

# 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 2.30 or greater to graduate.

### Curricular requirements – 121 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 (33CRS)

**BIOL 120** Human Anatomy (F) 4  
*Suggested sophomore standing*

**BIOL 121** Human Physiology (S) *Prereq: BIOL 120* 4

**FCS 205** Concepts in Human Nutrition 3

**H&S 245** Introduction to Athletic Injuries (S) 3

**H&S 451** Psychosocial Determinants of Health (S) 3  
*Prereq: MVSC 201*

**PEP 100** Introduction to Exercise Science & Health (F) 1

**PEP 300** Applied Human Anatomy & Biomechanics (F) 3  
*Prereq: BIOL 120 or permission*

**PEP 360** Motor Behavior (S) *Prereq: BIOL 120* 3

**PEP 418/PEP 418L** Physiology of Exercise & Lab 3  
*Prereq: MVSC 201, BIOL 120 & BIOL 121; or permission .*

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

**PEP 493** Fitness Assessment & Prescription 3  
*Prereq: Senior standing & PEP 418; or permission*

#### PRE-ATHLETIC TRAINING EMPHASIS (32CRS)

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

**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

#### ELECTIVES TO ACHIEVE 121 TOTAL CREDITS (17CRS)

**Pre-Athletic Training Electives** 17

#### UI GENERAL EDUCATION REQUIREMENTS

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

#### COMMUNICATIONS (5CRS)

**ENGL 102** College Writing & Rhetoric 3  
*The UI catalog requires students take ENGL 109, 101 OR 102 (depending on placement scores) every semester until ENGL 102 is satisfied.*

**COMM 101** Speech (also a major requirement) 2

#### 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)\*

**ISEM 101** Integrated Seminar 3

**Humanities** (from 2 different disciplines) 6

**Social Sciences** (from 2 different disciplines) 6  
*(PSYC 101 suggested)*

**American Diversity\*\*** 1 class

**International\*\*** 1 class

**ISEM 301** Great Issues 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 2018-2019

FRESHMAN FALL (16CRS)			FRESHMAN SPRING (16CRS)		
PEP 100	Introduction to Exercise Science & Health (F)	1	FCS 205	Concepts in Human Nutrition	3
ENGL 102	College Writing and Rhetoric	3	Soc Sci	General Education Natural Science with Lab (Recommend PSYC 101)	3
ISEM 101	Integrated Seminar	3	Am Diversity	General Education American Diversity	3
Science	General Education Natural Science with Lab (Recommend BIOL/CHEM/PHYS)	4	Science	General Education Natural Science with Lab (Recommend BIOL/CHEM/PHYS)	4
MATH	General Education Math	3	Humanities	General Education Humanities	3
COMM 101	Fundamentals of Public Speaking	2			
SOPHOMORE FALL (16CRS)			SOPHOMORE SPRING (15CRS)		
BIOL 120	Human Anatomy (F) <i>(recommended sophomore standing)</i>	4	BIOL 121	Human Physiology (S) <i>Prereq: BIOL 120</i>	4
MVSC 201	Physical Activity & Behavior Change <i>Prereq or coreq: PEP 100</i>	3	H&S 245	Introduction to Athletic Injuries (S)	3
International	General Education International	3	PEP 171	Athletic Training Clinical Experiences I (S)	1
Humanities	General Education Humanities	3	Electives	Electives to reach 121 credits	6
Soc Sci	General Education Social Science	3	ISEM 301	Great Issues	1
JUNIOR FALL (15CRS)			JUNIOR SPRING (15CRS)		
PEP 300	Applied Human Anatomy/Biomechanics (F) <i>Prereq: BIOL 120</i>	3	H&S 451	Psychosocial Determinants of Health (S) <i>Prereq: MVSC 201</i>	3
PEP 418 & PEP 418L	Physiology of Exercise & Lab <i>Prereq: MVSC 201, BIOL 120, BIOL 121 OR permission</i>	3	PEP 360	Motor Behavior (S) <i>Prereq: BIOL 120</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 OR permission</i>	3
Electives	Electives to reach 121 credits	6	PEP 495	Practicum <i>Prereq: Permission</i>	1
			Electives	Electives to reach 121 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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