# Health Science Curriculum

**Core Requirements:**

| | | |
|---|---|---|
| BI211/L | Human Anatomy and Physiology I | 4 credits |
| BI212/L | Human Anatomy and Physiology II | 4 credits |
| BI210 | Medical Terminology | 1 credit |
| BI385 | Bioethics | 3 credits |
| BS125 | General Psychology | 3 credits |
| HP360 | Principles of Nutrition | 3 credits |
| HS120 | Foundations of Health Science | 2 credit |
| HS250 | Structural Anatomy | 2 credit |
| HS362 | Field Practicum | 1 credit |
| HS435 | Healthcare Administration | 3 credits |
| HS440 | Research Methods in Health Science | 3 credits |
| HS445 | Seminar in Health Science | 1 credit |
| | | Subtotal: 29 credits |

**Pre-Athletic Training: Required**

| | | |
|---|---|---|
| BI101/L | Principles of Biology with Lab | 4 credits |
| OR | | |
| BI170/L | Biology I: Zoology | 4 credits |
| HP221 | Essentials of Personal and Community Health | 3 credits |
| HP242 | Care and Prevention of Athletic Injuries | 2 credits |
| HP370 | Kinesiology | 3 credits |
| HP380 | Sport Psychology | 2 credits |
| HP420 | Exercise Physiology | 3 credits |
| HP310 | Developing/Implementing Strength & Fitness Programs | 3 credits |
| HS255 | First Aid for the Health Care Provider | 3 credits |
| HS390 | Biomechanics | 3 credits |
| PH110 | Physical Science | 4 credits |
| | | Subtotal: 30 credits |

**Pre-Physical Therapy: Required**

| | | |
|---|---|---|
| CH151/L | General Chemistry I | 5 credits |
| CH152/L | General Chemistry II | 5 credits |
| HP370 | Kinesiology | 3 credits |
| HP420 | Exercise Physiology | 3 credits |
| HS390 | Biomechanics | 3 credits |
| PH210/L | Physics I | 5 credits |

PH211/L Physics II                                     5 credits
1 Upper Level Biology                                  4-5 credits
                                                       Subtotal: 33-34 credits


**Suggested Health Science Electives:** (Students may choose credits from the following list of courses to fulfill needed electives. Course selections should be based on the pre-requisite requirements of the graduate programs to which students will apply).

| | | |
|---|---|---|
| BI371 | Vertebrate Anatomy | 4 credits |
| BI170 | Zoology | 4 credits |
| BI311 | Fundamentals of Pathophysiology | 4 credits |
| BI344/L | Microbiology | 5 credits |
| BI390 | Practicum in Biology | 1 credit |
| BS225 | Developmental Psychology | 3 credits |
| BS261 | Social Psychology | 3 credits |
| CH232 | Introduction to Organic Chemistry | 4 credits |
| ES380 | Sport Psychology | 2 credits |
| ES420 | Exercise Physiology | 3 credits |
| ES400 | Internship | 3 credits |
| ES440 | Developing/Implementing Strength & Fitness Programs | 3 credits |
| HS450 | Pharmacology | 1 credit |
| LL102 | College Composition II | 3 credits |

**Required courses for the Master of Science in Athletic Training:**

| | | |
|---|---|---|
| AT500 | Introduction to Practical Experience | 2 credits |
| AT510 | Techniques in Athletic Training | 3 credits |
| AT511 | Foundations of Orthopedic Evaluation | 3 credits |
| AT501 | Practical Experience I | 1 credit |
| AT502 | Practical Experience II | 1 credit |
| AT503 | Practical Experience III | 1 credit |
| AT504 | Practical Experience IV | 1 credit |
| AT520/L | Orthopedic Evaluation I/Lab | 3 credits |
| AT521/L | Orthopedic Evaluation II/Lab | 3 credits |
| AT530/L | Therapeutic Interventions I/Lab | 3 credits |
| AT531/L | Therapeutic Interventions II/Lab | 3 credits |
| AT540 | Pharmacology | 1 credit |
| AT541 | Psychosocial Interventions | 1 credit |
| AT605 | Practical Experience V | 1 credit |
| AT606 | Practical Experience VI | 1 credit |
| AT607 | Practical Experience VII | 1 credit |
| AT608 | Practical Experience VIII | 1 credit |
| AT610 | General Medical Concerns | 3 credits |
| AT611 | Organization and Administration | 3 credits |
| AT620 | Research Methods I | 3 credits |
| AT621 | Research Methods II | 3 credits |
| AT622 | Seminar in Teaching and Research | 3 credits |
| AT630 | Topics in Athletic Training | 3 credits |
| AT640 | Professional Responsibilities and Ethics | 3 credits |
| BI510/L | Cadaver Anatomy I/Lab | 3 credits |
| BI511/L | Cadaver Anatomy II/Lab | 3 credits |

**Total: 57 credits**

# Sterling College Athletic Training
# Master's Degree Curriculum
# 3 + 2 Program

| Freshman Fall | Freshman Spring |
|---|---|
| GD105 – Found. of Servant Leadership – 1cr.<br>LL101 – Comp I – 3 cr.<br>TM102 – Intro to Old Testament – 3cr.<br>BS125 – General Psychology – 3cr.<br>HS120 – Foundations of Health Sciences 2cr.<br>BI170/L – Biology I: Zoology – 4cr.<br><br>**CREDITS: 16** | Fine Art GE – 3cr.<br>CM101 – Public Speaking – 3cr.<br>HS250 – Structural Anatomy – 2cr.<br>HP221 – Personal Community Health – 3cr<br>HP101 – Concepts of PE – 2cr.<br>TM103 – Intro to New Testament – 3cr.<br><br>**CREDITS: 16** |
| **Sophomore Fall** | **Sophomore Spring** |
| Math GE – 3cr.<br>HS362 – Field Practicum – 1cr<br>HP242 – Care and Pre of Ath. Injuries – 2cr<br>HP360 – Nutrition – 3cr<br>HP380 – Psychology of Sport 2cr<br>HP370 – Kinesiology – 3cr<br>BI211/L – A & P I – 4 cr.<br>**CREDITS: 18** | History GE – 3cr<br>HS362 – Field Practicum – 1cr<br>HS255 – First Aid for HCP – 3cr.<br>LL151 – Intro to Literature – 3 cr<br>BI210 – Medical Terminology – 1cr<br>BI212/L – A & P II – 4 cr.<br>Elective – 3cr.<br>**CREDITS: 18** |
| **Junior Fall** | **Junior Spring** |
| HS362 – Field Practicum – 1cr<br>HS435 – Healthcare Administration – 3cr<br>HS440 – Research Methods – 3cr<br>HP310 – Developing/Implementing Strength & Fitness Programs – 3cr<br>PH110 – Physical Science – 4cr.<br>Elective – 3cr.<br>**CREDITS: 17** | TM366 – Basic Christian Doctrine – 3cr<br>HP420 – Exercise Physiology – 3cr<br>HS445 – Seminar in Health Science – 1cr<br>HS390 – Biomechanics – 3cr<br>BI385 – Bioethics – 3cr<br>Elective – 3cr.<br>**CREDITS: 16** |

## Summer

Introduction to Practical Experience (2 cr)
Techniques in Athletic Training (3 cr)
Foundations of Orthopedic Evaluation (3 cr)

| Fall  1 | Fall  2 | Spring 1 | Spring 2 |
|---|---|---|---|
| AT Practicum I – 1 cr. | AT Practicum II – 1 cr. | AT Practicum III – 1 cr. | AT Practicum IV – 1 cr. |
| Ortho Eval I/Lab – 3 cr. | Ortho Eval II/Lab – 3 cr. | Ther Intervention I/Lab – 3 cr. | Ther Intervention II/Lab – 3 cr. |
| Cadaver Anatomy I/Lab – 3 cr. | Cadaver Anatomy II/Lab – 3 cr. | Pharmacology for the AT – 1 cr. | Psychosocial Intervention – 1 cr. |
| **Total 7 credits** | **Total 7 credits** | **Total 5 credits** | **Total 5 credits** |
| **Fall 1** | **Fall 2** | **Spring 1** | **Spring 2** |
| AT Practicum V – 1 cr. | AT Practicum VI – 1 cr. | AT Practicum VII – 1 cr. | AT Practicum VIII – 1 cr. |
| Gen Med – 3 cr. | Sem. in Teaching/Research – 3 cr. | Research Methods II – 3 cr. | Prof Responsibilities/Ethics – 3 cr. |
| Research Methods I – 3 cr. | Organization/Admin – 3 cr. | Topics in AT – 3cr | |
| | **Total 7 credits** | | |
| **Total 7 credits** | | **Total 7 credits** | **Total 4 credits** |

**Credit Hours**:
Year 1 – 32
Year 2 – 35 (67 to BS)
Year 3 – 35 (102 to BS)
Summer – 8 (110 to BS/8 to MS)
Year 4 – 24 (124 to BS/32 to MS)
Year 5 – 25 (57 to MS)
**Total: 159 credits**