

NAME \_\_\_\_\_ ID# \_\_\_\_\_

**CORE CURRICULUM – 43-45 Semester Hours (SH)**

**UNIVERSITY CORE**

**A. Core Foundations (12SH)**

CORE 101 \_\_\_\_\_ 3

CORE 102 \_\_\_\_\_ 3

HNRS 103\* \_\_\_\_\_ 3

CORE 201, POSC 201 or  
MKTG 201 \_\_\_\_\_ 3

CORE 202  
or POSC 202 \_\_\_\_\_ 3

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.

\* HNRS 103 – will replace CORE 101 & 102 for those students in the RU honors program

**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 CCST 110 ENGL 200 HIST 101, 102 PHIL 111, 112, 200 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

**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, 205, 206, 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 CCST 103 GEOG

101, 102, 140, 280 HIST 101, 102

INST 101 ITEC 112 PEAC 200 RELN

112, 205, SOCY 121, THEA 180

WGST 200

**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 CCST

110 ENGL 200 HIST 101, 102 PHIL 111,

112, 200 POSC 110 RELN 111, 112, 203,

206 Or ART 100, 215, 216 DNCE 111

MUSC 100, 121, 123 THEA 100, 180 Or

ARAB 101, 102, 201, 202 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 101:102,

201:202, 300 SPAN 101: 102, 103, 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/ SU
ESHE 392*	Exercise Physiology	_____ (3) F/S
HLTH 465*	Exercise, Performance, and Nutrition	_____ (3) F/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, 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) F/S/SU
ATTR 355*	Practicum IV	_____ (4) F
ATTR 365*	Therapeutic Exercise	_____ (4) F
ATTR 420*	Therapeutic Modalities	_____ (4) S
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

Pre or coreq BIOL 310 or 322
coreq ESHE 201 and ATTR 225, GPA 3.0
coreq ESHE 201 and ATTR 205, GPA 3.0
ESHE 201, ATTR 205, 225, coreq ATTR 323, GPA 3.0
ESHE 201, pre or coreq ESHE 390, GPA 3.0
ATTR 250, coreq ATTR 422, GPA 3.0
ATTR 150; **course must be completed 4 times
ATTR 250, ATTR 323, GP 3.0
ATTR 250, ATTR 323, coreq ATTR 345, GPA 3.0
ATTR 250, ATTR 323, coreq ATTR 340, GPA 3.0
ATTR 325, GPA 3.0
ATTR 323, GPA 3.0
ATTR 323, GPA 3.0
ATTR 323, coreq ATTR 325, GPA 3.0
ATTR 325
ATTR 355, 86 hrs., GPA 3.0

BIOL 105
BIOL 105
BIOL 105

**ADDITIONAL ELECTIVE** of 2 credit hours if BIOL 322 is taken

Students must have an overall 3.0 GPA to be eligible to apply to the Athletic Training program.

\* course must be passed with a "C" or better; \*\*course must be passed with a "B" 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	
<b>Freshman Year</b>	<b>Cr.</b>	<b>Freshman Year</b>	<b>Cr.</b>
University Core A: Core 101	3	University Core A: Core 102	3
University Core B: <b>Math 137</b>	3	CHEM 101 or CHEM 120	4
University Core B: <b>BIOL 105</b>	4	University Core B: Humanities	3
**College Core B: <b>HLTH 200</b>	3	University Core B: <b>Psychology 121</b>	3
College Core A: US Perspectives	3		
	<b>Total</b> <b>16</b>		<b>Total</b> <b>13</b>
<b>Sophomore Year</b>	<b>Cr.</b>	<b>Sophomore Year</b>	<b>Cr.</b>
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: Human Structure & Function I	4/ 6	§* ATTR 225:Practicum I	1
University Core B: Visual & Performing Arts	3	**BIOL 311: Human Structure & Function 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.	<b>Total</b> <b>14</b>		<b>Total</b> <b>17</b>
<b>Junior Year</b>	<b>Cr.</b>	<b>Junior Year</b>	<b>Cr.</b>
§* ATTR 250: Practicum II	3	§* ATTR 325: Practicum III	3
§* ATTR 323: Assess. of Athletic Injuries I	3	§* ATTR 340: General Medical Conditions	3
* ESHE 390: Kinesiology	3	§* ATTR 422: Assess. of Athletic Injuries II	3
**College Core B: <b>STAT 200</b>	3	§* ATTR 333: AT Skill Assessment	1
* ESHE 305: Strength and Conditioning	3	§* ATTR 420: Therapeutic Modalities	4
§* ATTR 333: AT Skill Assessment	1	% ATTR 345: General Medical Rotation	1
	<b>Total</b> <b>16</b>		<b>Total</b> <b>15</b>
<b>Senior Year</b>	<b>Cr.</b>	<b>Senior Year</b>	<b>Cr.</b>
§* ATTR 355: Practicum IV	4	§* ESHE 392: Exercise Physiology	3
§* ATTR 365: Therapeutic Exercise	4	§* ATTR 430: Senior Seminar	3
§* ATTR 425: Org & Admin AT programs	3	College Core A: Global Perspectives	3
§* ATTR 333: AT Skill Assessment	1	College Core B : Humanities/VPA/FORL	3
§* HLTH 465: Exercise, Perform, & Nutrition	3	Elective credits (if BIOL 322 taken)	2
%ATTR 345: General Medical Rotation (if not taken)	1	§* ATTR 335: Seminar in Athletic Training	2
	<b>Total</b> <b>16</b>		<b>Total</b> <b>14-16</b>

%General Medical Rotation will be managed through advising. It is offered during fall, spring & summer.

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

\*\*course must be passed with a "B" or better