BS in Athletic Training (663421) MAP Sheet
Life Sciences, Exercise Sciences

For students entering the degree program during the 2017-2018 curricular year.

This is a program that requires a secondary application process. Apply for acceptance into the athletic training program during semester of enrollment in ExSc 320. See the program director or ExSc 320 instructor for an application packet.

Admission to the program requires the candidate to meet the following criteria:

a. Complete PDBio 220, 305 (Prerequisite: Chem 101), ExSc 320, 321. (ExSc 320 and 321 must be completed at BYU.)
b. Complete the athletic training education program application, which includes an essay.

c. Have a physical examination and provide an immunization record to verify technical standards.
d. Attest to meeting the technical standards of the athletic training program.
e. Submit one letter of recommendation.
f. Complete 30 hours of directed clinical observation in BYU and affiliated high school athletic training settings and associated objectives.

g. Graduation from an accredited athletic training program and pass the BOC examination to certify as an athletic trainer.

This handout is NOT a contract between Brigham Young University and present or prospective students. Although the University makes every effort to ensure the accuracy of this information, it reserves the right to make changes as university business may require. Students should regularly consult their department or college advisement center.

Please check with departments for current availability of all courses.

Note: Apply for admission to the program fall or winter. Applications will be given to you in ExSc 320 early in the semester, or see your advisor.

Please note that the program requires a secondary application process. Applications must be submitted during the semester of enrollment in ExSc 320. It is recommended to apply for acceptance into the athletic training program during this semester.

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**BS in Athletic Training (663421)**
**2017-2018 Program Requirements (64 Credit Hours)**

The Exercise Sciences Department requires a minimum of 45 major hours to be taken in residence at BYU for this degree program. These hours may also go toward BYU’s 30-hour residency requirement for graduation.

**REQUIREMENT 1**
*COMPLETE APPLICATION INTO THE ATHLETIC TRAINING PROGRAM DURING SEMESTER OF ENROLLMENT IN EXSC 320. SEE THE PROGRAM DIRECTOR OR EXSC 320 INSTRUCTOR FOR AN APPLICATION PACKET.*

- a. Have a physical examination and provide an immunization record to verify technical standards.
- b. Submit one letter of recommendation.
- c. Interview with the athletic training staff.
- d. Complete 30 hours of directed clinical observation in BYU and affiliated high school athletic training settings and associated objectives.

Complete the senior exit interview.

Maintain CPR/AED certification for the professional rescuer.

Meet the technical standards associated with the athletic training education program.

**REQUIREMENT 2**
*COMPLETE 22 COURSES TO BE TAKEN LAST SEMESTER PRIOR TO GRADUATION.*

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<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>EXSC 302</td>
<td>Philosophical and Ethical Issues in Exercise Sciences</td>
<td>1.0</td>
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<tr>
<td>EXSC 320</td>
<td>Basic Athletic Training</td>
<td>3.0</td>
</tr>
<tr>
<td>EXSC 321</td>
<td>Basic Athletic Training Lab</td>
<td>0.5</td>
</tr>
<tr>
<td>EXSC 362</td>
<td>Kinesiology and Biomechanics</td>
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<tr>
<td>EXSC 414</td>
<td>Advanced Athletic Training Lab</td>
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<tr>
<td>EXSC 415</td>
<td>Therapeutic Modalities</td>
<td>3.0</td>
</tr>
<tr>
<td>EXSC 416</td>
<td>Injury Evaluation: Lower Extremities</td>
<td>3.0</td>
</tr>
<tr>
<td>EXSC 417</td>
<td>Injury Evaluation: Upper Extremities</td>
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<tr>
<td>EXSC 418</td>
<td>Rehabilitation of Orthopedic Injuries</td>
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<tr>
<td>EXSC 419</td>
<td>Medical Issues in Athletic Training</td>
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<tr>
<td>EXSC 423</td>
<td>Administration of Athletic Training Programs</td>
<td>2.0</td>
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<tr>
<td>EXSC 440</td>
<td>Advanced Musculoskeletal Human Anatomy (includes lab)</td>
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<tr>
<td>EXSC 460</td>
<td>Orthopaedic Impairments and Therapeutic Exercise</td>
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<tr>
<td>EXSC 463</td>
<td>Exercise Physiology</td>
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<tr>
<td>EXSC 464</td>
<td>Exercise Physiology Lab</td>
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<td>EXSC 468</td>
<td>Problems in Exercise Prescription</td>
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<tr>
<td>EXSC 501</td>
<td>Sports Medicine Pathology and Pharmacology</td>
<td>3.0</td>
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<tr>
<td>NDFS 310</td>
<td>Nutrition and Metabolism in Sports and Exercise</td>
<td>2.0</td>
</tr>
<tr>
<td>PDBIO 220</td>
<td>Human Anatomy (with lab)</td>
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<tr>
<td>PDBIO 305</td>
<td>Human Physiology</td>
<td>4.0</td>
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**RECOMMENDED COURSES**

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<tr>
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</thead>
<tbody>
<tr>
<td><em>PSYCH 111</em></td>
<td>Introduction to Psychological Science</td>
<td>3.0</td>
</tr>
<tr>
<td><em>STAT 121</em></td>
<td>Principles of Statistics</td>
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</tr>
</tbody>
</table>

**REQUIREMENT 3**
*COMPLETE 1 COURSE TO BE TAKEN LAST SEMESTER PRIOR TO GRADUATION.*

- EXSC 498 - Capstone Experience in Athletic Training

**REQUIREMENT 4**
*COMPLETE 4 COURSES TO BE TAKEN LAST SEMESTER PRIOR TO GRADUATION.*

- EXSC 394 - Athletic Training Clinical Education 1
- EXSC 395 - Athletic Training Clinical Education 2
- EXSC 494 - Athletic Training Clinical Education 3
- EXSC 495 - Athletic Training Clinical Education 4

**THE DISCIPLINE:**

The study of athletic training appeals to those who would like to work in a field that combines an athletic setting with health and medical care. A student in athletic training will learn to apply knowledge of human anatomy, exercise physiology, conditioning, nutrition, and therapy in the prevention, diagnosis, immediate care, and rehabilitation of athletic injuries. Students must graduate from an accredited athletic training program and pass the Board of Certification (BOC) examination to certify as an athletic trainer.

**CAREER OPPORTUNITIES:**

Career possibilities include working with athletic teams at all levels of competition, in a sports medicine clinical setting or other allied health care facilities, or in a corporate/industrial setting. Certification (BOC) is required and an advanced degree is recommended.

Certification (BOC) is required and a teaching certificate or advanced degree is recommended for some job positions. Many opportunities are available for graduate studies in the field of athletic training and other related disciplines (i.e., exercise science, health promotion).

Average starting salary for an athletic trainer with a bachelor’s degree ranges from $30,000–$40,000, depending on location and qualifications. Completion of a teaching certificate or advanced degree will increase potential earning power.

For more information on careers in your major, please refer to *From Major to Career*, a publication which is located in all college advisement centers.

**MAP DISCLAIMER**

While every reasonable effort is made to ensure accuracy, there are some student populations that could have exceptions to listed requirements. Please refer to the university catalog and your college advisement center/department for complete guidelines.

**DEPARTMENT INFORMATION**

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Provo, UT 84602-2216
Telephone: (801) 422-6507

**ADVISEMENT CENTER INFORMATION**

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Life Science Student Services
Brigham Young University