

Athletic Training (AT) Major Coursework Requirements

*If you are interested in an AT Major through the Department of Kinesiology, please contact Dr. Kirk Brumels, Program Director for Athletic Training at brumels@hope.edu or 616-395-7356

Required Courses

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 298	Athletic Training Practicum II	2 credits
KIN 307	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
PSY 420	Health Psychology	2 credits
	TOTAL	51 credits

Required Prerequisites

BIO 103	Introduction to Cell Biology	4 credits
PSY 100	Introduction to Psychology	4 credits
MATH 210	Introductory Statistics	4 credits

Recommended Courses

PHY 105	College Physics I	3 credits
CHEM 103	Introduction to Biological Chemistry	4 credits
KIN 301	Motor Development	3 credits
KIN 383	Mechanical Analysis of Human Movement	3 credits
CSCI 140	Business Computing	3 credits
SOC 262	Methods of Social Research	4 credits
or		
PSY 200	Research Methods	4 credits

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

<p><i>SEMESTER 1</i></p> <p>KIN 200: Human Anatomy 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 ELECTIVES & CORE <u>5 hrs</u> 16 hrs</p>	<p><i>SEMESTER 2</i></p> <p>MATH 210: Introductory Statistics 4 hrs OR BIO 221: Human Physiology 4 hrs KIN 198: Athletic Training Practicum I 1 hr PSY 100: Introduction to Psychology 4 hrs ELECTIVES & CORE <u>7 hrs</u> 16 hrs</p>
<p><i>SEMESTER 3</i></p> <p>BIO 221: Human Physiology 4 hrs OR MATH 210: Introductory Statistics 4 hrs KIN 298: Athletic Training Practicum II 1 hr KIN 307: Introduction to Nutrition 3 hrs KIN 340: Injury Prevention & Care 3 hrs ELECTIVES & CORE <u>5 hrs</u> 16 hrs</p>	<p><i>SEMESTER 4</i></p> <p>KIN 298: Athletic Training Practicum II 1 hr KIN 222: Exercise Physiology 3 hrs KIN 223: Exercise Physiology Laboratory 1 hr KIN 385: Injury Assessment I (Spring-Even Yrs) 3 hrs KIN 386: Injury Assessment II (Spring-Even Yrs) 3 hrs ELECTIVES & CORE <u>5 or 11 hrs</u> 16 hrs</p>
<p><i>SEMESTER 5</i></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><i>SEMESTER 6</i></p> <p>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 PSY 420: Health Psychology 2hrs ELECTIVES & CORE <u>7 or 11 hrs</u> 16 hrs</p>
<p><i>SEMESTER 7</i></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><i>SEMESTER 8</i></p> <p>KIN 203: Health Skills and Enhancement 2 hrs KIN 405: Non-Orthopedic Cond (Spring-Odd Yrs) 2 hrs KIN 498: Athletic Training Practicum IV 1 hr ELECTIVES & CORE <u>11 or 13 hrs</u> 16 hrs</p>

updated 10/4/09