

**CENTRAL CONNECTICUT STATE UNIVERSITY**  
*School of Education and Professional Studies*

**B.S. ATHLETIC TRAINING 120 Credits**

**Program Accredited by the Commission on the Accreditation of Athletic Training Education (CAATE)**

Name: \_\_\_\_\_ ID#: \_\_\_\_\_ Matriculation Semester: \_\_\_\_\_ Date: \_\_\_\_\_

<b>GENERAL EDUCATION (44 - 45 credits)</b>	Crs.	Grd.
<i>Some General Education requirements may also fulfill Related Requirements</i>		

<u>STUDY AREAS</u>		
<u>Study Area I Arts &amp; Humanities (9 credits)</u>		
ENG literature	3	
	3	
	3	

<u>Study Area II Social Sciences (9 credits)</u>		
HIST	3	
	3	
	3	

<u>Study Area III Behavioral Sciences (6 credits)</u>		
	3	
	3	

<u>Study Area IV Natural Sciences (6 credits)</u>		
	3 or 4	
	3	

<u>SKILL AREAS</u>		
<u>Skill Area I Communication Skills (6 credits)</u>		
ENG 105 and 105P or WRT 110 Freshman Composition	3	

<u>Skill Area II Mathematics Requirement (6 credits)</u>		
	3	
	3	

<u>Skill Area III Foreign Language Proficiency Requirement (check one)</u>		
- completion of a level-three high school foreign language		
- passed a standardized foreign language exam		
- completion of 112 or 114 foreign language course		
- successful completion of an upper level foreign language course		
- demonstration of native proficiency in a language other than English		

<u>Skill Area IV University Requirement (2 or 3 credits)</u>		
PE 144 required for students matriculating with fewer than 15 credits	2 or 3	

International Requirement	met	
International Requirement	met	
First Year Experience Requirement	met	

\* Formal admission to the Athletic Training Program is required before taking this course; Grade of C or better required

<b>ATHLETIC TRAINING MAJOR (74 credits)</b>	Crs.	Grd.
<u>LECTURE COURSES (59 credits)</u>		

EXS 109 Introduction to Human Performance	3	
EXS 112 Foundations of Athletic Training	3	
EXS 207 Anatomy and Physiology in Exercise Science I and	3	
EXS 211 Anatomy and Physiology in Exercise Science I Lab	1	
EXS 208 Anatomy and Physiology in Exercise Science II and	3	
EXS 212 Anatomy and Physiology in Exercise Science II Lab	1	
EXS 216 Biomechanics	3	
EXS 217 Care and Treatment of Athletic Injuries	3	
*EXS 218 Clinical Exam/Diagnosis of Injuries/Illnesses & lab	4	
*EXS 240 Therapeutic Modalities & lab	4	
EXS 307 Human Nutrition	3	
*EXS 317 Therapeutic Exercise & lab	4	
EXS 332 Psychosocial Aspects of Exercise & Sport Medicine	3	
*EXS 408 Physiology of Sport and Exercise	3	
*EXS 409 Clinical Exercise Physiology	3	
*EXS 411 Research Methods in Exercise Science	3	
*EXS 413 Administration & Management in Athletic Training	3	
*EXS 421 Pharmacology in Sports Medicine	3	
BMS 380 Emergency Medical Technician (EMT)	6	

<u>PRACTICUM COURSES (15 credits)</u>		
EXS 275 Training for Sport Performance	3	
*EXS 315 Practicum in Athletic Training I	2	
*EXS 316 Practicum in Athletic Training II	2	
*EXS 319 Practicum in Athletic Training III	2	
*EXS 445 Internship in Athletic Training	6	

<u>RELATED REQUIREMENTS (18 - 19 credits)</u>		
<i>Some courses may also fulfill General Education requirements</i>		

<u>Requires a C- or better</u>		
PSY 136 Life Span Development (ST III)	3	
BIO 111 or BMS 111 or BMS 102 or BIO 121 (ST IV)	3 or 4	
CHEM 161 General Chemistry (ST IV)	3	
PHYS 111 Intro Physics (ST IV)	3	
COMM 140 Public Speaking (SK I)	3	
STAT 104 or STAT 200 or STAT 215 (SK II)	3	