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)**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>MVSC 201</td>
<td>Physical Activity, Wellness &amp; Behavior Change</td>
<td>3</td>
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</tbody>
</table>

**MOVEMENT SCIENCES THEORY & LAB (33CRS)**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 227</td>
<td>Human Anatomy and Physiology I (F)</td>
<td>4</td>
</tr>
<tr>
<td>BIOL 228</td>
<td>Human Anatomy and Physiology II (S)</td>
<td>4</td>
</tr>
<tr>
<td>FCS 205</td>
<td>Concepts in Human Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>H&amp;S 245</td>
<td>Introduction to Athletic Injuries (S)</td>
<td>3</td>
</tr>
<tr>
<td>H&amp;S 451</td>
<td>Psychosocial Determinants of Health (S)</td>
<td>3</td>
</tr>
<tr>
<td>PEP 100</td>
<td>Introduction to Exercise Science &amp; Health (F)</td>
<td>1</td>
</tr>
<tr>
<td>PEP 300</td>
<td>Applied Human Anatomy &amp; Biomechanics</td>
<td>3</td>
</tr>
<tr>
<td>PEP 360</td>
<td>Motor Behavior (S)</td>
<td>3</td>
</tr>
<tr>
<td>PEP 418/PEP 418L</td>
<td>Physiology of Exercise &amp; Lab</td>
<td>3</td>
</tr>
<tr>
<td>PEP 455</td>
<td>Design &amp; Analysis of Research in Movement Sciences</td>
<td>3</td>
</tr>
<tr>
<td>PEP 493</td>
<td>Fitness Assessment &amp; Prescription</td>
<td>3</td>
</tr>
</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEP 171</td>
<td>Athletic Training Clinical Experience (S)</td>
<td>1</td>
</tr>
<tr>
<td>PEP 495</td>
<td>Practicum</td>
<td>1</td>
</tr>
</tbody>
</table>

**MSAT SUMMER YEAR I (15CRS)**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>AT 506</td>
<td>Clinical Anatomy</td>
<td>3</td>
</tr>
<tr>
<td>AT 507</td>
<td>Care &amp; Prevention of Injuries &amp; Illnesses</td>
<td>3</td>
</tr>
<tr>
<td>AT 508</td>
<td>Evaluation &amp; Diagnosis of Injuries &amp; Illnesses I</td>
<td>4</td>
</tr>
<tr>
<td>AT 509</td>
<td>Principles of Rehabilitation</td>
<td>3</td>
</tr>
<tr>
<td>AT 510</td>
<td>Therapeutic Modalities I</td>
<td>2</td>
</tr>
</tbody>
</table>

**MSAT FALL YEAR I (15CRS)**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>AT 512</td>
<td>Research Methods &amp; Statistics</td>
<td>3</td>
</tr>
<tr>
<td>AT 520</td>
<td>Clinical Education I</td>
<td>2</td>
</tr>
<tr>
<td>AT 521</td>
<td>Clinical Experience I</td>
<td>4</td>
</tr>
<tr>
<td>AT 587</td>
<td>Prevention &amp; Health Promotion in AT</td>
<td>3</td>
</tr>
<tr>
<td>AT 514</td>
<td>Psychology of Injury &amp; Referral</td>
<td>3</td>
</tr>
</tbody>
</table>

**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)**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENGL 102</td>
<td>College Writing &amp; Rhetoric</td>
<td>3</td>
</tr>
<tr>
<td>COMM 101</td>
<td>Speech</td>
<td>2</td>
</tr>
</tbody>
</table>

**NATURAL & APPLIED SCIENCES (7-8CRS)**

From 2 different disciplines

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

**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 |
- 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.
# EXERCISE, SPORT, & HEALTH SCIENCES

## Pre-Athletic Training

**Sample Four-Year Plan 2020-2021**

<table>
<thead>
<tr>
<th>FRESHMAN FALL (16CRS)</th>
<th>FRESHMAN SPRING (16CRS)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PEP 100</strong></td>
<td><strong>FCS 205</strong></td>
</tr>
<tr>
<td>Introduction to Exercise Science &amp; Health (F)</td>
<td>Concepts in Human Nutrition</td>
</tr>
<tr>
<td><strong>ENGL 102</strong></td>
<td><strong>Soc Sci</strong></td>
</tr>
<tr>
<td>College Writing and Rhetoric</td>
<td>General Education Natural Science with Lab (Recommend PSYC 101)</td>
</tr>
<tr>
<td><strong>COMM 101</strong></td>
<td><strong>Am Sci</strong></td>
</tr>
<tr>
<td>Fundamentals of Public Speaking</td>
<td>General Education American Diversity</td>
</tr>
<tr>
<td><strong>BIOL 102 &amp; 102L</strong></td>
<td><strong>Science</strong></td>
</tr>
<tr>
<td>Biology and Society</td>
<td>General Education Natural Science with Lab (Recommend BIOL/CHEM/PHYS)</td>
</tr>
<tr>
<td><strong>MATH</strong></td>
<td><strong>Humanities</strong></td>
</tr>
<tr>
<td>General Education Math</td>
<td>General Education Humanities</td>
</tr>
<tr>
<td><strong>Soc Sci</strong></td>
<td><strong>Electives</strong></td>
</tr>
<tr>
<td>General Education Social Science</td>
<td>Electives to reach 120 credits</td>
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<table>
<thead>
<tr>
<th>SOPHOMORE FALL (16CRS)</th>
<th>SOPHOMORE SPRING (15CRS)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BIOL 227</strong></td>
<td><strong>BIOL 228</strong></td>
</tr>
<tr>
<td>BIOL 227 Human Anatomy and Physiology I (F)</td>
<td>Human Anatomy and Physiology II (S)</td>
</tr>
<tr>
<td>Prereq: BIOL 102 or 115 Suggested sophomore standing</td>
<td>Prereq: BIOL 227</td>
</tr>
<tr>
<td><strong>MVSC 201</strong></td>
<td><strong>H&amp;S 245</strong></td>
</tr>
<tr>
<td>Physical Activity &amp; Behavior Change</td>
<td>Introduction to Athletic Injuries (S)</td>
</tr>
<tr>
<td>Prereq or coreq: PEP 100</td>
<td></td>
</tr>
<tr>
<td><strong>International</strong></td>
<td><strong>PEP 171</strong></td>
</tr>
<tr>
<td>General Education International</td>
<td>Athletic Training Clinical Experiences I (S)</td>
</tr>
<tr>
<td><strong>Humanities</strong></td>
<td><strong>Electives</strong></td>
</tr>
<tr>
<td>General Education Humanities</td>
<td>Electives to reach 120 credits</td>
</tr>
<tr>
<td><strong>Electives</strong></td>
<td><strong>Electives</strong></td>
</tr>
<tr>
<td>Electives to reach 120 credits</td>
<td>Electives to reach 120 credits</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>JUNIOR FALL (15CRS)</th>
<th>JUNIOR SPRING (15CRS)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PEP 300</strong></td>
<td><strong>H&amp;S 451</strong></td>
</tr>
<tr>
<td>Applied Human Anatomy/Biomechanics</td>
<td>Psychosocial Determinants of Health (S)</td>
</tr>
<tr>
<td>Prereq: BIOL 227</td>
<td>Prereq: MVSC 201</td>
</tr>
<tr>
<td><strong>PEP 418 &amp; PEP 418L</strong></td>
<td><strong>PEP 360</strong></td>
</tr>
<tr>
<td>Physiology of Exercise &amp; Lab</td>
<td>Motor Behavior (S)</td>
</tr>
<tr>
<td>Prereq: MVSC 201, BIOL 227, BIOL 228 OR permission</td>
<td>Prereq: BIOL 227</td>
</tr>
<tr>
<td><strong>PEP 455</strong></td>
<td><strong>PEP 493</strong></td>
</tr>
<tr>
<td>Research Methods in Movement Sciences</td>
<td>Fitness Assessment &amp; Prescription</td>
</tr>
<tr>
<td>Prereq: Junior or senior standing</td>
<td>Prereq: Senior Standing, PEP 418</td>
</tr>
<tr>
<td><strong>Electives</strong></td>
<td><strong>PEP 495</strong></td>
</tr>
<tr>
<td>Electives to reach 120 credits</td>
<td>Practicum Prereq: Permission</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SENIOR SUMMER YEAR I MSAT (15CRS)</th>
<th>SENIOR FALL YEAR I MSAT (15CRS)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AT 506</strong></td>
<td><strong>AT 512</strong></td>
</tr>
<tr>
<td>Clinical Anatomy I</td>
<td>Research Methods and Statistics</td>
</tr>
<tr>
<td><strong>AT 507</strong></td>
<td><strong>AT 520</strong></td>
</tr>
<tr>
<td>Care and Prevention of Injuries and Illnesses</td>
<td>Clinical Education I</td>
</tr>
<tr>
<td><strong>AT 508</strong></td>
<td><strong>AT 521</strong></td>
</tr>
<tr>
<td>Evaluation and Diagnosis of Injuries and Illnesses I</td>
<td>Clinical Experience I</td>
</tr>
<tr>
<td><strong>AT 509</strong></td>
<td><strong>AT 587</strong></td>
</tr>
<tr>
<td>Principles of Rehabilitation</td>
<td>Prevention and Health Promotion in Athletic Training</td>
</tr>
<tr>
<td><strong>AT 510</strong></td>
<td><strong>AT 514</strong></td>
</tr>
<tr>
<td>Therapeutic Modalities I</td>
<td>Psychology of Injury and Referral</td>
</tr>
</tbody>
</table>

**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 coursework 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.

(F) = Class offered only in the Fall term
(S) = Class offered only in the Spring term

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