



HOPE COLLEGE

Athletic Training

Athletic Training (AT) Major Coursework Requirements

***HOPE COLLEGE requires 126 Credit Hours to graduate.**

General Education (CORE) Requirements (36 Credits)

IDS 100	First Year Seminar	2 credits
ENGL 113	Expository Writing	4 credits
KIN 140	Health Dynamics	2 credits
REL	100 Level	2 credits
REL	200 Level	4 credits
SENIOR SEMINAR		2 credits
CULTURAL HERITAGE		8 credits
	- CH I & CH 2 (4 credits ea.)	
CULTURAL DIVERSITY	- Met through SOC 101 (AT requirement)	0 additional credits
SECOND LANGUAGE		4 credits
	-Numbered courses 102, 122, 172 or placement by exam into 300+ level language class	
MATH and NAT SCIENCE	- Met through required courses	0 additional credits
	-MATH 210, KIN 200/BIOL 222, BIOL 103, BIOL 221	
SOCIAL SCIENCES	-	
	- BLOCK IA= PSY 100 (Required for AT)	0 additional credits
	- BLOCK IIB = POL 110 or ECON 200	2 credit
ARTS I	Art Theory	4 credits
	- IDS 101, ART 111, MUS 101, 104, 105 or THEA 101, 153	
ARTS II	Performing Art Course	2 credits
	-Studio or performance course in art, creative writing, dance, music, or theatre	

Required Prerequisites (16 credits)

BIO 103	Introduction to Cell Biology	4 credits
PSY 100	Introduction to Psychology	4 credits
MATH 210	Introductory Statistics	4 credits
SOC 101	Sociology and Social Problems	4 credits

Required Courses (57 credits)

BIO 221	Human Physiology	4 credits
KIN 198	Athletic Training Practicum I	2 credits
KIN 200	Human Anatomy	4 credits
KIN 203	Health Skills and Enhancement	2 credits
KIN 205	Safety, First Aid, and CPR	2 credits
KIN 221	Anatomical Kinesiology	3 credits
KIN 222	Exercise Physiology	3 credits
KIN 223	Exercise Physiology Laboratory	1 credit
KIN 250	Research Methods in Kinesiology	4 credits
KIN 298	Athletic Training Practicum II	2 credits
KIN 208	Introduction to Nutrition	3 credits
KIN 340	Injury Prevention & Care	3 credits
KIN 385	Injury Assessment I	3 credits
KIN 386	Injury Assessment II	3 credits
KIN 398	Athletic Training Practicum III	2 credits
KIN 401	Therapeutic Modalities	3 credits
KIN 402	Therapeutic Exercise	3 credits
KIN 404	Seminar in Athletic Training Administration	2 credits
KIN 405	Non-Orthopedic Conditions	2 credits
KIN 498	Athletic Training Practicum IV	2 credits
SOC 333	Medical Sociology	4 credits

Recommended Courses for Electives (17 Credits) (*highly recommended)

PHY 105	College Physics I	3 credits
CHEM 103	Introduction to Biological Chemistry	4 credits
KIN 301	Motor Development	3 credits
*KIN 305	Instructor's First Aid & CPR (May Term)	2 credits
*KIN 308	Nutrition and Athletic Performance	3 credits
*KIN 324	Fitness Assessment and Exercise Prescription	3 credits
*KIN 325	Science and Development of Strength and Power	4 credits
*KIN 383	Mechanical Analysis of Human Movement	3 credits
*PSY 321	Developmental Psychology	4 credits

TOTAL CREDITS = 126

**RECOMMENDED COURSE SEQUENCE
FOR STUDENTS WITH AN ATHLETIC TRAINING MAJOR**

<p>SEMESTER 1</p> <p>PSY 100: Introduction to Psychology 4 hrs BIO 103: Intro to Cell Biology 4 hrs KIN 205: Safety, First Aid, & CPR 2 hrs KIN 198: Athletic Training Practicum I 1 hr IDS 100: First Year Seminar 2 hrs ELECTIVES & CORE <u>3 hrs</u> 16 hrs</p>	<p>SEMESTER 2</p> <p>KIN 200: Human Anatomy 4 hrs MATH 210: Introductory Statistics 4 hrs KIN 198: Athletic Training Practicum I 1 hr ENG 113: Expository Writing 4 hrs ELECTIVES & CORE <u>3 hrs</u> 16 hrs</p>
<p>SEMESTER 3</p> <p>KIN 250: Research Methods in Kinesiology 4 hrs BIO 221: Human Physiology 4 hrs KIN 298: Athletic Training Practicum II 1 hr KIN 340: Injury Prevention & Care 3 hrs SOC 101: Sociology & Social Problems 4 hrs ELECTIVES & CORE <u>0 hrs</u> 16 hrs</p>	<p>SEMESTER 4</p> <p>KIN 298: Athletic Training Practicum II 1 hr KIN 222: Exercise Physiology 3 hrs KIN 223: Exercise Physiology Laboratory 1 hr KIN 208: Introduction to Nutrition 3 hrs KIN 385: Injury Assessment I (Spring-Even Yrs) 3 hrs KIN 386: Injury Assessment II (Spring-Even Yrs) 3 hrs ELECTIVES & CORE <u>2 or 8 hrs</u> 16 hrs</p>
<p>SEMESTER 5</p> <p>KIN 221: Anatomical Kinesiology 3 hrs KIN 398: Athletic Training Practicum III 1 hr KIN 401: Therapeutic Modalities (Fall-Even Yrs) 3 hrs AND KIN 402: Therapeutic Exercise (Fall-Even Yrs) 3 hrs OR KIN 404: Seminar in AT Admin. (Fall-Odd Yrs) 2 hrs ELECTIVES & CORE <u>6 or 10 hrs</u> 16 hrs</p>	<p>SEMESTER 6</p> <p>KIN 203: Health Skills & Enhancement 2 hrs KIN 398: Athletic Training Practicum III 1 hr KIN 385: Injury Assessment I (Spring-Even Yrs) 3 hrs KIN 386: Injury Assessment II (Spring-Even Yrs) 3 hrs KIN 405: Non-Orthopedic Cond (Spring-Odd Yrs) 2 hrs ELECTIVES & CORE <u>7 or 11 hrs</u> 16 hrs</p>
<p>SEMESTER 7</p> <p>KIN 498: Athletic Training Practicum IV 1 hr KIN 401: Therapeutic Modalities (Fall-Even Yrs) 3 hrs AND KIN 402: Therapeutic Exercise (Fall-Even Yrs) 3 hrs OR KIN 404: Seminar in AT Admin. (Fall-Odd Yrs) 2 hrs ELECTIVES & CORE <u>9 or 13 hrs</u> 16 hrs</p>	<p>SEMESTER 8</p> <p>SOC 333: Medical Sociology 4 hrs KIN 405: Non-Orthopedic Cond (Spring-Odd Yrs) 2 hrs KIN 498: Athletic Training Practicum IV 1 hr ELECTIVES & CORE <u>9 or 11 hrs</u> 16 hrs</p>