



## 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
ES200	Motor Learning	2 credits
ES360	Principles of Nutrition	3 credits
HS120	Foundations of Health Science	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

ES221	Essentials of Personal and Community Health	3 credits
ES242	Care and Prevention of Athletic Injuries	2 credits
ES370	Kinesiology	3 credits
ES380	Sport Psychology	2 credits
ES420	Exercise Physiology	3 credits
ES440	Developing/Implementing Strength & Fitness Programs	3 credits
HS255	First Aid for the Health Care Provider	3 credits
HS390	Biomechanics	3 credits
	Subtotal:	22 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
BS115	Sociology	3 credits
BS225	Developmental Psychology	3 credits

BS261	Social Psychology	3 credits
CH151/L	General Chemistry I	5 credits
CH152/L	General Chemistry II	5 credits
CH232	Introduction to Organic Chemistry	4 credits
ES380	Sport Psychology	2 credits
ES420	Exercise Physiology	3 credits
ES400	Internship	3 credits
AT440	Developing/Implementing Strength & Fitness Prog.	3 credits
<b>OR</b>		
ES440	Developing/Implementing Strength & Fitness Prog.	3 credits
HS450	Pharmacology	1 credit
LL102	College Composition II	3 credits
PH210/L	Physics I	5 credits
PH211/L	Physics II	5 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  
Health Science: Pre-AT & Master's Degree  
3 + 2 Curriculum**

<b>Freshman Fall</b> GD105 – 1cr LL101 – 3 cr (12/915/1040) ES101 – 2cr (8/11/815) HS120 – 2cr (1M) TM102/103 – 3cr (12/915/9/9Hon/750) MATH GE – 3cr (9/11/915) COMMUNICATIONS GE – 3cr (915/1040/11) <b>CREDITS: 17</b>	<b>Freshman Interterm</b> BI210 – 1cr (OL) HS120 – 2cr (8)  <b>CREDITS: 4</b>	<b>Freshman Spring</b> ES200 – 2cr (1/11) ES221 – 3cr (8) BS125 – 3cr (2) AT250 – 2cr (815/915) LIT GE – 3cr (1/2) FINE ART GE – 3cr (1/750) ELECTIVE – 1-2cr (815/12T/1T) <b>CREDITS: 17-18</b>
<b>Sophomore Fall</b> TM102/103 – 3cr (12/915/9/9Hon/750) ES242 – 2cr (815) HS362 – 1cr (TBA) ES 360 – 3cr (8) BI211 – 4cr (9/Lab 915/1T) <i>FINE ART GE – 3cr (9/750)</i> <b>CREDITS: 16</b>	<b>Sophomore Interterm</b> HS 255 – 3cr (830)  <b>CREDITS: 3</b>	<b>Sophomore Spring</b> HISTORY GE – 3cr (915/8) ES380 – 2cr (815) BI212 – 4 cr (9/Lab 915/1T) HS362 – 1cr (TBA) ELECTIVE – 6 cr <i>MA240 – 3cr (1040)</i> <b>CREDITS: 16</b>
<b>Junior Fall</b> ES370 – 3cr (9/1) AT/HS435 – 3cr (9) HS440 – 3cr (750) AT/HS445 – 1cr (915T) AT/HS450 – 1cr (915/R) TM366 – 3cr (1040/1) HS362 – 1cr (TBA) <b>CREDITS: 15</b>	<b>Junior Interterm</b> ELECTIVE – 3cr  <b>CREDITS: 3</b>	<b>Junior Spring</b> AT/ES440 – 3cr (11) ES 420 – 3cr (9) HS390 – 3cr (TBA) BI385 – 3cr (915) Elective – 3cr. <b>CREDITS: 15</b>

## Summer

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

<b><u>Fall 1 – 1<sup>st</sup> Session</u></b> AT Practicum I – 1 cr Ortho Eval I/Lab – 3 cr Cadaver Anatomy I/Lab – 3 cr <b>Total 7 credits</b>				<b><u>Fall 1 – 2<sup>nd</sup> Session</u></b> AT Practicum II – 1 cr Ortho Eval II/Lab – 3 cr Cadaver Anatomy II/Lab – 3 cr <b>Total 7 credits</b>				<b><u>Spring 1 – 1<sup>st</sup> Session</u></b> AT Practicum III – 1 cr Ther Intervention I/Lab – 3 cr Pharmacology for the AT – 1 cr <b>Total 5 credits</b>				<b><u>Spring 1 – 2<sup>nd</sup> Session</u></b> AT Practicum IV – 1 cr Ther Intervention II/Lab – 3 cr Psychosocial Intervention – 1 cr <b>Total 5 credits</b>			
<b><u>Fall 2 – 1<sup>st</sup> Session</u></b> AT Practicum V – 1 cr Gen Med – 3 cr Research Methods I – 3 cr <b>Total 7 credits</b>				<b><u>Fall 2 – 2<sup>nd</sup> Session</u></b> AT Practicum VI – 1 cr Seminar in Teaching and Research – 3 cr Organization/Admin – 3 cr <b>Total 7 credits</b>				<b><u>Spring 2 – 1<sup>st</sup> Session</u></b> AT Practicum VII – 1 cr Research Methods II – 3 cr Topics in AT – 3cr <b>Total 7 credits</b>				<b><u>Spring 2 – 2<sup>nd</sup> Session</u></b> AT Practicum VIII – 1 cr Prof Respon/Ethics – 3 cr <b>Total 4 credits</b>			

### **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**