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 2.00 or greater to graduate.

Curricular requirements – 120 semester credits total for graduation

### MOVEMENT SCIENCES CORE (3CRS)
- MVSC 201 Physical Activity, Wellness & Behavior Change  
  Prereq or coreq: PEP 100

### MOVEMENT SCIENCES THEORY & LAB (21CRS)
- BIOL 227 Human Anatomy and Physiology I (F) Prereq: BIOL 102 or 115. Suggested sophomore standing
- BIOL 228 Human Anatomy and Physiology II (S) Prereq: BIOL 227
- H&S 450 or H&S 451 Critical Health Issues (F) or Psychosocial Determinants of Health (S) Prereq: MVSC 201
- PEP 100 Introduction to Exercise Science & Health (F)
- PEP 300 Applied Human Anatomy & Biomechanics Prereq: BIOL 227 or permission
- PEP 418 Physiology of Exercise Prereq: MVSC 201, BIOL 227 & BIOL 228; or permission
- PEP 493 Fitness Assessment & Prescription Prereq: Senior standing & PEP 418; or permission

### PRE-ATHLETIC TRAINING EMPHASIS (41CRS)

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

- H&S 245 Introduction to Athletic Injuries (S)
- PEP 360 Motor Behavior (S) Prereq: BIOL 227 or permission
- PEP 455 Design & Analysis of Research in Movement Sciences Prereq: Junior or senior standing
- PEP 171 Athletic Training Clinical Experience (S) Prereq: permission
- PEP 495 Practicum Prereq: permission

### MSAT SUMMER YEAR I (15CRS)
- AT 506 Clinical Anatomy
- AT 507 Care & Prevention of Injuries & Illnesses
- AT 508 Evaluation & Diagnosis of Injuries & Illnesses I
- AT 509 Principles of Rehabilitation
- AT 510 Therapeutic Modalities I

### MSAT FALL YEAR I (15CRS)
- AT 512 Research Methods & Statistics
- AT 520 Clinical Education I
- AT 521 Clinical Experience I
- AT 587 Prevention & Health Promotion in AT
- AT 514 Psychology of Injury & Referral

### PRE-AT ELECTIVE: SELECT 3 CREDITS FROM THE FOLLOWING
- PEP 305 Applied Sports Psychology (S)
- PEP 407 Sport Biomechanics
- PEP 409 Concepts in Strength and Conditioning
- PEP 459 Sport Nutrition (S)

### UI GENERAL EDUCATION REQUIREMENTS

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

**COMMUNICATIONS (8CRS)**
- ENGL 101 College Writing & Rhetoric 3
- ENGL 102 College Writing & Rhetoric II 3

**NATURAL & APPLIED SCIENCES (7-8CRS)**
- Gen Ed Lab Science (Recommend BIOL/CHEM/PHYS) 4
- Gen Ed Lab Science (Recommend BIOL/CHEM/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)**

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

**American Diversity**
- 1 class

**International**
- 1 class

**Senior Experience (PEP 495 Practicum)**
- 1

(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

www.uidaho.edu/ed
coestudentservices@uidaho.edu
(208) 885-6039
# Sample Four-Year Plan 2022-2023

<table>
<thead>
<tr>
<th>FRESHMAN FALL (16-17CRS)</th>
<th>FRESHMAN SPRING (16CRS)</th>
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<tbody>
<tr>
<td>PEP 100 Introduction to Exercise Science &amp; Health (F)</td>
<td>H&amp;S 245 Introduction to Athletic Injuries (S) 3</td>
</tr>
<tr>
<td>ENGL 101 College Writing and Rhetoric I</td>
<td>Soc Sci General Education Social Science (Recommend PSYC 101) 3</td>
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<tr>
<td>Oral Comm General Education Oral Communication</td>
<td>ENGL 102 College Writing and Rhetoric II 3</td>
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<tr>
<td>BIOL 102 &amp; 102L Biology and Society</td>
<td>Science General Education Natural Science with Lab (Recommend CHEM 101 or 111) 4</td>
</tr>
<tr>
<td>MATH General Education Math</td>
<td>Humanities General Education Humanities 3</td>
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<tr>
<td>Soc Sci General Education Social Science</td>
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<tr>
<th>SOPHOMORE FALL (16CRS)</th>
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<tbody>
<tr>
<td>BIOL 227 BIOL 227 Human Anatomy and Physiology I (F) Prereq: BIOL 102 or 115</td>
<td>BIOL 228 Human Anatomy and Physiology II (S) Prereq: BIOL 227 4</td>
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<tr>
<td>MVSC 201 Physical Activity &amp; Behavior Change Prereq or coreq: PEP 100</td>
<td>Humanities General Education Humanities 3</td>
</tr>
<tr>
<td>International General Education International</td>
<td>PEP 171 Athletic Training Clinical Experiences I (S) 1</td>
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<td>Am Diversity General Education American Diversity</td>
<td>Electives Electives to reach 120 credits 6</td>
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<tr>
<td>Pre-AT Electives Electives to reach 120 credits</td>
<td>Electives Electives to reach 120 credits 1</td>
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<thead>
<tr>
<th>JUNIOR FALL (15CRS)</th>
<th>JUNIOR SPRING (15CRS)</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEP 300 Applied Human Anatomy/Biomechanics Prereq: BIOL 227</td>
<td>H&amp;S 450 or 451 Critical Health Issues (F) or Psychosocial Determinants of Health (S) Prereq: MVSC 201 3</td>
</tr>
<tr>
<td>PEP 418 Physiology of Exercise Prereq: MVSC 201, BIOL 227, BIOL 228 or permission</td>
<td>PEP 360 Motor Behavior (S) Prereq: BIOL 227 3</td>
</tr>
<tr>
<td>PEP 455 Research Methods in Movement Sciences Prereq: Junior or senior standing</td>
<td>PEP 493 Fitness Assessment &amp; Prescription Prereq: Senior Standing, PEP 418 3</td>
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<tr>
<td>Electives Electives to reach 120 credits</td>
<td>PEP 495 Practicum Prereq: Permission Electives Electives to reach 120 credits 1</td>
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<tr>
<th>SENIOR SUMMER YEAR I MSAT (15CRS)</th>
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<tbody>
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<td>AT 514 Psychology of Injury and Referral 3</td>
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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.

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