

# UNIVERSITY OF CENTRAL MISSOURI

## Athletic Training

General Education (42 hrs.)			Major Requirements (77 hrs.)		
<p style="text-align: center;"><b>Writing I (3 hrs.)</b></p> <p>ENGL 1020 Composition I.....3                      ENGL 1080 Advanced Composition..... 3                      Students who earn a grade of C or higher in ENGL 1080 will be awarded an additional 3 hours of special credit for ENGL 1020</p> <p style="text-align: center;"><b>Writing II (3 hrs.)</b></p> <p>*CTE 3060 Technical Writing.....3</p> <p style="text-align: center;"><b>Managing Information (2 hrs.)</b></p> <p>*LIS 1600 University Library &amp; Research Skills..... 2</p> <p style="text-align: center;"><b>Communications (3)</b></p> <p>*COMM1000 Public Speaking.....3</p> <p style="text-align: center;"><b>Knowledge Area I Literature (3 hrs.)**</b></p> <p>ENGL 2205 American Literature 1865 to Present..... 3                      ENGL 2220 World Masterpieces.....3</p> <p style="text-align: center;"><b>Fine Arts (3 hrs.)**</b></p> <p>ART 1800 Ideas &amp; the Visual Arts..... 3                      COMM 3000 Film Appreciation.....3                      DANC 2100 Dance Appreciation.....3                      MUS 1220 Evolution of Music: Intro to Rock.....3                      THEA 2400 Discovering Theatre.....3</p> <p style="text-align: center;"><b>Additional Course for Knowledge Area I (3 hrs.)</b>                      Literature: choose any second course from area**                      OR                      Fine Arts: Choose three more hours from area**                      OR                      Languages: Choose 3 hours**</p> <p>CD 1401 American Sign Language I.....3                      SPAN 1601 Elementary Spanish I.....3                      OR                      Humanities: choose from the following</p> <p>PHIL 1000 Introduction to Philosophy.....3                      PHIL 1410 Critical Thinking.....3                      WGS 1050 Women’s Voices.....3</p>	<p style="text-align: center;"><b>Knowledge Area II Science with Laboratory (4 hrs.)</b></p> <p>*CHEM 1104 Intro to the Sciences: Chemistry..... 4</p> <p style="text-align: center;"><b>Mathematics (3 hrs.)</b></p> <p>*MATH 1111 College Algebra..... 3</p> <p style="text-align: center;"><b>Additional Course for Knowledge Area II (3 hrs.)**</b></p> <p>BIOL 1007 Plants &amp; Society.....4                      MATH 1215 Mathematics of Decision Making.....3                      ANTH 1810 Human Prehistory.....3                      BIOL 2510 Basic Genetics..... 3</p> <p style="text-align: center;"><b>Knowledge Area III</b></p> <p style="text-align: center;"><b>Within the nine hours required in Knowledge Area III, all students must select a course which fulfills state law requirement Section 170.011 RSMO Supp (1988). These course options are marked with a #.</b></p> <p style="text-align: center;"><b>History (3 hrs.)**</b></p> <p>#HIST 1350 History of the US to 1877..... 3                      #HIST 1351 History of the US from 1877..... 3</p> <p style="text-align: center;"><b>Social/Behavioral Science (3 hrs.)</b></p> <p>*PSY 1100 General Psychology..... 3</p> <p style="text-align: center;"><b>Additional course for Knowledge Area III (3 hrs.)**</b>                      Choose any second course from History                      Or**                      Choose any second course from Social/Behavioral Sciences**</p> <p>#POLS 1510 American Government..... 3                      #POLS 2511 State Government.....3                      OR**</p> <p>ANTH 2820 Anthropology of Food..... 3                      GEOG 2101 Intro to Sustainability..... 3                      PSY 1320 Psychology of Personal Adjustment.....3                      SOC 1830 Social Problems.....3                      WGS 2000 Race, Class, and Gender..... 3</p> <p style="text-align: center;"><b>Engagement (3 hrs.)</b></p> <p>*HLTH 1100 Personal Health.....3</p>	<p>AT 1610 Introduction to Athletic Training.....2                      AT 1611 Introduction to Athletic Training Lab I..... 1                      AT 1625 CPR/AED HC Professional..... 1                      AT 1650 Responding to Emergencies for Pro Rescuer..... 2                      AT 1630 Foundations of Athletic Training.....2                      AT 1631 Foundations of Athletic Training Lab II..... 1                      AT 1640 Medical Terminology.....1                      AT 2610 Orthopedic Assessment: Lower Extremity.....2                      AT 2611 Orthopedic Assessment: Upper Extremity Lab III.....1                      AT 2620 Orthopedic Assessment: Upper Extremity..... 2                      AT 2621 Orthopedic Assessment: Upper Extremity Lab IV..... 1                      AT 2630 Therapeutic Modalities.....3                      AT 2631 Therapeutic Modalities Lab..... 1                      AT 2640 Introduction to Therapeutic Exercise..... 2                      AT 3620 Athletic Training Lab V..... 2                      AT 3630 Therapeutic Rehabilitation..... 2                      AT 3631 Therapeutic Rehabilitation Lab..... 1                      AT 3640 Athletic Training Lab VI.....2                      AT 3650 Sports and Exercise Pharmacology.....2                      AT 4610 Athletic Training Lab VII.....2                      AT 4620 Athletic Training Lab VIII.....2                      AT 4630 Org. &amp; Admin. of Athletic Training.....3                      AT 4640 Senior Seminar in Athletic Training..... 2                      AT 4650 Pathophysiology Lab for Athletic Training.....1                      KIN 1800 Functional Anatomy..... 3                      KIN 2850 Found. of Exercise Physiology.....3                      KIN 2800 Biomechanics..... 3                      PE 4340 Adapted Physical Education.....3                      PE 4740 Legal Liability.....2                      PE 4830 Psychological Aspects of PE..... 2                      KIN 4850 Assess &amp; Eval of Fit/Well..... 3                      NUTR 4300 Nutrition &amp; Human Performance.....3                      HLTH 4370 Pathophysiology..... 3                      BIOL 3401 Human Anatomy.....3                      BIOL 3402 Human Physiology.....5                      PSY 3030 Intro to Statistics for Psych.....3</p> <p style="text-align: center;"><b>Free Electives..... 1</b>  <b>Minimum Hours to Graduate..... 120</b></p>			

\* Required general education course for the major

\*\*Sampling of options, for a full list check the catalog or discuss with your Advisor

**RECOMMENDED PROGRAM OF STUDY FOR  
ATHLETIC TRAINING**

<b>Freshman Year - First Semester</b> AT 1610 Introduction to Athletic Training AT 1611 Introduction to Athletic Training Lab I AT 1625 CPR/AED for Health Care Professionals CHEM 1104 Intro to Sciences: Chemistry ENGL 1020 Composition I MATH 1111 College Algebra <b>Semester Total</b>	<b>Hrs.</b> 2 1 1 4 3 3 <b>14</b>	<b>Freshman Year - Second Semester</b> AT 1630 Foundations of Athletic Training AT 1631 Foundations of Athletic Training Lab II AT 1640 Medical Terminology AT 1650 Responding to Emergencies for the Professional Rescuer KIN 1800 Functional Anatomy LIS 1600 University Library & Research Skills BIOL 3401 Human Anatomy <b>Semester Total</b>	<b>Hrs.</b> 2 1 1 2 3 2 3 <b>14</b>
<b>Sophomore Year - First Semester</b> AT 2610 Orthopedic Assessment Lower Ext AT 2611 Orthopedic Assessment Lower Ext Lab III AT 2640 Introduction to Therapeutic Exercise KIN 2850 Foundations Exercise Physiology BIOL 3402 Human Physiology HLTH 1100 Personal Health <b>Semester Total</b>	<b>Hrs.</b> 2 1 2 3 5 3 <b>16</b>	<b>Sophomore Year - Second Semester</b> AT 2620 Orthopedic Assessment: Upper Ext AT 2621 Orthopedic Assessment: Upper Ext Lab IV AT 2630 Therapeutic Modalities AT 2631 Therapeutic Modalities Lab PSY 1100 General Psychology COMM 1000 Public Speaking KIN 2800 Biomechanics <b>Semester Total</b>	<b>Hrs.</b> 2 1 3 1 3 3 3 <b>16</b>
<b>Sophomore or Junior Year – Summer</b> PE 4340 Adapted Physical Education	<b>Hrs.</b> 3		
<b>Junior Year - First Semester</b> AT 3620 Clinical Athletic Training Lab V AT 3630 Therapeutic Rehabilitation AT 3631 Therapeutic Rehabilitation Lab AT 3650 Sport and Exercise Pharmacology AT 4650 Pathophysiology lab for AT HLTH 4370 Pathophysiology NUTR 4300 Nutrition and Human Performance <b>Semester Total</b>	<b>Hrs.</b> 2 2 1 2 1 3 3 <b>14</b>	<b>Junior Year - Second Semester</b> AT 3640 Clinical Athletic Training Lab VI AT 4630 Organization & Administration of Athletic Training PE 4740 Legal Liability CTE 3060 Technical Writing General Education <b>Semester Total</b>	<b>Hrs.</b> 2 3 2 3 6 <b>16</b>
<b>Senior Year - First Semester</b> AT 4610 Clinical Athletic Training Lab VII AT 4640 Senior Seminar in Athletic Training KIN 4830 Psychological Aspects in Physical Education KIN 4850 Assessment and Evaluation of Fit./Wellness General Education <b>Semester Total</b>	<b>Hrs.</b> 2 2 2 3 5 <b>14</b>	<b>Senior Year - Second Semester</b> AT 4620 Clinical Athletic Training Lab VIII PSY 3030 Intro to Statistics for Psych Electives <b>Semester Total</b>	<b>Hrs.</b> 2 3 8 <b>13</b>

Offered	Course	Course Title
FA	AT 1610	Introduction to AT
FA	AT 1611	Introduction to AT Lab I
FA	AT 1625	CPR/AED for Health Care Professionals
SP	AT 1630	Foundations of AT
SP	AT 1631	Foundations of AT Lab II
SP	AT 1640	Medical Terminology
SP	AT 1650	Responding to Emergencies for the Professional Rescuer
FA	AT 2640	Introduction to Therapeutic Exercise
FA	AT 2610	Orthopedic Assessment: Lower Extremity
FA	AT 2611	Orthopedic Assessment: Lower Extremity Lab III
SP	AT 2620	Orthopedic Assessment: Upper Extremity
SP	AT 2621	Orthopedic Assessment: Upper Extremity Lab IV
FA	AT 2630	Therapeutic Modalities
FA	AT 2631	Therapeutic Modalities Lab
FA	AT 3620	Athletic Training Lab V
SP	AT 3630	Therapeutic Rehab
SP	AT 3631	Therapeutic Rehab Lab
SP	AT 3640	Athletic Training Lab VI
FA	AT 3650	Sports and Exercise Pharmacology
FA	AT 4610	Athletic Training Lab VII
SP	AT 4620	Athletic Training Lab VIII
SP	AT 4630	Organization & Administration of AT
FA	AT 4640	Senior Seminar in AT
FA	AT 4650	Pathophysiology Lab for AT
FA, SP	HLTH 4370	Pathophysiology
FA, SP	NUTR 4300	Nutrition & Human Performance
FA, SP, SU	KIN 1800	Functional Anatomy
FA, SP	KIN 2800	Biomechanics
FA, SP	KIN 2850	Foundations of Exercise Physiology
FA, SP, SU	PE 4340	Adapted Physical Education
FA, SP	PE 4740	Legal Liability
FA, SP	PE 4830	Psychological Aspects of Physical Education

**DEPARTMENT OF NUTRITION & KINESIOLOGY CHAIR:**

- Dr. David Kreiner, Morrow 131, (660) 543-4256; email: [kreiner@ucmo.edu](mailto:kreiner@ucmo.edu)

**ATHLETIC TRAINING FACULTY:**

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