



BS in ATHLETIC TRAINING (663421) MAP Sheet

Department of Exercise Sciences

For students entering the degree program during the 2016–2017 curricular year.

This is a program that requires a secondary application process. Apply for acceptance into the athletic training program during semester of enrollment in ExSc 320. See the program director or ExSc 320 instructor for an application packet.

Admission to the program requires the candidate to meet the following criteria:

- Complete PDBio 220, 305 (Prerequisite: Chem 101), ExSc 320, 321. (ExSc 320 and 321 must be completed at BYU.)
- Complete the athletic training education program application, which includes an essay.
- Have a physical examination and provide an immunization record to verify technical standards.
- Attest to meeting the technical standards of the athletic training education program.
- Submit one letter of recommendation.
- Complete 30 hours of directed clinical observation in BYU and affiliated high school athletic training settings and associated objectives.
- Complete an interview with the athletic training admissions committee.

Students in this program must meet the above criteria and may be limited by the number of affiliated clinical education sites. See selection criteria in the application. The athletic training faculty will determine the clinical assignment of candidates following the interview. Students must graduate from an accredited athletic training program and pass the BOC examination to certify as an athletic trainer.

UNIVERSITY CORE AND GRADUATION REQUIREMENTS				PROGRAM REQUIREMENTS (64 total hours)		
UNIVERSITY CORE REQUIREMENTS				1. The Exercise Sciences Department requires a minimum of 45 major hours to be taken in residence at BYU for this degree program. These hours may also go toward BYU's 30-hour residency requirement for graduation. 2. Complete the senior exit interview. 3. Maintain CPR/AED certification for the professional rescuer. 4. Meet the technical standards associated with the athletic training education program.		
<u>Requirements</u>	<u>#Classes</u>	<u>Hours</u>	<u>Classes</u>	Complete the following (to be taken last semester prior to graduation):		
Religion Cornerstones				ExSc 498 Capstone Experience in Athletic Training 2.0 Complete the following: ExSc 394 Athletic Training Clinical Education 1 2.0 ExSc 395 Athletic Training Clinical Education 2 2.0 (Prerequisite: ExSc 394) ExSc 494 Athletic Training Clinical Education 3 2.0 (Prerequisite: ExSc 395) ExSc 495 Athletic Training Clinical Education 4 2.0 (Prerequisite: ExSc 494) Note: The clinical internship must be completed over a two-calendar-year period. Recommended: Hlth 320 Advanced First Aid and Safety 3.0 PDBio 363 Advanced Physiology Lab 1.0 StDev 170 Introduction to Health Professions 1.0		
Teachings & Doctrine, Book of Mormon	1	2.0	Rel A 275	Note: Refer to the general catalog for course prerequisite information. Faculty Advisors: Dr. Mike Diede Room: 274 SFH Phone: (801) 422-2145 email: mike_diede@byu.edu Dr. Aaron Wells Room: 228E SFH Phone: (801) 422-4776 email: aaron_wells@byu.edu		
Jesus Christ & the Everlasting Gospel	1	2.0	Rel A 250	Note: You must complete 120 hours to graduate. When totaled the requirements for this major and the general education requirements do not meet the 120 hour graduation requirement. Approximately 5 additional hours are needed for graduation.		
Foundations of the Restorations	1	2.0	Rel C 225			
The Eternal Family	1	2.0	Rel C 200			
The Individual and Society				ExSc 302 Philosophical & Ethical Issues in Ex. Sci. 1.0 ExSc 320 Basic Athletic Training 3.0 ExSc 321 Basic Athletic Training Lab 0.5 ExSc 362 Kinesiology & Biomechanics 3.0 ExSc 390 Adv. Musculoskeletal Human Anatomy (includes lab) (Prerequisite: PDBio 220) 4.0 ExSc 414 Advanced Athletic-Training Lab 1.0 ExSc 415 Therapeutic Modalities 3.0 ExSc 416 Injury Evaluation: Lower Extremities 3.0 ExSc 417 Injury Evaluation: Upper Extremity & Trunk (Prerequisite: ExSc 416) 3.0 ExSc 418 Rehabilitation of Orthopedic Injuries (Prerequisite: ExSc 415) 3.0 ExSc 419 Medical Issues in Athletic Training 1.0 ExSc 423 Administration of Athletic Training Programs (Prerequisite: ExSc 415) 2.0 ExSc 460 Orthopaedic Impairments & Therapeutic Ex. 3.0 ExSc 463 Exercise Physiology (Prerequisite: PDBio 305 or PDBio 362) 3.0 ExSc 464 Exercise Physiology Lab 0.5 ExSc 468 Problems in Exercise Prescription (Prerequisite: ExSc 463) 2.0 ExSc 501 Sports Medicine Pathology & Pharmacology 3.0 NDFS 310 Nutrition & Metabolism in Sports & Exercise (Prerequisites: NDFS 100 and PDBio 305) 2.0 PDBio 220 Human Anatomy 3.0 PDBio 305 Human Physiology (no lab) (Prerequisite: Chem 101) 4.0 Psych 111* General Psychology 3.0 Stat 121* Principles of Statistics 3.0 (§ If lab is needed, take PDBio 363.)		
Citizenship						
American Heritage	1–2	3–6.0	from approved list			
Global & Cultural Awareness	1	3.0	from approved list			
Skills						
Effective Communication						
First-Year Writing	1	3.0	from approved list			
Adv Written & Oral Communication	1	3.0	Engl 316 recommended			
Quantitative Reasoning	0–1	0–3.0	Stat 121*			
Languages of Learning (Math or Language)	1	3.0	Stat 121*			
Arts, Letters, and Sciences						
Civilization 1 and 2	2	6.0	from approved list			
Arts	1	3.0	from approved list			
Letters	1	3.0	from approved list			
Scientific Principles & Reasoning						
Biological Science	1	3.0	NDFS 100 recommended			
Physical Science	1–2	3–7.0	from approved list			
Social Science	1	3.0	Psych 111*			
Core Enrichment: Electives						
Religion Electives	3–4	6.0	from approved list			
Open Electives	Variable	Variable	personal choice			
GRADUATION REQUIREMENTS:						
Minimum residence hours required		30.0				
Minimum hours needed to graduate		120.0				

*THESE COURSES FILL UNIVERSITY CORE AND PROGRAM REQUIREMENTS (6 hours overlap)

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2016–2017

Suggested Sequence of Courses:

FRESHMAN YEAR

<u>1st Semester</u>	
First-year Writing	3.0
or A Htg 100	(3.0)
Quantitative Reasoning (if needed)	3.0
NDFS 100	3.0
Religion Cornerstone course	2.0
Psych 111 (Social Science)	3.0
Total Hours	14.0

2nd Semester

A Htg 100	3.0
or First-year Writing	(3.0)
StDev 170 (FW)	1.0
ExSc 302 (FWSpSu)	1.0
PDBio 220 (FWSu)	3.0
Global & Cultural Awareness elective	3.0
Religion Cornerstone course	2.0
Religion Cornerstone course	2.0
Total Hours	15.0

SOPHOMORE YEAR

<u>3rd Semester</u>	
Hlth 320 (FWSu)	3.0
PDBio 305 (FWSp)	4.0
Stat 121 (FWSpSu) (Lang. of Learning)	3.0
Civilization 1 elective	3.0
Arts or Letters elective	3.0
Total Hours	16.0

****Note:** Apply for admission to the program fall or winter. Applications will be given to you in ExSc 320 early in the semester, or see your advisor.

Please check with departments for current availability of all courses.

Note: Students are encouraged to complete an average of 15–16 credit hours each semester or 30–32 credit hours each year, which could include spring and/or summer terms. Taking fewer credits substantially increases the cost and the number of semesters to graduate.

4th Semester**

ExSc 362 (FWSpSu)	3.0
NDFS 310 (F)	2.0
ExSc 320 (FWSpSu)	3.0
ExSc 321 (FWSpSu)	0.5
Religion Cornerstone course	2.0
Arts or Letters elective	3.0
Civilization 2 elective	3.0
Total Hours	16.5

JUNIOR YEAR

5th Semester

ExSc 394	2.0
ExSc 414 (FW)	1.0
ExSc 415 (FW)	3.0
ExSc 416 (FW)	3.0
Religion elective	2.0
Adv. Written & Oral Communication	3.0
General elective	2.0
Total Hours	16.0

6th Semester

ExSc 390 (FWSu)	4.0
ExSc 417 (FW)	3.0
ExSc 418 (FW)	3.0
ExSc 463 (FWSpSu)	3.0
ExSc 464 (FWSpSu)	0.5
ExSc 395 (FW)	2.0
Total Hours	15.5

SENIOR YEAR

7th Semester

ExSc 423 (FW)	2.0
ExSc 494 (FW)	2.0
ExSc 501 (FWSp)	3.0
Religion elective	2.0
General elective	3.0
Total Hours	12.0

8th Semester

ExSc 419 (W)	1.0
ExSc 460 (FWSp)	3.0
ExSc 468 (FWSu)	2.0
ExSc 495 (FW)	2.0
ExSc 498 (FW)	2.0
Religion elective	2.0
General elective	3.0
Total Hours	15.0

THE DISCIPLINE:

The study of athletic training appeals to those who would like to work in a field that combines an athletic setting with health and medical care. A student in athletic training will learn to apply knowledge of human anatomy, exercise physiology, conditioning, nutrition, and therapy in the prevention, diagnosis, immediate care, and rehabilitation of athletic injuries.

Students must graduate from an accredited athletic training program and pass the Board of Certification (BOC) examination to certify as an athletic trainer.

CAREER OPPORTUNITIES:

Career possibilities include working with athletic teams at all levels of competition, in a sports medicine clinical setting or other allied health care facilities, or in a corporate/industrial setting. BOC certification is required and an advanced degree is recommended.

BOC certification is required and a teaching certificate or advanced degree is recommended for some job positions. Many opportunities are available for graduate studies in the field of athletic training and other related disciplines (i.e., exercise science, health promotion).

Average starting salary for an athletic trainer with a bachelor's degree ranges from \$30,000–\$40,000, depending on location and qualifications. Completion of a teaching certificate or advanced degree will increase potential earning power.

For more information on careers in your major, please refer to *From Major to Career*, a publication which is located in all college advisement centers.

This handout is NOT a contract between Brigham Young University and present or prospective students. Although the university makes every effort to ensure the accuracy of this information, it reserves the right to make changes as university business may require. Students should regularly consult their department or college advisement center.

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