

#RECOMMENDED FOUR YEAR SEQUENCE FOR  
**ATHLETIC TRAINING MAJOR**

2015-2016

Truman Week Program 1.0

**FRESHMAN FALL**

ES 205 First Aid & CPR 1.0  
AT 120 Introduction to Athletic Training 3.0  
 Mode of Inquiry Requirement^ (BIOL 100 - Life Science Mc 4.0  
 MATH 186 - Elementary Functions Requirement 3.0  
 ENG 190 Writing as Critical Thinking 3.0

Apply to the Athletic Training Program

**SEMESTER TOTAL 14.0**

**FRESHMAN SPRING**

BIOL 365 Human Anatomy 3.0  
 BIOL 365 Human Anatomy Lab 1.0  
 ES 245 Nutrition in Health, Fitness, and Sport 3.0  
 ~ AT 220 Principles of Athletic Training 3.0  
 ~ AT 112 Athletic Training Practicum 1 2.0  
 STAT 190 Basic Statistics 3.0

**SEMESTER TOTAL 15.0**

**SOPHOMORE FALL**

~ AT 320 Injury Evaluation - Lower Extremity 2.0  
 ~ AT 210 Athletic Training Practicum 2 2.0  
 ~ ES 224 Research Methods and Data Interpretation (WE) 3.0  
 ES 202 Strength/Conditioning Anatomy 1.0  
 COMM 170 Public Speaking 3.0  
 Mode of Inquiry Requirement^ (PSYC 166 - Social Science 3.0  
 (If STAT 190 has not been taken, must be taken now)

**SEMESTER TOTAL 14.0**

**SOPHOMORE SPRING**

~ AT 350 Therapeutic Modalities 3.0  
 ~ AT 321 injury Evaluation - Upper Extremity 2.0  
 ~ ES 342 Concepts of Biomechanics + Lab 4.0  
 ~ AT 212 Athletic Training Practicum 3 2.0  
 ~ ES 345 Introduction to Exercise Physiology 3.0  
 Mode of Inquiry Requirement^ 3.0

**SEMESTER TOTAL 17.0**

**JUNIOR FALL**

~ AT 360 Athletic Training Administration (WE) 3.0  
 ~ BIOL 325 Human Physiology 4.0  
 ~ ES 445 Assessment and Prescription I 4.0  
 ~ AT 310 Athletic Training Practicum 4 2.0  
 Interdisciplinary WE Junior Seminar (JINS) 3.0

(If PSYCH 166 has not been taken, must be taken now)

**SEMESTER TOTAL 16.0**

**JUNIOR SPRING**

~ AT 450 Advanced Athletic Training 3.0  
 ~ ES 460 Assessment and Prescription II 3.0  
 ~ AT 312 Athletic Training Practicum 5 2.0  
 ~ AT 420 Physical Rehabilitation 3.0  
 ~ ES 365 Injury and Rehabilitation Psychology (WE) 3.0  
 Missouri Statute Requirement 1.0

**SEMESTER TOTAL 15.0**

**SENIOR FALL**

~ AT 460 Capstone in Athletic Training 1.0  
 ~ AT 410 Athletic Training Practicum 6 2.0  
 Foreign Language (I) Requirement 3.0  
 Personal Well-Being requirement (HLTH 195&196) 2.0  
 Mode of Inquiry Requirement^ 3.0  
 Free Elective 3.0

**SEMESTER TOTAL 14.0**

**SENIOR SPRING**

Foreign Language (II) Requirement 3.0  
 Mode of Inquiry Requirement^ 3.0  
 Free Elective 3.0  
 Free Elective 2.0  
 Mode of Inquiry Requirement^ 3.0

Take BOC Exam

**SEMESTER TOTAL 14.0**

Notes: All students must complete 6 of the 8 Modes of Inquiry, three from each sub-category. See 2013-2014 General Catalog or <http://academics.truman.edu/lsp/> for approved courses. The Writing Enhanced (WE) course requirements are met by completing ES 224, AT 360, and JINS.

▲ Test-out procedures are available at the following websites:  
<http://ll.truman.edu> (COMM 170.)

\* Indicates a course with pre-requisite(s). See catalog or pre-requisite list. Underlined courses indicate those that are offered fall only, spring only, or summer only.

~ Denotes courses that the student must be enrolled in for the corresponding semesters within their program. Courses with ~ can be taken in other semesters.

**Total Required Hours: 120.0**