

NAME _____ ID# _____

CORE CURRICULUM – 43-45 Semester Hours (SH)

UNIVERSITY CORE

A. Core Foundations (12SH)

CORE 101	_____	3
CORE 102	_____	3
CORE 103*	_____	3
CORE 201	_____	3
CORE 202	_____	3

B. Core Skills & Knowledge (16SH)

Courses must be from different disciplines:

MATHEMATICAL SCIENCES (3SH)
 MATH 137 _____ 3**

NATURAL SCIENCES (4 SH)
 BIOL 105 _____ 4**

HUMANITIES (3 SH)
 _____ _____ 3
 One of the following: CLSS 110, ENGL 200 HIST 101, 102 PHIL 111, 112, 114 POSC 110 RELN 111, 112, 203, 206

SOCIAL/BEHAV. SCIENCES (3 SH)
 PSYC 121 _____ 3**

VISUAL & PERFORMING ARTS (3 SH)
 _____ _____ 3
 One of the following: ART 100, 215, 216 CVPA 266 DNCE 111 MUSC 100, 121, 123 THEA 100, 180

NOTE: Courses listed in multiple areas can only be used to fulfill a single area requirement.

Students can use only one course with their major prefix to fulfill core requirements.

* Honors course – will replace CORE 101 & 102 for those students in the RU honors program

**Program requirements met through Core Curriculum

COLLEGE CORE

A. National & International Perspectives (6SH)

Courses must be from different disciplines:

U. S. PERSPECTIVES (3 SH)
 _____ _____ 3
 One of the following: APST 200 ECON 101, 105, 106, ENGL 203 GEOG 201, 202, 203 HIST 111, 112 POSC 120, SOCY 110

GLOBAL PERSPECTIVES (3SH)
 _____ _____ 3
 One of the following: CVPA 266 ENGL 201, 202 FORL 103 GEOG 101, 102, 140, 280 HIST 101, 102 INST 101 ITEC 112 PEAC 200 RELN 112, 205, SOCY 121, THEA 180 WMST 101

B. Supporting Skills & Knowledge (9-11SH)

NATURAL SCI. OR MATHEMATICAL SCIENCES (3/4 SH)
 STAT 200 _____ 3**

HUMANITIES, VISUAL & PERFORMING ARTS, OR FOREIGN LANGUAGES (3-4 SH)
 _____ _____ 3-4
 One of the following: CLSS 110 ENGL 200 HIST 101, 102 PHIL 111, 112, 114 POSC 110 RELN 111, 112, 203, 206 Or ART 100, 215, 216 DNCE 111 MUSC 100, 121, 123 THEA 100, 180 Or ARAB 100, 200, 210, 300 CHNS 101: 102, 201: 202 FORL 100, 109, 209, 309, 409, 200: 210 FREN 100, 200:210, 300, 320 GRMN 100, 200: 210, 300 LATN 101: 102, 201, 350 RUSS 100, 200, 210, 300 SPAN 101: 102, 201: 202

SOCIAL/ BEHAV. SCI. OR HEALTH & WELLNESS (3SH)
 HLTH 200 _____ 3**

ATHLETIC TRAINING (77 Semester Hours)

ESHE FOUNDATIONS: (15 Hours) (Athletic Training Specific):

ESHE 305*	Principles of Strength and Conditioning	_____ (3) F/S/SU
ESHE 350*	Sport and Exercise Psychology	_____ (3) F/S/SU
ESHE 390*	Kinesiology	_____ (3) F/S
ESHE 392*	Exercise Physiology	_____ (3) F/S
HLTH 465*	Exercise, Performance, and Nutrition	_____ (3) S

Prerequisites

BIOL 322 or BIOL 310 and 311, GPA 2.5
 PSYC 121, GPA 2.5
 BIOL 322 or 310 or 311, GPA 2.5
 BIOL 322 or 310 and 311, GPA 2.5
 HLTH 200, BIOL 322 or 310 and 311, GPA 2.5

ATHLETIC TRAINING EDUCATION (62 Hours)

ATTR 150*	Fundamentals of Athletic Training	_____ (1) F
ESHE 201*	Introduction to Athletic Injuries	_____ (3) F/S/SU
ATTR 205*	Introduction to Athletic Training Skills	_____ (2) S
ATTR 225*	Practicum I	_____ (1) S
ATTR 250*	Practicum II	_____ (3) F
ATTR 323*	Assessment of Athletic Injuries I	_____ (3) F
ATTR 325*	Practicum III	_____ (3) S
ATTR 333*	Athletic Training Skill Assessment	_____ (1) F/S **
ATTR 335*	Seminar in Athletic Training	_____ (2) S
ATTR 340*	General Medical Conditions	_____ (3) S
ATTR 345*	General Medical Rotation	_____ (1) S
ATTR 355*	Practicum IV	_____ (4) F
ATTR 365*	Therapeutic Exercise	_____ (4) F
ATTR 420*	Therapeutic Modalities	_____ (4) F
ATTR 422*	Assessment of Athletic Injuries II	_____ (3) S
ATTR 425*	Org. & Admin of Athletic Training Programs	_____ (3) S
ATTR 430*	Senior Seminar	_____ (3) S
HLTH 320*	Health and Safety Foundations	_____ (3) F/S/SU
BIOL 310*	Human Structure and Function I	_____ (4) F
BIOL 311*	Human Structure and Function II	_____ (4) S
OR BIOL 322*	Anatomy and Physiology	_____ (6) F/S/SU
CHEM 101/120	General Chemistry/Chemistry of Life	_____ (4) F/S

BIOL 310 or 322
 coreq ESHE 201 and ATTR 225, GPA 2.75
 coreq ESHE 201 and ATTR 205, GPA 2.75
 ESHE 201, ATTR 205, 225, coreq ATTR 323, GPA 2.75
 ESHE 201, GPA 2.75
 ATTR 250, coreq ATTR 422, GPA 2.75
 ATTR 150; **course must be completed 4 times.
 ATTR 250, ATTR 323, GPA 2.75
 ATTR 250, ATTR 323, coreq ATTR 345, GPA 2.75
 ATTR 250, ATTR 323, coreq ATTR 340, GPA 2.75
 ATTR 325, GPA 2.75
 ATTR 323, GPA 3.00
 ATTR 323, GPA 3.00
 ATTR 323, coreq ATTR 325, GPA 2.75
 ATTR 325
 ATTR 355, 86 hrs., GPA 2.75
 HLTH 200, GPA 2.5
 BIOL 105
 BIOL 105
 BIOL 105

ADDITIONAL ELECTIVE of 2 credit hours if BIOL 322 is taken

Students must have an overall 2.75 gpa to be eligible to apply to the Athletic Training program.

* course must be passed with a "C" or better

(NOTE: To graduate with honors, a student must complete 60 semester hours at RU.)

Athletic Training SAMPLE 4 Year Plan

% Must be taken in designated semester. Courses in **Bold** are required in Core Curriculum.

Fall Semester		Spring Semester	
Freshman Year	Cr.	Freshman Year	Cr.
%University Core A: Core 101	3	%University Core A: Core 102	3
University Core B: Math 137	3	University Core B: BIOL 105	4
CHEM 101 or CHEM 120	4	University Core B: Humanities or V-P Arts	3
College Core B: HLTH 200	3	University Core B: Psychology 121	3
College Core A: US Perspectives	3		
	Total 16		Total 13
Sophomore Year	Cr.	Sophomore Year	Cr.
%University Core A: Core 201	3	%University Core A: Core 202	3
%ATTR 150: Fund. of Athletic Training	1	ESHE 201: Intro to Athletic Injuries	3
HLTH 320: HLTH and Safety Foundations	3	%ATTR 205: Intro to Athletic Training Skills	2
%BIOL 310 or BIOL 322: Anatomy/Physiology	4/ 6	%ATTR 225: Practicum I	1
University Core B: Humanities or V-P Arts	3	%BIOL 311 (if 310 taken in fall): Hum/Struc. II	4
		ESHE 350: Sport Psychology	3
		%ATTR 333: AT Skill Assessment	1
Apply to Athletic Training Education Program (ATEP) in November of this semester.	Total 14-16		Total 13-17
Junior Year	Cr.	Junior Year	Cr.
ATTR 250: Practicum II	3	%ATTR 325: Practicum III	3
%ATTR 323: Assess. of Athletic Injuries I	3	%ATTR 335: Seminar in Athletic Training	2
ESHE 390: Kinesiology	3	%ATTR 340: General Medical Conditions	3
College Core B: STAT 200	3	%ATTR 345: General Medical Rotation	1
ESHE 305: Strength and Conditioning	3	%ATTR 422: Assess. of Athletic Injuries II	3
%ATTR 333: AT Skill Assessment	1	%HLTH 465: Exercise, Perform, & Nutrition	3
		%ATTR 333: AT Skill Assessment	1
	Total 16		Total 16
Senior Year	Cr.	Senior Year	Cr.
%ATTR 355: Practicum IV	4	%ATTR 425: Org & Admin AT programs	3
%ATTR 365: Therapeutic Exercise	4	%ATTR 430: Senior Seminar	3
%ATTR 420: Therapeutic Modalities	4	College Core A: Global Perspectives	3
ESHE 392: Exercise Physiology	3	College Core B : Human, VPA, FORL	3
%ATTR 333: AT Skill Assessment	1	Elective credits (if BIOL 322 taken)	2-3
	Total 16		Total 14-15