

# 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 2.00 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 (21CRS)

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

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

**H&S 450 or H&S 451** Critical Health Issues (F) or 3  
Psychosocial Determinants of Health (S)  
*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 418** Physiology of Exercise 3  
*Prereq: MVSC 201, BIOL 227 & BIOL 228; or permission .*

**PEP 493** Fitness Assessment & Prescription 3  
*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) 3

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

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

**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

#### PRE-AT ELECTIVE: SELECT 3 CREDITS FROM THE FOLLOWING

**PEP 305** Applied Sports Psychology (S) 3

**PEP 407** Sport Biomechanics 3

**PEP 409** Concepts in Strength and Conditioning 3

**PEP 459** Sport Nutrition (S) 3

#### 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

*The UI catalog requires students take ENGL 101 or 102 (depending on placement scores).*

**ENGL 102** College Writing & Rhetoric II 3

*The UI catalog requires students take ENGL 101 or 102 (depending on placement scores) or dual college credit.*

**Oral Communication** 2-3

#### 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 2022-2023

FRESHMAN FALL (16-17CRS)			FRESHMAN SPRING (16CRS)		
PEP 100	Introduction to Exercise Science & Health (F)	1	H&S 245	Introduction to Athletic Injuries (S)	3
ENGL 101	College Writing and Rhetoric I	3	Soc Sci	General Education Social Science (Recommend PSYC 101)	3
Oral Comm	General Education Oral Communication	2-3	ENGL 102	College Writing and Rhetoric II	3
BIOL 102 & 102L	Biology and Society	4	Science	General Education Natural Science with Lab (Recommend CHEM 101 or 111)	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</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	Humanities	General Education Humanities	3
International	General Education International	3	PEP 171	Athletic Training Clinical Experiences I (S)	1
Am Diversity	General Education American Diversity	3	Electives	Electives to reach 120 credits	6
Pre-AT 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 450 or 451	Critical Health Issues (F) or Psychosocial Determinants of Health (S) <i>Prereq: MVSC 201</i>	3
PEP 418	Physiology of Exercise <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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