



Pre-Athletic Training, BS

Program: Kinesiology, Health, and Sport Science, **Pre-Athletic Training track**
Department: **Kinesiology, Health, & Sport Science**
College: [Health and Human Services](#)
Website: <https://www.iup.edu/kines/undergrad/physical-education-and-sport-pre-athletic-training-bs/>
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Program Description: The Pre-Athletic Training Track prepares students for admission into a professional-level master's degree program in Athletic Training. Program focuses on courses in the natural sciences and exercise science. Accelerated program progression allows students who meet eligibility requirements to apply for early admission into IUP's Master of Science in Athletic Training.

Career Opportunities: Provides the prerequisite coursework needed for entry into an athletic training master's degree program. In order to enter the profession of athletic training, candidates must successfully complete a master's degree from a CAATE-accredited program and pass a national certification examination. This undergraduate degree track does not provide direct access to the profession.

U.S. Bureau of Labor Statistics data states the following regarding Athletic Training:
- Projected to grow 23 percent from 2016 to 2026, much faster than the average for all occupations
- Demand for athletic trainers is expected to increase as people become more aware of the effects of sports-related injuries, and as the middle-aged and older population remains active.

Athletic Trainers Work In:

- Public and private secondary schools, colleges and universities, professional and Olympic sports
 - Youth leagues, municipal and independently owned youth sports facilities
 - Physician practice, similar to nurses, physician assistants, physical therapists and other professional clinical personnel
 - Rural and urban hospitals, hospital emergency rooms, urgent and ambulatory care centers
 - Clinics with specialties in sports medicine, cardiac rehab, medical fitness, wellness and physical therapy
 - Occupational health departments in commercial settings, which include manufacturing, distribution and offices to assist with ergonomics
 - Police and fire departments and academies, municipal departments, branches of the military
- Performing arts including professional and collegiate level dance and music

Student Organizations: We encourage all Pre-Athletic Training students to become members of the IUP Athletic Training Club. Student members participate in fundraising and volunteer activities that provide them the ability to participate in local, state, and national athletic training symposia.

Experiential Learning: Many courses in the natural and exercise sciences include laboratory components which provide hands-on experiences. Students can also elect to pursue an EMT certification and earn elective credit. While all formal athletic training clinical experiences will occur during the master's degree program, Pre-Athletic Training students will be provided an opportunity to volunteer as students aides in our University's Sports Medicine Department as they complete the observation hours required for master's degree program admission.



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Four-year Course Sequencing

College: Health and Human Services

Degree: Bachelor of Science

Calendar Year: 2021-2022

Website: <https://www.iup.edu/kines/undergrad/physical-education-and-sport-pre-athletic-training-bs/>

Four-year Sequencing: The below four-year plan outlines the courses required in each semester of your baccalaureate degree. The goal is for you to visualize the years to come and understand what courses or other requirements are needed in order to graduate in four years.

Freshman Year: Fall			Freshman Year: Spring		
Course	Course Description	Credits	Course	Course Description	Credits
BIOL 104	Human Biology	4	BIOL 106 & 116	Human Gen./Health	4
ENGL 101	Composition I	3	ENGL 121	Humanities Literature	3
KHSS 135	Careers in KHSS	1	KHSS 221	Human Structure/Function	3
xxxx 143	Wellness	3	PSYC 101	General Psychology	3
KHSS 175	Prevention and Care	2	Fine Arts	LS Fine Arts	3
Social Science	Social Science Elective	3			
	Total Fall	16		Total Spring	16

Sophomore Year: Fall			Sophomore Year: Spring		
Course	Course Description	Credits	Course	Course Description	Credits
FDNT 145	Introduction to Nutrition	3	GMAC	Global and Multicultural Awareness	3
ENGL 202	Composition II	3	KHSS 209	Motor Behavior	3
HIST	HIST 196/197/198	3	KHSS 286	Strength/Personal Tr Practicum	3
KHSS 343	Physiology of Exercise	3	KHSS 315	Biomechanics	3
KHSS 347	Physiology of Exercise Lab	1	PHIL/RLST	Philosophy or Relig. Studies	3
MATH 217	Probability and Statistics	3			
	Total Fall	16		Total Spring	15

Junior Year: Fall			Junior Year: Spring		
Course	Course Description	Credits	Course	Course Description	Credits
BIOL 150	Human Anatomy	4	BIOL 240	Human Physiology	4
BIOL 200	Medical Terminology	2	KHSS 341	Evaluations in Kinesiology	3
CHEM 101	College Chemistry I	4	KHSS 441	Psychosocial Implications in HPE	3
KHSS 375	Physiological Basis of Strength	3	PHYS 111/151	Physics I or Medical Physics	3
KHSS 344	Adapted Physical Activity	3	PHYS 121/161	Physics I lab or Med Phys Lab	1
				Free Elective	3
	Total Fall	16		Total Spring	17

Senior Year: Fall			Senior Year: Spring*		
Course	Course Description	Credits	Course	Course Description	Credits
	Free Electives	12		Free Electives	12
	or Early MS Admission			or Early MS Admission	
	Total Fall	12		Total Spring	12



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Summary of Requirements

Summary of Requirements: The Pre-Athletic Training major prepares students for admission into a professional level master's degree program in Athletic Training. Accelerated program progression allows students who meet eligibility requirements to apply for early admission into IUP's Master of Science in Athletic Training. This major allows for 27 free elective credits that can be used towards the MS degree program in Athletic Training if eligible for [early admission](#).

Liberal Studies (44 cr.)

Course	Credits	Grade
Learning Skills: English Composition (6 credits)		
ENG 101 Composition	3	
ENGL 202 Composition II	3	

Learning Skills: Mathematics (3 credits)		
MATH 217 Probability and Statistics	3	

Humanities (9 credits)		
HIST 196 or 197 or 198	3	
ENGL 121 Humanities Literature	3	
PHIL/RLST Select one from the course list	3	

Fine Arts (3 credits)		
Select one from the list	3	

Natural Sciences (8 credits)		
BIOL 104 Human biology	4	
BIOL 106 Human Genetics and Health	3	
BIOL 116 Human Genetics and Health Laboratory	1	

Social Sciences (9 credits)		
PSYC 101 General Psychology	3	
Select from the course list (Global/Multicultural)	3	
Select from the course list	3	

Dimensions of Wellness (3 credits)		
Dimensions of Wellness	3	

Liberal Studies Elective (3 credits)		
FDNT 145 Personal Nutrition	3	

Core Requirements (Major 21 cr.)

Course	Credits	Grade
KHSS 135 Careers in KHSS	1	
KHSS 175 Prevention/Care of Injuries	2	
KHSS 209 Motor Behavior	3	
KHSS 221 Human Structure and Function	3	
KHSS 341 Evaluations & Analytics in Kinesiology	3	
KHSS 343 Physiology of Exercise	3	
KHSS 344 Adapted Physical Activity and Sport	3	
KHSS 441 Psychosocial Health and Phys Ed.	3	
Pre-Athletic Training Req. (28 cr.)		
BIOL 150 Human Anatomy	4	
BIOL 200 Medical Terminology	2	
BIO 240 Human Physiology	4	
CHEM 101 College Chemistry I	4	
KHSS 286 Personal Training Practicum	3	
KHSS 315 Biomechanics	3	
KHSS 347 Physiology of Exercise Laboratory	1	
KHSS 375 Physiological Strength/Training/Cond	3	
PHYS 111 Physics I with PHYS 121 LAB	4	
OR		
PHYS 151 Medical Physics with PHYS 161 Lab	4	
Electives (free)	27	

- [Global/Multicultural](#), 3 credits required but most courses overlap with other required courses, so talk with your advisor.
 - Writing Intensive, 6 credits required, but programs have these courses built into the coursework, so talk with your advisor.
- Review [Degree Works](#) for your progress toward degree.