

EXERCISE, SPORT, & HEALTH SCIENCES

Pre-Athletic Training



The Exercise, Sport, & Health Sciences degree in Pre-Athletic Training offers students the opportunity to be actively involved in helping people develop healthy active lifestyles. It also prepares students for post-baccalaureate study in numerous health professions including: athletic training, physical therapy, occupational therapy, public health, nursing, and preventive and rehabilitative exercise. Exercise, Sport, & Health Sciences majors must have a cumulative GPA of 2.30 or greater to graduate.

Curricular requirements – 120 semester credits total for graduation

MOVEMENT SCIENCES CORE (3CRS)

MVSC 201 Physical Activity, Wellness & Behavior Change 3
Prereq or coreq: PEP 100

MOVEMENT SCIENCES THEORY & LAB (33CRS)

BIOL 227 Human Anatomy and Physiology I (F) Prereq: BIOL 102 or 115 Suggested sophomore standing 4

BIOL 228 Human Anatomy and Physiology II (S) Prereq: BIOL 227 4

FCS 205 Concepts in Human Nutrition 3

H&S 245 Introduction to Athletic Injuries (S) 3

H&S 451 Psychosocial Determinants of Health (S) 3
Prereq: MVSC 201

PEP 100 Introduction to Exercise Science & Health (F) 1

PEP 300 Applied Human Anatomy & Biomechanics 3
Prereq: BIOL 227 or permission

PEP 360 Motor Behavior (S) Prereq: BIOL 227 3

PEP 418/PEP 418L Physiology of Exercise & Lab 3
Prereq: MVSC 201, BIOL 227 & BIOL 228; or permission .

PEP 455 Design & Analysis of Research in Movement Sciences Prereq: Junior or Senior standing 3

PEP 493 Fitness Assessment & Prescription 3
Prereq: Senior standing & PEP 418; or permission

PRE-ATHLETIC TRAINING EMPHASIS (32CRS)

Students not admitted or who decide not to pursue the MSAT program will default into another emphasis based on student's interests.

PEP 171 Athletic Training Clinical Experience (S) 1
Prereq: permission

PEP 495 Practicum Prereq: permission 1

MSAT SUMMER YEAR I (15CRS)

AT 506 Clinical Anatomy 3

AT 507 Care & Prevention of Injuries & Illnesses 3

AT 508 Evaluation & Diagnosis of Injuries & Illnesses I 4

AT 509 Principles of Rehabilitation 3

AT 510 Therapeutic Modalities I 2

MSAT FALL YEAR I (15CRS)

AT 512 Research Methods & Statistics 3

AT 520 Clinical Education I 2

AT 521 Clinical Experience I 4

AT 587 Prevention & Health Promotion in AT 3

AT 514 Psychology of Injury & Referral 3

ELECTIVES TO ACHIEVE 120 TOTAL CREDITS (17CRS)

Pre-Athletic Training Electives 17

UI GENERAL EDUCATION REQUIREMENTS

UI core requirements may overlap degree requirements; students should check with their academic advisor for specific information.

COMMUNICATIONS (5CRS)

ENGL 102 College Writing & Rhetoric 3
The UI catalog requires students take ENGL 109, 101 OR 102 (depending on placement scores) every semester until ENGL 102 is satisfied.

COMM 101 Speech (also a major requirement) 2

NATURAL & APPLIED SCIENCES (7-8CRS)

From 2 different disciplines

Gen Ed Lab Science 4
(Recommend BIOL/CHEM/PHYS)

Gen Ed Lab Science 3-4
(Recommend BIOL/CHEM/PHYS)

MATH, STATISTICS & COMPUTER SCIENCE (3-4CRS)

Gen Ed Math OR Stats (see advisor) 3-4
(Suggested completion of Math within first year)

ADDITIONAL UI GEN ED REQUIREMENTS (—CRS)*

Humanities (from 2 different disciplines) 6

Social Sciences (from 2 different disciplines) 6
(PSYC 101 suggested)

American Diversity** 1 class

International** 1 class

Senior Experience (PEP 495 Practicum) 1

* Additional coursework may be required to total 21 credits. See advisor for more information.

**American Diversity & International Courses: One course each is required from approved list. There are some Humanities or Social Science courses that count for the International or American Diversity requirements. See advisor for more information.

(F) = Class offered only in the Fall term
(S) = Class offered only in the Spring term
Prereq = Prerequisite is a class that is required prior to taking another class

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Sample Four-Year Plan 2020-2021

FRESHMAN FALL (16CRS)			FRESHMAN SPRING (16CRS)		
PEP 100	Introduction to Exercise Science & Health (F)	1	FCS 205	Concepts in Human Nutrition	3
ENGL 102	College Writing and Rhetoric	3	Soc Sci	General Education Natural Science with Lab (Recommend PSYC 101)	3
COMM 101	Fundamentals of Public Speaking	2	Am Diversity	General Education American Diversity	3
BIOL 102 & 102L	Biology and Society	4	Science	General Education Natural Science with Lab (Recommend BIOL/CHEM/PHYS)	4
MATH	General Education Math	3	Humanities	General Education Humanities	3
Soc Sci	General Education Social Science	3			
SOPHOMORE FALL (16CRS)			SOPHOMORE SPRING (15CRS)		
BIOL 227	BIOL 227 Human Anatomy and Physiology I (F) <i>Prereq: BIOL 102 or 115 Suggested sophomore standing</i>	4	BIOL 228	Human Anatomy and Physiology II (S) <i>Prereq: BIOL 227</i>	4
MVSC 201	Physical Activity & Behavior Change <i>Prereq or coreq: PEP 100</i>	3	H&S 245	Introduction to Athletic Injuries (S)	3
International	General Education International	3	PEP 171	Athletic Training Clinical Experiences I (S)	1
Humanities	General Education Humanities	3	Electives	Electives to reach 120 credits	6
Electives	Electives to reach 120 credits	3	Electives	Electives to reach 120 credits	1
JUNIOR FALL (15CRS)			JUNIOR SPRING (15CRS)		
PEP 300	Applied Human Anatomy/Biomechanics <i>Prereq: BIOL 227</i>	3	H&S 451	Psychosocial Determinants of Health (S) <i>Prereq: MVSC 201</i>	3
PEP 418 & PEP 418L	Physiology of Exercise & Lab <i>Prereq: MVSC 201, BIOL 227, BIOL 228 OR permission</i>	3	PEP 360	Motor Behavior (S) <i>Prereq: BIOL 227</i>	3
PEP 455	Research Methods in Movement Sciences <i>Prereq: Junior or senior standing</i>	3	PEP 493	Fitness Assessment & Prescription <i>Prereq: Senior Standing, PEP 418</i>	3
Electives	Electives to reach 120 credits	6	PEP 495	Practicum <i>Prereq: Permission</i>	1
			Electives	Electives to reach 120 credits	5
SENIOR SUMMER YEAR I MSAT (15CRS)			SENIOR FALL YEAR I MSAT (15CRS)		
AT 506	Clinical Anatomy I	3	AT 512	Research Methods and Statistics	3
AT 507	Care and Prevention of Injuries and Illnesses	3	AT 520	Clinical Education I	2
AT 508	Evaluation and Diagnosis of Injuries and Illnesses I	4	AT 521	Clinical Experience I	4
AT 509	Principles of Rehabilitation	3	AT 587	Prevention and Health Promotion in Athletic Training	3
AT 510	Therapeutic Modalities I	2	AT 514	Psychology of Injury and Referral	3

Note: Students in the Pre-Athletic Training Track who are admitted into the MSAT program after their junior year may transfer up to 30 credits from their first two terms of graduate level course work in the Master of Science in Athletic Training towards their Bachelor of Science Degree in Exercise, Sport, & Health Sciences with an emphasis in Pre-Athletic Training. Those students not admitted or who decide not to pursue the MSAT program after junior year will default into another emphasis based on their interests.

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