Biology: Evolution, Ecology, and Biodiversity
- CHEM 1310 College Chemistry
- PHYS 1100 Introduction to Physics

Suggested Sequence of Courses

Accelerated BS in Sports Medicine (BS in SMED) 120 cr. and Master of Science in Athletic Training (MS in AT) 38 cr.

Bachelor of Science in Sports Medicine

<u>1st semester</u>		Credits	<u>2nd semester</u>		Credits
BIO 1120	Anatomy & Physiology I (<i>meets Area 3d</i>)	4	BIO 1130	Anatomy & Physiology II	4
ENG 1100	College Writing (<i>meets Area 2b</i>)	3	CHEM 1310	College Chemistry	4
PHYS 1100	Introduction to Physics	4	EXPH 1500	Aerobic Conditioning	3
PSY 1100	General Psychology (<i>meets Area 3c</i>)	3	EXPH 1600	Resistance & Flexibility Training	3
SOC 1010	Principles of Sociology (<i>meets Area 3c</i>)	3	MATH 1300	Elementary Statistics (<i>meets Area 3e</i>)	3
WPU 1010	Freshman Workshop	0	SMED 2000	Medical Terminology (online)	1
Credits		17	Credits		18
<u>Summer Session</u>			<u>Summer Session</u>		
ENG 1500	Experiences in Literature (<i>meets Area 2c</i>)	3	KNES 2300	Tests and Measurements ^T	3
Total Summer Credits		6			
<u>3rd semester</u>			<u>4th semester</u>		
KNES 2550	Disability and Diversity in Physical Activity	3	SMED 2400	Surface Anatomy	3
KNES 3300	Biomechanics ^T	3	EXPH 2800	Health Promotion Fitness Management	3
KNES 3500	Physiology of Exercise	4	EXPH 3100	Essentials of Strength and Conditioning	3
PBHL 1500	Sports Nutrition (<i>meets Area 1</i>)	3	EXPH 3600	Exercise Programs for Older Adults	3
SMED 2200	Introduction to Sports Medicine ^W (hybrid)	3	-----	UCC Area 2 or 3	3
----- -----	Language semester 1	3	-----	Language semester 2	3
Credits		19	Credits		18
<u>Summer Session</u>			<u>Summer Session</u>		
----- -----	UCC Area 2 or 3	3	BIO 1620	General Biology: Evolution, Ecology, and Biodiversity	4
Total Summer Credits		7			
<u>5th semester</u>			<u>6th semester</u>		
EXPH 3901	Aerobic and Anaerobic Exercise Leadership	3	EXPH 4100	Exercise Programs for Special Populations	3
KNES 3530	Motor Learning ^W	3	EXPH 4200	Graded Exercise Testing and Exercise Prescription	3
PBHL 2950	Disparities in Health (<i>meets Area 4</i>)	3	EXPH 4300	Advanced Exercise Physiology and Sport Nutrition	3
SMED 3000	First Aid and CPR (<i>meets Area 5</i>)	3	KNES 4500	Psycho-Social Dimensions of Sport	3
----- -----	UCC Area 2 or 3	3	SMED 3200	Injuries and Illnesses in Sports Medicine	3
----- -----	UCC Area 6	3	Elective or SMED 3400	Elective or Sports Medicine Observational Experience	2
Credits		18	Credits		17

Master of Science in Athletic Training Prerequisite Course Requirements

Required Courses:

- BIO 1120 Anatomy & Physiology I (C- or better)
- BIO 1130 Anatomy & Physiology II (C- or better)
- BIO 1620 General Biology: EEB
- CHEM 1310 College Chemistry
- MATH 1300 Elementary Statistics
- PHYS 1100 Introduction to Physics
- PSY 1100 General Psychology
- SMED 2000 Medical Terminology
- SMED 2200 Introduction to Sports Medicine (C- or better)
- SMED 2400 Surface Anatomy
- SMED 3000 First Aid & CPR
- SMED 3200 Injuries and Illnesses in Sports Medicine

Additional Courses (not required for application to the MS in AT)

- PBHL 1500 Sports Nutrition
- PBHL 2950 Disparities in Health

Master of Science in Athletic Training (38 credits)

Summer Session I			Summer Session II		
ATP 5000	Prevention and Care of Injury and Illness in Athletic Training (hybrid)	4	ATP 5200	Pharmacology in Athletic Training (online)	2
ATP 5100	Sports Emergency Care	3	ATP 5300	Assessment of the Upper Body	3
	Total Summer I Credits	7		Total Summer II Credits	5
7th semester (MS in AT)			8th semester (MS in AT)		
ATP 5400	Therapeutic Modalities	3	ATP 5700	Therapeutic Exercise	3
ATP 5500	Assessment of the Lower Body	3	ATP 5800	Assessment of the Core Body and General Medical Conditions	3
ATP 5600	Clinical Experience in AT I	2	ATP 5900	Clinical Experience in AT II	2
	Credits	8		Credits	8
9th semester (MS in AT)			10th semester (MS in AT)		
ATP 6000	Clinical Experience in AT III (immersive experience)	4	ATP 6200	Current Topics in Athletic Training (online)	1
ATP 6100	Organization and Administration in Athletic Training (online)	3	ATP 6300	Clinical Experience in AT IV	2
	Credits	7		Credits	3

MS in AT courses (38 credits)

- ATP 5000 Prevention of Injury and Illness in Athletic Training 4 cr. (hybrid)
- ATP 5100 Sports Emergency Care 3 cr.
- ATP 5200 Pharmacology in Athletic Training 2 cr. (online)
- ATP 5300 Assessment of the Upper Body 3 cr.
- ATP 5400 Therapeutic Modalities 3 cr.
- ATP 5500 Assessment of the Lower Body 3 cr.
- ATP 5600 Clinical Experience in AT I 2 cr.
- ATP 5700 Therapeutic Exercise 3 cr.
- ATP 5800 Assessment of the Core Body and General Medical Conditions 3 cr.
- ATP 5900 Clinical Experience in AT II 2 cr.
- ATP 6000 Clinical Experience in AT III 4 cr. (immersive clinical experience)
- ATP 6100 Organization and Administration in Athletic Training (online) 3 cr.
- ATP 6200 Current Topics in Athletic Training (online) 1 cr.
- ATP 6300 Clinical Experience in AT IV 2 cr.