

West Liberty University
Bachelor of Science in Athletic Training
AT Track

The Athletic Training Program (ATP) is designed to prepare those students for eligibility to sit for the National Board of Certification (BOC) exam upon successful completion of the undergraduate curriculum. After passing the exam, the student can pursue employment in a wide variety of settings and practice as a nationally certified athletic trainer (ATC).

The following courses are to be completed during the Freshman year: (9 Hours)

PE 240 Anatomy & Physiology/Lab
 SDE 232 First Aid & Emergency Services **OR** SDE 252 EMT

The following courses are to be completed in the Sophomore - Senior years: (67 Hours)

EP 450 Biomechanics (sophomore year)
 PE 326 Tests, Measurements, & Research Design (freshman, sophomore, or junior year)
 PE 345 Exercise Physiology (sophomore year)

Freshman	SOPHOMORE	JUNIOR	SENIOR
AT 100 Introduction to Athletic Training AT 115 Kinesiology for Athletic Training	AT 200 AT Clinical Pract I AT 205 AT Clinical Pract II AT 220 AT Taping & Bracing AT 225 Therapeutic Modalities	AT 300 AT Clinical Pract III AT 305 AT Clinical Pract IV AT 330 Rehabilitation of Lower Extr Athletic Injuries AT 335 Rehabilitation of Upper Extr Athletic Injuries AT 340 Orthopedic Assessment of the Lower Extremity AT 345 Orthopedic Assessment of the Upper Extremity AT 355 General Medical Conditions in Athletic Training	AT 400 AT Clinical Pract V AT 405 AT Clinical Pract VI AT 410 Seminar in AT AT 420 AT-A Problem-Based Approach I AT 425 AT-A Problem-Based Approach II AT 435 Administrative Aspects of Athletic Training AT 445 AT Capstone

AT TRACK: (12 HOURS)

Required: 6 Hours

EP 299 Strength & Conditioning – 3hrs

HE 300 Nutrition & Fitness - 3hrs

Students Choose 6 Hours From the Following:

EP 455 Modification of Exercise – 3hrs

EDUC 201 Human Development – 3hrs

EDUC 207 Foundations of Education – 3hrs

SPED 241 Intro to Exceptionalities – 3 hrs

PE 258 Motor Development – 3hrs

PE 354 Facilities Management in Sports & Physical Education – 2 hrs

PE 355 Sport Law – 2 hrs

PE 365 Psychology and Sociology of Physical Education – 2 hours

PE 371 Compliance – 2 hr

**Course of Study for a Bachelor of Science in Athletic Training
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<p><u>Fall – Freshman</u></p> <p>BIO 124/125- Biological Principles (4) ENG 101 (3) PE 240 Anatomy & Physiology (3) COLL 101 Freshman Experience (2) *AT 100- Introduction to Athletic Training (3)</p> <p>15 hrs.</p>	<p><u>Spring- Freshman</u></p> <p>SDE 232- First Aid and Safety or SDE 252 EMT (3) MATH 160- Statistics (3) ENG 102 (3) COM 101- Communications (3) *AT 115 - Kinesiology for Athletic Training (3)</p> <p>15 hrs.</p>
<p><u>Fall- Sophomore</u></p> <p>*AT 200 Athletic Training Clinical Practicum I (1) *AT 220- Athletic Training Taping & Bracing (3) EP 325 Physiology of Sport & Exercise I (3) EP 299- Strength & Conditioning (3) SOC 150- Introduction to Sociology (3) PSYCH 101- Introduction to Psychology (3)</p> <p>16 hrs.</p>	<p><u>Spring –Sophomore</u></p> <p>*AT 205- Athletic Training Clinical Practicum II(1) *AT 225- Therapeutic Modalities (3) EP 450- Biomechanics (3) GEO 205/206 (3) PHYS 190/191-The Physical World (4) FA/ART/MUS (3)</p> <p>17hrs.</p>
<p><u>Fall- Junior</u></p> <p>*AT 300- Athletic Training Clinical Practicum III (2) *AT 330- Rehab of Lower Ext Athletic Injuries (3) *AT 340- Ortho Assessment of the Lower Body (3) HE 300- Nutrition and Fitness (3) Any literature course with ENG prefix (3) PE 326-Tests, Measure, & Research Design (2)</p> <p>16 hrs.</p>	<p><u>Spring -Junior</u></p> <p>*AT 305- Athletic Training Clinical Practicum IV(2) *AT 335- Rehab of Upper Ext Athletic Injuries (3) *AT 345- Ortho Assessment of the Upper Body (3) *AT 355- General Medical Conditions in Athletic Training (3) PHIL/REL/or foreign language (3)</p> <p>14 hrs.</p>
<p><u>Fall- Senior</u></p> <p>*AT 400- Athletic Training Clinical Practicum V (2) *AT 410- Seminar in Athletic Training (2) *AT 420-PBL in Athletic Training (3) **AT Elective (3/2) HIS 103/104/210/211 (3) GBUS 140- Introduction to Business (3)</p> <p>16/15 hrs.</p>	<p><u>Spring -Senior</u></p> <p>*AT 405- Athletic Training Clinical Practicum VI (2) *AT 425- PBL in Athletic Training (3) *AT 435-Administrative Aspects of AT (2) *AT 445- Athletic Training Capstone (3) **AT Elective (3/2)</p> <p>13/12 hrs.</p>

* Fall/Spring class only

** Elective hours to total 6 credits