

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: ENGL 200  
HIST 101, 102 PHIL 111, 112, 114  
RELN 111, 112, 203, 206

**SOCIAL/BEHAV. SCIENCES (3 SH)**

PSYC 121 \_\_\_\_\_ 3\*\*

**VISUAL & PERFORMING ARTS (3 SH)**

\_\_\_\_\_ \_\_\_\_\_ 3

One of the following: ART 111, 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: ENGL 201  
CVPA 266 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: ENGL 200 HIST 101, 102 PHIL 111, 112, 114 RELN 111, 112, 203, 206 Or ART 111, 215, 216 DNCE 111 MUSC 100, 121, 123 THEA 100, 180 Or 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 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) FS
ESHE 392*	Exercise Physiology	_____ (3) FS
HLTH 465*	Exercise, Performance, and Nutrition	_____ (3) S

**Prerequisites**

HLTH 200/26 Hrs
PSYC 121
BIOL 322 or 310
BIOL 322 or 310
HLTH 200, BIOL 322 or 310/311

**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) FS/SU
CHEM 101/120	General Chemistry/Chemistry of Life	_____ (4) F/S

HTLH 200, 26 hrs.
HLTH 200, GPA 2.5
HLTH 200, GPA 2.5
ESHE 201, 205, 225
BIOL 310, ESHE 205
ESHE 250
ESHE 150; **course must be completed 4 times.
ESHE 250, 323
ESHE 250, 323
ESHE 250, 323
ESHE 325
ESHE 323
ESHE 323
ESHE 323
ESHE 355, 86 hrs.
HLTH 200
BIOL 105
BIOL 105
BIOL 105

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

\* 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 4 Year Plan 2010-2011

\* 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	*University Core B: <b>BIOL 105</b>	4
*CHEM 101 or CHEM 120	4	University Core B: Humanities or V-P Arts	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 16</b>	(CHEM and BIOL105 must be completed before the fall sophomore year)	<b>Total 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 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
	<b>Total 14-16</b>		<b>Total 13-17</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 335: Seminar in Athletic Training	2
ESHE 390: Kinesiology	3	*ATTR 340: General Medical Conditions	3
College Core B: <b>STAT 200</b>	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
	<b>Total 16</b>		<b>Total 16</b>
<b>Senior Year</b>	<b>Cr.</b>	<b>Senior Year</b>	<b>Cr.</b>
*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
	<b>Total 16</b>		<b>Total 15</b>