

**MILLIKIN UNIVERSITY COLLEGE OF PROFESSIONAL STUDIES: SCHOOL OF EXERCISE SCIENCE & SPORT**  
**Exercise Science Major - ATHLETIC TRAINING MSAT TRACK**

<b>Semester #1</b>	<b>Term: _____</b>	<b>Hours</b>	<b>Spring/Fall/Every</b>	<b>Semester #2</b>	<b>Term: _____</b>	<b>Hours</b>	<b>Spring/Fall/Every</b>
Courses with * must be passed with a grade of B- or higher and those in bold must be passed with C or better to fulfill Athletic Training requirements				Courses with * must be passed with a grade of B- or higher and those in bold must be passed with C or better to fulfill Athletic Training requirements			
IN 140: University Seminar		3	Every	ES 206: Foundations & Theory of Health Behavior & Fitness		3	Spring
IN 180: University Writing		3	Every	<b>CH 203/205: Essentials of Organic Chemistry/Lab</b>		4	Every
ES 160: Personal and Community Health		3	Every	CO 200: Public Speaking		3	Every
<b>CH 114: Fundamentals of Chemistry/Lab</b>		4	Every	PS 130: Intro to Psych OR		3	Every
ES 130: Prevention & Treatment of Athletic Injuries		3	Every	International Cultures/Structures or Language Option		3-4	Every
Semester Total		<b>16</b>		Semester Total		<b>16/17</b>	
<b>Cumulative Total</b>		<b>16</b>		<b>Cumulative Total</b>		<b>32-33</b>	
<b>Semester #3</b>	<b>Term: _____</b>	<b>Hours</b>	<b>Spring/Fall/Every</b>	<b>Semester #4</b>	<b>Term: _____</b>	<b>Hours</b>	<b>Spring/Fall/Every</b>
Courses with * must be passed with a grade of B- or higher and those in bold must be passed with C or better to fulfill Athletic Training requirements				Courses with * must be passed with a grade of B- or higher and those in bold must be passed with C or better to fulfill Athletic Training requirements			
IN 250: US Cultures		3	Every	IN 251: US Structures		3	Every
<b>BI 204 or *BI 206: Anatomy &amp; Physiology w/lab</b>		4	Fall	<b>BI 207: Anatomy &amp; Physiology II- class and lab</b>		4	Spring
IN 280: Writing in the Disciplines		3	Every	*ES 305: Physiology of Exercise I (Co-enroll w/ES 306)		3	Spring
ES 325: Growth and Motor Development		3	Fall	*ES 306: Physiology of Exercise I Lab (Co-enroll w/ES 305)		1	Spring
PS 201: Statistical Methods (Quantative Reasoning)		3	Every	ES 310: Kinesiology		3	Every
				Creative Arts Requirement		3	Every
Semester Total		<b>16</b>		Semester Total		<b>17</b>	
<b>Cumulative Total</b>		<b>48-49</b>		<b>Cumulative Total</b>		<b>65-66</b>	
<b>Semester #5</b>	<b>Term: _____</b>	<b>Hours</b>	<b>Spring/Fall/Every</b>	<b>Semester #6</b>	<b>Term: _____</b>	<b>Hours</b>	<b>Spring/Fall/Every</b>
Courses with * must be passed with a grade of B- or higher and those in bold must be passed with C or better to fulfill Athletic Training requirements				Courses with * must be passed with a grade of B- or higher and those in bold must be passed with C or better to fulfill Athletic Training requirements			
*ES 328: Health Related Fitness & Nutrition		3	Fall	ES 335: Organization and Administration		3	Spring
IN 350: Global Studies		3	Every	*ES 409: Biomechanics		3	Spring
ES 352: Practicum in Group Fitness		3	Fall	*ES 418: Principles of Strength Training (Co-enroll w/ES 419)		3	Spring
*ES 410: Physiology of Exercise II (Co-enroll w/ES 411)		3	Fall	*ES 419: Principles of Strength Training Lab (Co-enroll w/ES 418)		1	Spring
*ES 411: Physiology of Exercise II Lab (Co-enroll w/ES 410)		1	Fall	<b>ES 440 Sport Nutrition</b>		3	Spring
Elective		3	Every	International Cultures/Structures or Language Option		3-4	Every
Semester Total		<b>16</b>		Semester Total		<b>16-17</b>	
<b>Cumulative Total</b>		<b>81-82</b>		<b>Cumulative Total</b>		<b>97-99</b>	
<b>Semester #7</b>	<b>Term: _____</b>	<b>Hours</b>	<b>Spring/Fall/Every</b>	<b>Semester #8</b>	<b>Term: _____</b>	<b>Hours</b>	<b>Spring/Fall/Every</b>
All courses below must be passed with a grade of C or higher to fulfill Athletic Training requirements				All courses below must be passed with a grade of C or higher to fulfill Athletic Training requirements			
ES 501: Applied Clinical Anatomy		3	Fall	ES 511: Lower Extremity Evaluation		3	Spring
ES 502: Emergency Procedures in Athletic Training		3	Fall	ES 512: Upper Extremity Evaluation		3	Spring
ES 503: Evidence Based Research in Athletic Training		3	Fall	ES 514: Therapeutic Interventions I		3	Spring
ES 504: Professional Practice in Athletic Training		3	Fall	ES 515: Athletic Training Practicum II		2	Spring
ES 505: Athletic Training Practicum I		2	Fall	ES 516: Clinical Integration II		1	Spring
ES 506: Clinical Integration I		1	Fall				
Semester Total		<b>15</b>		Semester Total		<b>12</b>	
<b>Cumulative Total</b>		<b>112-114</b>		<b>Cumulative Total</b>		<b>124-126</b>	

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**Exercise Science Major - ATHLETIC TRAINING TRACK (cont.)**

<b>Semester #9 - Summer Term</b> (Courses below must be passed with a grade of C or higher to fulfill Athletic Training requirements)							
ES 520: Immersive Clinical Experience in Athletic Training							
Semester Total	<b>8</b>						
<b>Cumulative Total</b>	<b>132-134</b>						
<b>Semester #10</b>	<b>Term: _____</b>	<b>Hours</b>	<b>Spring/Fall/Every</b>	<b>Semester #11</b>	<b>Term: _____</b>	<b>Hours</b>	<b>Spring/Fall/Every</b>
<small>All courses below must be passed with a grade of C or higher to fulfill Athletic Training requirements</small>				<small>All courses below must be passed with a grade of C or higher to fulfill Athletic Training requirements</small>			
ES 521: General Medical Conditions in Athletes		3	Fall	ES 531: Clinical Topics in Athletic Training		2	Spring
ES 522: Administration in Athletic Training		3	Fall	ES 532: Seminar in Athletic Training		2	Spring
ES 524: Therapeutic Interventions II		3	Fall	ES 533: Research Capstone in Athletic Training		3	Spring
ES 525: Athletic Training Practicum III		2	Fall	ES 534: Therapeutic Interventions III		3	Spring
ES 526: Clinical Integration III		1	Fall	ES 535 : Athletic Training Practicum IV		2	Spring
Semester Total		<b>12</b>		Semester Total		<b>12</b>	
<b>Cumulative Total</b>		<b>144-146</b>		<b>Cumulative Total</b>		<b>156-158</b>	

**NOTES:**

- Students in the MSAT program must maintain a cumulative GPA of 3.0 or higher
- All students in the MSAT program must complete the prerequisite courses with a B- or higher in (ES305/306, ES328, ES409, ES410/411, ES418/419) and a C in the following classes (CH114, CH203/205, BI204/206, PY111/171 and ES440)
- All Exercise Science students must complete an approved Cardiopulmonary Resuscitation course within their last 3 semesters - American Red Cross or American Heart Association courses are acceptable as long as you complete the adult, infant, and child CPR components, (including obstructed airway).
- PS 201/MA 109 through MA130 meets University Quantitative Reasoning Requirement
- University Graduation Requirements = 124 credits or more, University 300 level or higher Requirements = 39 credits or more
- For financial aid eligibility, students must be enrolled in 12-15 credits.
- The schedule above provides a template. Schedules will vary by student. Summer courses may be taken at Millikin or another institution (course approved through Registrar)

**MSAT RETENTION:**

Students remain in good standing in the MSAT program by:

1. Maintain a cumulative GPA of 3.0
2. Earn a grade of "C" or higher in each course in the MSAT program
3. Demonstrate satisfactory completion of all competencies and clinical proficiencies at the minimum required level, associated with the didactic and clinical education components of the program.
4. Maintain an active membership in the National Athletic Trainers Association
5. Maintain current CPR/AED certification as defined by the NATA and BOC
6. Abide by the policies and procedures outlined in the Athletic Training Student Handbook
7. Complete the minimum number of clinical hours for each clinical/practicum experience

**Approved through COC Feb 2021**