

ATHLETIC TRAINING

Advisors: Eric Belt, Jake Erickson, Don Fischer, Madelin Siedler, Emily Willaert

The College of Saint Benedict and Saint John's University offer a pre-professional program in athletic training. Students complete prerequisite coursework as outlined by the different accredited athletic training programs. Upon completion of the prerequisite coursework, the student is eligible to apply to colleges and universities offering postgraduate, professional degrees in athletic training. Majors that students frequently pursue along with the pre-athletic training requirements include biology, exercise and health science, nutrition, and psychology.

Courses commonly required by graduate programs in athletic training include:

Code	Title	Hours
BIOL 100	Principles of Biology 1: Fundamentals of Living Things	4
BIOL 200	Principles of Biology 2: Biological Response to Challenge	4
BIOL 325	Human Anatomy and Physiology I	4
BIOL 326	Human Anatomy and Physiology II	4
CHEM 125	Introduction to Chemical Structure and Properties	4
CHEM 201	Purification and Separation Lab I	1
COLG 121	Medical Terminology	1
EXHS 306	Biomechanics	4
EXHS 308	Exercise Physiology	4
MATH 124	Probability and Statistical Inference	4
or PSYC 221	Applied Behavioral Statistics	4
NUTR 113	Exploring Nutrition	4
PHYS 105	Physics for the Life Sciences I	4
PSYC 111	Introductory Psychology	4

Additional courses may be required. Volunteer, shadow, or internship experiences in the field of athletic training are frequently recommended or required.

Due to the differences in prerequisite courses between athletic training programs, students should work closely with the faculty advisor in planning their pre-professional program. Students should meet with the faculty advisor early in the fall semester of their first year.

Additional Requirements:

General Education Requirements:

All undergraduate students must complete the requirements of the Integrations Curriculum (IC) which is designed to ensure all of our students receive a liberal arts education. Please review details of the Integrations Curriculum (<https://catalog.csbsju.edu/catalog/academic-programs-policies-regulations/integrations-curriculum/>) requirements here (<https://catalog.csbsju.edu/catalog/academic-programs-policies-regulations/integrations-curriculum/>).

Graduation Requirements:

In addition to the Integrations Curriculum, all undergraduate students must meet the following minimum degree requirements to earn their degree from CSB and SJU.

Credits: 124 total credits, 40 of which must be from upper division coursework

GPA: 2.0 or higher*

Residency: At least 24 of your last 32 credits must be completed at CSB and SJU

Please visit Graduation (<https://catalog.csbsju.edu/catalog/academic-programs-policies-regulations/graduation/>) under the Academic Policies and Regulations (<https://catalog.csbsju.edu/catalog/academic-programs-policies-regulations/>) portion of the catalog for additional details regarding degree requirements.

* Cumulative GPA as well as major(s)/minor(s) GPA. Please note some majors/minors may require a higher GPA to earn their degree.

Four Year Plan Pre-Athletic Training

Course	Title	Hours
First Year		
Fall		
INTG 105	College Success	1
INTG 100	Learning Foundations	4
BIOL 100	Principles of Biology 1: Fundamentals of Living Things	4
Global Language 111		4
Cultural/Social Difference-Identity		4
Hours		17
Spring		
BIOL 200	Principles of Biology 2: Biological Response to Challenge	4
CHEM 125	Introduction to Chemical Structure and Properties	4
CHEM 201	Purification and Separation Lab I	1
THEO 100	Theological Explorations	4
Global Language 112		4
Hours		17
Second Year		
Fall		
Global Language 211		4
PHYS 105	Physics for the Life Sciences I	4
MATH 124	Probability and Statistical Inference	4
PSYC 111	Introductory Psychology	4
Hours		16
Spring		
Cultural/Social Difference-Systems		4
Artistic Expression		4
Global Engagement		4
Human Experience		4
Hours		16
Third Year		
Fall		
BIOL 325	Human Anatomy and Physiology I	4
NUTR 113	Exploring Nutrition	4
Elective		4
Elective		4
Hours		16
Spring		
BIOL 326	Human Anatomy and Physiology II	4
Theology Integrations		4
Benedictine Raven		4
Elective		4
Hours		16

2 Athletic Training

Fourth Year

Fall

EXHS 308	Exercise Physiology	4
Experiential Engagement		4
Elective		4
Elective		4
Hours		16

Spring

EXHS 306	Biomechanics	4
INTG 300	Learning Integrations	4
Elective		4
Elective		4
Hours		16
Total Hours		130