



2017-2018 PROGRAM REQUIREMENTS

Degree: Bachelor of Science

Major: Athletic Training

About This Major . . .

The Athletic Training Program (ATP) is a five semester clinical program, usually completed from the spring of the sophomore through the senior year, and is accredited by the Commission on Accreditation of Athletic Training Education (CAATE). Admission into the ATP is competitive and admission into Colorado Mesa University does not guarantee admission into the ATP. The ATP ensures the highest quality of education by offering collective learning experiences that enable the student to successfully challenge the Board of Certification examination and pursue numerous career paths as a certified athletic trainer. Certified athletic trainers gain employment in a variety of settings including but not limited to: high school/college athletic programs, professional sport programs, outpatient physical therapy/sports medicine clinics, industrial/corporate settings, and even the US military.

Transfer students are encouraged to contact the ATP at least 1 semester prior to application/ transfer to assure that they have time to develop the required skills and knowledge pre-requisites.

Application deadline is December 1 for admission into the clinical program for the following spring semester.

For more information on what you can do with this major, go to <http://www.coloradomesa.edu/career/whatmajor.html>

All CMU baccalaureate graduates are expected to demonstrate proficiency in critical thinking, communication fluency, quantitative fluency, and specialized knowledge/applied learning. In addition to these campus-wide student learning outcomes, graduates of this major will be able to:

1. Select appropriate prevention and health promotion strategies. (Critical Thinking)
2. Evaluate pathologies common to an athletic population in a correct and efficient manner. (Critical Thinking)
3. Design therapeutic intervention to maximize a patient's participation and health-related quality of life. (Critical Thinking, Quantitative Fluency)
4. Select and integrate appropriate psychosocial techniques into a patient's treatment program, recognizing when and how to refer where necessary. (Specialized Knowledge, Communication Fluency)
5. Demonstrate the ability to clearly communicate specialized knowledge. (Specialized Knowledge, Communication Fluency)

Advising Process and DegreeWorks

This document is intended for informational purposes to help determine what courses and associated requirements are needed to earn a degree. The suggested course sequencing outlines how students could finish degree requirements. Some courses are critical to complete in specific semesters, while others may be moved around. Meeting with an academic advisor is essential in planning courses and altering the suggested course sequencing. It is ultimately the student's responsibility to understand and fulfill the requirements for her/his intended degree(s).

DegreeWorks is an online degree audit tool available in MAVzone. It is the official record used by the Registrar's Office to evaluate progress towards a degree and determine eligibility for graduation. Students are responsible for reviewing their DegreeWorks audit on a regular basis and should discuss questions or concerns with their advisor or academic department head. Discrepancies in requirements should be reported to the Registrar's Office.

Graduation Process

Students must complete the following in the first two months of the semester prior to completing their degree requirements:

- Review their DegreeWorks audit and create a plan that outlines how unmet requirements will be met in the final semester.
- Meet with their advisor and modify their plan as needed. The advisor must approve the final plan.
- Submit the "Intent to Graduate" form to the Registrar's Office to officially declare the intended graduation date and commencement ceremony plans.
- Register for all needed courses and complete all requirements for each degree sought.

Submission deadlines and commencement details can be found at <http://www.coloradomesa.edu/registrar/graduation.html>.

If a student's petition for graduation is denied, it will be her/his responsibility to consult the Registrar's Office regarding next steps.

INSTITUTIONAL DEGREE REQUIREMENTS

The following institutional degree requirements apply to all CMU baccalaureate degrees. Specific programs may have different requirements that must be met in addition to institutional requirements.

- 120 semester hours minimum.
- Students must complete a minimum of 30 of the last 60 hours of credit at CMU, with at least 15 semester hours in major discipline courses numbered 300 or higher.
- 40 upper-division credits (alternative credit limit applies to the Bachelor of Applied Science degree).
- 2.00 cumulative GPA or higher in all CMU coursework.
- A course may only be used to fulfill one requirement for each degree/certificate.
- No more than six semester hours of independent study courses can be used toward the degree.
- Non-traditional credit, such as advanced placement, credit by examination, credit for prior learning, cooperative education and internships, cannot exceed 30 semester credit hours for a baccalaureate degree; A maximum of 15 of the 30 credits may be for cooperative education, internships, and practica.
- Pre-collegiate courses (usually numbered below 100) cannot be used for graduation.
- Capstone exit assessment/projects (e.g., Major Field Achievement Test) requirements are identified under Program-Specific Degree Requirements.
- The Catalog Year determines which program sheet and degree requirements a student must fulfill in order to graduate. Visit with your advisor or academic department to determine which catalog year and program requirements you should follow.
- See "Requirements for Undergraduate Degrees and Certificates" in the catalog for a complete list of graduation requirements.

PROGRAM-SPECIFIC DEGREE REQUIREMENTS

- A 2.75 GPA is required in the major courses. A "C" or higher is required in all major courses.

ESSENTIAL LEARNING REQUIREMENTS (31 semester hours)

See the current catalog for a list of courses that fulfill the requirements below. If a course is an Essential Learning option and a requirement for your major, you must use it to fulfill the major requirement and make a different selection for the Essential Learning requirement.

English (6 semester hours, must receive a grade of "C" or better and must be completed by the time the student has 60 semester hours.)

- ENGL 111 - English Composition (3)
- ENGL 112 - English Composition (3)

Mathematics (3 semester hours, must receive a grade of "C" or better, must be completed by the time the student has 60 semester hours.)

- MATH 113 - College Algebra (4)
3 credits apply to the Essential Learning requirements and 1 credit applies to elective credit

Humanities (3 semester hours)

- Select one Humanities course (3)

Social and Behavioral Sciences (6 semester hours)

- PSYC 150 - General Psychology (3)
- Select one Social and Behavioral Sciences course (3)

Natural Sciences (7 semester hours, one course must include a lab. PHYS 111/PHYS 111L suggested.)

- Select one Natural Sciences course (3)
- Select one Natural Sciences course with a lab (4)

History (3 semester hours)

- Select one History course (3)

Fine Arts (3 semester hours)

- Select one Fine Arts course (3)

OTHER LOWER-DIVISION REQUIREMENTS

Wellness Requirement (3 semester hours)

- KINE 100 - Health and Wellness (1)
- Select one Activity course (1)
- Select one Activity course (1)

Essential Learning Capstone (4 semester hours)

Essential Learning Capstone must be taken after completion of the Essential Learning English and Mathematics requirements, and when a student has earned between 45 and 75 hours.

- ESSL 290 - Maverick Milestone (3)
- ESSL 200 - Essential Speech (1)

FOUNDATION COURSES 11 semester hours)

- STAT 200 - Probability and Statistics (3)
- BIOL 209 - Human Anatomy and Physiology I (3)
- BIOL 209L - Human Anatomy and Physiology I Laboratory (1)
- BIOL 210 - Human Anatomy and Physiology II (3)
- BIOL 210L - Human Anatomy and Physiology II Laboratory (1)

BS, ATHLETIC TRAINING REQUIREMENTS (60 semester hours)

Required Core Courses

- KINE 200 - History and Philosophy of Sport and Physical Education (3)
- KINE 213 - Applications of Physical Fitness and Physical Education (3)
- KINE 234 - Prevention and Care of Athletic Injuries (3)
- KINE 240 - Introduction to Clinical Athletic Training (2)
- KINE 252 - Principles of Evaluation and Assessment (3)
- KINE 253 - Clinical Experiences in Athletic Training I (2)
- One of the following courses:
 - KINE 265 - First Aid and CPR/AED for the Health Care Provider (3)
 - EMTS 115 - Medical First Responder (3)
- KINE 303 - Exercise Physiology (3)
- KINE 303L - Exercise Physiology Laboratory (1)
- KINE 309 - Anatomical Kinesiology (3)
- KINE 367 - Field Experiences in Athletic Training I (2)
- KINE 368 - Clinical Experiences in Athletic Training II (2)
- KINE 370 - Biomechanics (3)
- KINE 370L - Biomechanics Laboratory (1)
- KINE 373 - Upper Body Injury Assessment (3)
- KINE 374 - Lower Body Injury Assessment (3)
- KINE 378 - Clinical Experiences in Athletic Training III (2)
- KINE 405 - Sports Nutrition (3)
- KINE 410 - Rehabilitative Exercises (3)
- KINE 420 - Therapeutic Modalities (3)
- KINE 430 - Medical Conditions and Pharmacology in Sports (3)
- KINE 467 - Field Experiences in Athletic Training II (2)
- KINE 468 - Clinical Experiences in Athletic Training IV (2)
- KINE 478 - Clinical Experiences in Athletic Training V (2)

ELECTIVES (All College level courses appearing on your final transcript, not listed above that will bring your total hours to 120 hours.)
(11 semester hours. BIOL 409/BIOL 409L suggested)

- MATH 113 - College Algebra (1)
- _____
- _____
- _____
- _____

SUGGESTED COURSE SEQUENCING

Freshman Year, Fall Semester: 16 credits

- ENGL 111 - English Composition (3)
- KINE 100 - Health and Wellness (1)
- KINE 200 - History and Philosophy of Sport and Physical Education (3)
- Essential Learning - Social and Behavioral Science (3)
- Essential Learning - History (3)
- Essential Learning - Fine Arts (3)

Freshman Year, Spring Semester: 16 credits

- ENGL 112 - English Composition (3)
 - KINE 213 - Applications of Physical Fitness and Physical Education (3)
 - KINE 234 - Prevention and Care of Athletic Injuries (3)
 - MATH 113 - College Algebra (4)
 - KINE 265 - First Aid and CPR/AED for the Health Care Provider (3) or EMTS 115 - Medical First Responder (3)
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Sophomore Year, Fall Semester: 16 credits

- KINE 240 - Introduction to Clinical Athletic Training (2)
- Essential Learning - Natural Science (3)
- PSYC 150 - General Psychology (3)
- BIOL 209 - Human Anatomy and Physiology I (3) and BIOL 209L - Human Anatomy and Physiology I Laboratory (1)
- STAT 200 - Probability and Statistics (3)
- KINA Activity (1)

Sophomore Year, Spring Semester: 16 credits

- ESSL 290 - Maverick Milestone (3)
 - ESSL 200 - Essential Speech (1)
 - BIOL 210 - Human Anatomy and Physiology II (3) and BIOL 210L - Human Anatomy and Physiology II Laboratory (1)
 - Essential Learning - Humanities (3)
 - KINE 252 - Principles of Evaluation and Assessment (3)
 - KINE 253 - Clinical Experiences in Athletic Training I (2)
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Junior Year, Fall Semester: 17 credits

- Essential Learning - Natural Science with Lab (4)
- KINE 309 - Anatomical Kinesiology (3)
- KINE 367 - Field Experiences in Athletic Training I (2)
- KINE 368 - Clinical Experiences in Athletic Training II (2)
- KINE 374 - Lower Body Injury Assessment (3)
- KINE 420 - Therapeutic Modalities (3)

Junior Year, Spring Semester: 15 credits

- KINE 303 - Exercise Physiology (3) and KINE 303L - Exercise Physiology Laboratory (1)
 - KINE 373 - Upper Body Injury Assessment (3)
 - KINE 378 - Clinical Experiences in Athletic Training III (2)
 - KINE 410 - Rehabilitative Exercises (3)
 - KINE 430 - Medical Conditions and Pharmacology in Sports (3)
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Senior Year, Fall Semester: 12 credits

- KINE 405 - Sports Nutrition (3)
- KINE 467 - Field Experiences in Athletic Training II (2)
- KINE 468 - Clinical Experiences in Athletic Training IV (2)
- KINA Activity (1)
- Electives (4)

Senior Year, Spring Semester: 12 credits

- KINE 370 - Biomechanics (3) and KINE 370L - Biomechanics Laboratory (1)
 - KINE 478 - Clinical Experiences in Athletic Training V (2)
 - Electives (2 courses) (6)
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