

ATHLETIC TRAINING

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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 pre-professional coursework, the student is eligible to apply to colleges and universities offering a postgraduate degree in athletic training. Majors that students frequently pursue along with the pre-athletic training requirements are: biology, exercise and health science, psychology, and nutrition.

Courses commonly required by graduate programs in athletic training include:

Code	Title	Hours
BIOL 101	Foundations of Biology	4
BIOL 201	Intermediate Cell Biology and Genetics	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 or PSYC 221	Probability and Statistical Inference Applied Behavioral Statistics	4
NUTR 125	Concepts of Nutrition Science	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/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	Foundations	4
LNGS 111		4
NUTR 125	Concepts of Nutrition Science	4
TE		4
Hours		17
Spring		
CI		4
LNGS 112		4
MATH 124	Probability and Statistical Inference	4
CHEM 125	Introduction to Chemical Structure and Properties	4
CHEM 201	Purification and Separation Lab I	1
Hours		17
Second Year		
Fall		
LNGS 211		4
BIOL 101	Foundations of Biology	4
PHYS 105	Physics for the Life Sciences I	4
PSYC 111	Introductory Psychology	4
Hours		16
Spring		
BIOL 201	Intermediate Cell Biology and Genetics	4
EXHS 301		4
COLG 121	Medical Terminology	1
CS		4
Hours		13
Third Year		
Fall		
BIOL 325	Human Anatomy and Physiology I	4
TI		4
Hours		8
Spring		
BIOL 326	Human Anatomy and Physiology II	4
AE		4
Hours		8
Fourth Year		
Fall		
EXHS 308	Exercise Physiology	4
HE		4
Hours		8
Spring		
EXHS 306	Biomechanics	4

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INTG 300	Learning Integrations	4
	Hours	8
	Total Hours	95

Pre-Athletic Training with Study Abroad

Course	Title	Hours
First Year		
Fall		
INTG 105	College Success	1
INTG 100	Foundations	4
LNGS 111		4
NUTR 125	Concepts of Nutrition Science	4
TE		4
	Hours	17
Spring		
CI		4
LNGS 112		4
MATH 124	Probability and Statistical Inference	4
CHEM 125	Introduction to Chemical Structure and Properties	4
CHEM 201	Purification and Separation Lab I	1
	Hours	17
Second Year		
Fall		
LNGS 211		4
BIOL 101	Foundations of Biology	4
PHYS 105	Physics for the Life Sciences I	4
PSYC 111	Introductory Psychology	4
	Hours	16
Spring		
BIOL 201	Intermediate Cell Biology and Genetics	4
EXHS 301		4
COLG 121	Medical Terminology	1
	Hours	9
Third Year		
Fall		
BIOL 325	Human Anatomy and Physiology I	4
TI		4
AE		4
	Hours	12
Spring		
Study Abroad		
GL		4
EX		4
HE		4
CS		4
	Hours	16
Fourth Year		
Fall		
EXHS 308	Exercise Physiology	4
	Hours	4
Spring		
EXHS 306	Biomechanics	4
INTG 300	Learning Integrations	4
BIOL 326	Human Anatomy and Physiology II	4
	Hours	12
	Total Hours	103