

# 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.

*Colorado State University Pueblo is currently seeking accreditation for their new Masters in Athletic Training program and is not accredited by the Commission on Accreditation of Athletic Training Education (CAATE). The institution will be submitting a self-study to begin this accreditation process on July 1, 2021. Submission of the self-study and completion of a site visit does not guarantee that the program will become accredited. Students that graduate from the program prior to accreditation WILL NOT be eligible to sit for the credentialing examination for athletic trainers and will not be eligible for licensure in most states.*

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 Master level Athletic Training Programs as well as other exercise science related positions.

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 Core Requirements

Course	Title	Credits
HS 101	INTRODUCTION TO HEALTH PROFESSIONS	2
CHEM 111 & 111L	PRINCIPLES OF CHEMISTRY and PRINCIPLES OF CHEMISTRY LAB <sup>1</sup>	4
NSG 207	NURSING PATHOPHYSIOLOGY	3

BIOL 220	MEDICAL TERMINOLOGY	2
Total Credits		11

<sup>1</sup> Students interested in Physical Therapy, Physician Assistant or Occupational Therapy should take CHEM 121 GENERAL CHEMISTRY I (4.0 c.h.) & CHEM 121L GENERAL CHEMISTRY LAB I (1.00 c.h.).

### Specific Concentration Requirements

Course	Title	Credits
Required Health Sciences Core		11
<b>Required Concentration Courses</b>		
EPER 162	PERSONAL HEALTH	3.0
EPER 162L	PERSONAL HEALTH LAB	1.0
EPER 201	DRUGS AND HEALTHY LIFESTYLES	3.0
EPER 222	BEHAVIOR FACILITATION	3.0
AT 232	FIRST AID	2
AT 234	EMERGENCY CARE	2
AT 260	INJURY/ILLNESS CARE & PREVENTION	3
AT 301	PHYSICAL ASSESSMENT	3
EPER 320	NSCA TEST PREPARATION	3.0
AT 323	FUNCTIONAL EXERCISE TRAINING	2
EPER 343	RESEARCH AND STATISTICS	3.0
EPER 344	EXERCISE PHYSIOLOGY	3.0
EPER 344L	EXERCISE PHYSIOLOGY LAB	1.0
EPER 364	KINESIOLOGY	3.0
EPER 432	APPLIED SPORT & EXERCISE PSYCHOLOGY	3.0
EPER 436	EXERCISE ASSESSMENT	3.0
EPER 440	BIOMECHANICS	3.0
EPER 461	MANAGING PROGRAMS IN EXHPR	3.0
HS 498	INTERNSHIP	12
<b>Outside the Major</b>		
Pick one: either BIOL 100 & 100L or BIOL 206 & 206L		4
BIOL 100 & 100L	PRINCIPLES OF BIOLOGY and PRINCIPLES OF BIOLOGY LAB	4
BIOL 206 & 206L	INTRODUCTION TO MICROBIOLOGY and INTRODUCTION TO MICROBIOLOGY LAB	4
PHYS 201	PRINCIPLES OF PHYSICS I	3
PHYS 201L	PRINCIPLES OF PHYSICS LAB I	1
<b>Other Required Courses</b>		
CIS 104	INTRODUCTION TO EXCEL SPREADSHEETS	1
BIOL 112	NUTRITION	3
PSYC 205	INTRODUCTION TO SPORT PSYCHOLOGY	3.0
COMR 103	SPEAKING AND LISTENING	3
PSYC 151	HUMAN DEVELOPMENT	3.0
BIOL 223	HUMAN PHYSIOLOGY AND ANATOMY I	3
BIOL 223L	HUMAN PHYSIOLOGY AND ANATOMY I LAB	1
BIOL 224	HUMAN PHYSIOLOGY AND ANATOMY II	3
BIOL 224L	HUMAN PHYSIOLOGY AND ANATOMY II LAB	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	PRE-CALCULUS ALGEBRA	3.0
MATH 156	INTRODUCTION TO STATISTICS	3
General Education: English		6

General Education: History	3
General Education: Humanities	6
General Education: Social Science	3
<b>Total Credits</b>	<b>120</b>

- Students planning to pursue a doctorate in physical therapy should take CHEM 121 GENERAL CHEMISTRY I (4.0 c.h.) & CHEM 121L GENERAL CHEMISTRY LAB I (1.00 c.h.) instead of CHEM 111 & 111L.
- 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 student's 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
<b>Year 1</b>		
<b>Fall</b>		
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) or Pre-Calculus Algebra (GT-MA1)	3
General Education		3
Credits		15
<b>Spring</b>		
AT 232	First Aid	2
AT 260	Injury/Illness Care and Prevention	3
BIOL 100 & 100L or BIOL 206/206L	Principles of Biology (GT-SC2) or Introduction to Microbiology	4
BIOL 112	Nutrition	3
ENG 102	Rhetoric & Writing II (GT-CO2)	3
Credits		15

<b>Year 2</b>		
<b>Fall</b>		
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		3
Credits		15
<b>Spring</b>		
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
COMR 103	Speaking and Listening	3
General Education		6
Credits		14
<b>Year 3</b>		
<b>Fall</b>		
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
<b>Spring</b>		
AT 323	Functional Exercise Training	2
BIOL 220	Medical Terminology	2
EPER 320	NSCA Test Preparation	3
PHYS 201 & 201L	Principles of Physics I (GT-SC2) and Principles of Physics Lab I (GT-SC1)	4
EPER 344 & 344L	Exercise Physiology and Exercise Physiology Lab	4
Credits		15
<b>Year 4</b>		
<b>Fall</b>		
EPER 201	Drugs and Healthy Lifestyles	3
EPER 436	Exercise Assessment	3
EPER 440	Biomechanics	3
EPER 461	Managing Programs in EXHPR	3
NSG 207	Nursing Pathophysiology	3
Credits		15
<b>Spring</b>		
EPER 432	Applied Sport & Exercise Psychology	3
HS 498	Internship	12
Credits		15
<b>Total Credits</b>		<b>120</b>