

HEALTH SCIENCES: PRE-ATHLETIC TRAINING CONCENTRATION, BACHELOR OF SCIENCE

Athletic trainers (ATs) are highly qualified, multi-skilled health care professionals who render service or treatment, under the direction of or in collaboration with a physician, in accordance with their education, training and the state's statutes, rules and regulations. As a part of the health care team, services provided by athletic trainers include primary care, injury and illness prevention, wellness promotion and education, emergent care, examination and clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions. In order to seek certification, a Master's degree in Athletic Training must be completed.

This 4 year program is intended for the students planning to complete the MS in Athletic Training 2 year Master's Program or who are not accepted into the MS in Athletic Training 3+2 Program. Graduates of the Pre-Athletic Training concentration are prepared for entry into the CSU Pueblo Master level Athletic Training Programs as well as other exercise science related positions.

Accreditation

The Masters in Athletic Training Program At Colorado State University Pueblo located in Pueblo, Colorado is accredited by the:

Commission on Accreditation of Athletic Training Education (CAATE)

2001 K Street NW, 3rd Floor

Washington, DC 20006

844 462-2283

Website: <https://caate.net/program-info/697/>

Initial Accreditation awarded: 03-02-2022

Students who are interested in becoming a Certified and Licensed Athletic Trainer will begin their degree in the BS in Health Science Pre-Athletic Training concentration. In the Junior Year Pre-AT students can apply to the 3+2 Athletic Training Program which will result in a BS degree in Health Science and an MS degree in Athletic Training after completing 3 years (90 credit hours) of undergraduate work and 2 years (60 credit hours) of graduate work. Students must meet the requirements of both degrees (BS in Health Science Pre-AT and MS in Athletic Training). Students who decide not to apply to the 3+2 program can graduate with a BS in Health Science with 120 credits of undergraduate course work and will be eligible to apply to the 2 year MS in Athletic Training after finishing a bachelor's degree and all prerequisites.

Students in the Pre-Athletic Training 3+2 Program should apply in the spring of the junior year of the Health Science Pre-Athletic Training major. Deadline for first consideration is January 15 and final deadline is April 15. Cohort begin in mid-May and the program is year round for two years. Please contact the program director, Dr. Mary Placzkowski at mary.placzkowski@csupueblo.edu for any questions concerning admission.

The BS in Health Science Student Learning Outcomes are as follows:

1. Summarize and synthesize information relevant to assessing and improving population health and healthcare issues;
2. Exhibit the ability to read and interpret scientific research with application of the scientific methods, statistics, study design, and reporting in the health sciences;
3. Evaluate and integrate critical concepts and skills acquired in the health sciences curriculum to common professional problems in the health science fields of interest;
4. Exhibit effective oral and written communication as well as mass communication regarding subjects related to the health sciences in an individual and group setting;
5. Apply and demonstrate knowledge, skills and critical problems solving in a field-based and/or clinical setting;

Specific Program Requirements

Specific Concentration Requirements

Course	Title	Credits
Required Concentration Courses		
HS 101	Introduction to Health Professions	2
CHEM 111	Principles of Chemistry (GT-SC2)	3
CHEM 111L	Principles of Chemistry Lab (GT-SC1)	1
EPER 162	Personal Health	3
EPER 162L	Personal Health Lab	1
EPER 201	Drugs and Healthy Lifestyles	3
BIOL 220	Medical Terminology	2
EPER 222	Behavior Facilitation	3
AT 232	First Aid	2
AT 234	Emergency Care	2
AT 260	Injury/Illness Care and Prevention	3
AT 301	Physical Assessment	3
EPER 320	NSCA Test Preparation	3
HS 330	Epidemiology & Disease Prevention	3
AT 323	Functional Exercise Training	2
EPER 343	Research and Statistics	3
EPER 344	Exercise Physiology	3
EPER 344L	Exercise Physiology Lab	1
EPER 364	Kinesiology	3
EPER 432	Applied Sport & Exercise Psychology	3
EPER 436	Exercise Assessment & Prescription	3
EPER 440	Biomechanics	3
EPER 461	Managing Events & Programs	3
HS 493	Seminar	2
HS 498	Internship	6
Outside the Major		
Pick one: either BIOL 100 & 100L or BIOL 206 & 206L		4
BIOL 100 & 100L	Principles of Biology (GT-SC2) and Principles of Biology Lab (GT-SC1)	4
BIOL 206 & 206L	Introduction to Microbiology and Introduction to Microbiology Lab	4
PHYS 201	Principles of Physics I (GT-SC2)	3
PHYS 201L	Principles of Physics Lab I (GT-SC1)	1
Electives		

Elective hours	4
Other Required Courses	
CIS 104 Introduction to Excel Spreadsheets	1
BIOL 112 Nutrition	3
PSYC 205 Introduction to Sport Psychology	3
CID 103 Speaking & Listening	3
PSYC 151 Human Development (GT-SS3)	3
BIOL 223 Human Physiology and Anatomy I (GT-SC2)	3
BIOL 223L Human Physiology and Anatomy I Lab (GT-SC1)	1
BIOL 224 Human Physiology and Anatomy II (GT-SC2)	3
BIOL 224L Human Physiology and Anatomy II Lab (GT-SC1)	1
Take either MATH 120 or MATH 156. Must have at least a 24 ACT or 580 SAT in math to take MATH 156. See footnote.	3
MATH 120 College Algebra (GT-MA1)	3
MATH 156 Introduction to Statistics (GT-MA1)	3
General Education: English	6
General Education: History	3
General Education: Humanities	6
General Education: Social Science	3
Total Credits	120

¹ Students planning to pursue a doctorate in physical therapy should take CHEM 121 General Chemistry I (GT-SC2) (4 c.h.) & CHEM 121L General Chemistry Lab I (GT-SC1) (1 c.h.) instead of CHEM 111 & 111L.

² Students are required to complete college algebra or pre-calculus algebra level math or have a math score of ACT 24 or SAT 580 to enroll in PHYS 201. Students who do not have this placement score must take MATH 120.

All HSHM Majors are required to:

- Complete a concentration of study with a cumulative GPA of 2.50 or higher.
- Earn a 2.0 overall GPA to enroll in 300 or 400 level courses in the department;
- Earn a minimum grade of a “C” in all prerequisite and major courses;
- Repeat prerequisite and major courses with a grade of “D” or lower until a grade of “C” or higher is achieved; and
- Earn a cumulative GPA of 2.0 or higher in required English and speech communication courses.
- Earn at least 120 credit hours with at least 40 upper division credits.
- Successfully complete an internship or field experience course.
- Submit a graduation contract by the deadline the semester of graduation.

Planning Sheet

Disclaimer: The Planning Sheet is designed as a guide for students planning their course selections. The information on this page provides only a suggested schedule. Actual course selections should be made with the advice and consent of an academic advisor. While accurately portraying the information contained in the college catalog, this form is not considered a legal substitute for that document. Students should become familiar with the catalog in effect at the time in which they entered the institution.

Course	Title	Credits
Year 1		
Fall		
ENG 101	Rhetoric & Writing I (GT-CO1)	3
EPER 162 & 162L	Personal Health and Personal Health Lab	4
HS 101	Introduction to Health Professions	2
MATH 156 or MATH 120	Introduction to Statistics (GT-MA1) <small>students must have at least an ACT 24 or SAT 580 to enroll in MATH 156, otherwise take MATH 120</small> or College Algebra (GT-MA1)	3
General Education	Social Sciences	3
Credits		15
Spring		
AT 232	First Aid	2
AT 260	Injury/Illness Care and Prevention	3
BIOL 100 & 100L	Principles of Biology (GT-SC2) or Introduction to Microbiology	4
BIOL 112	Nutrition	3
ENG 102	Rhetoric & Writing II (GT-CO2)	3
Credits		15
Year 2		
Fall		
AT 234	Emergency Care	2
BIOL 223 & 223L	Human Physiology and Anatomy I (GT-SC2) and Human Physiology and Anatomy I Lab (GT-SC1)	4
EPER 222	Behavior Facilitation	3
PSYC 151	Human Development (GT-SS3)	3
General Education	Humanities	3
Credits		15
Spring		
BIOL 224 & 224L	Human Physiology and Anatomy II (GT-SC2) and Human Physiology and Anatomy II Lab (GT-SC1)	4
CIS 104	Introduction to Excel Spreadsheets	1
CID 103	Speaking & Listening	3
General Education	Humanities and History	6
Credits		14
Year 3		
Fall		
AT 301	Physical Assessment	3
CHEM 111 & 111L	Principles of Chemistry (GT-SC2) and Principles of Chemistry Lab (GT-SC1)	4
EPER 343	Research and Statistics	3
EPER 364	Kinesiology	3
PSYC 205	Introduction to Sport Psychology	3
Credits		16
Spring		
AT 323	Functional Exercise Training	2
BIOL 220	Medical Terminology	2
EPER 320	NSCA Test Preparation	3
EPER 344 & 344L	Exercise Physiology and Exercise Physiology Lab	4
PHYS 201 & 201L	Principles of Physics I (GT-SC2) and Principles of Physics Lab I (GT-SC1)	4
Credits		15
Year 4		
Fall		
EPER 201	Drugs and Healthy Lifestyles	3
EPER 436	Exercise Assessment & Prescription	3
EPER 440	Biomechanics	3
EPER 461	Managing Events & Programs	3

HS 493	Seminar	2
Credits		14
Spring		
EPER 432	Applied Sport & Exercise Psychology	3
HS 330	Epidemiology & Disease Prevention	3
HS 498	Internship	6
Electives		4
Credits		16
Total Credits		120