

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

Semester #1	Term: _____	Hours	Spring/Fall/Every	Semester #2	Term: _____	Hours	Spring/Fall/Every
IN 140: University Seminar		3	Every	<b>ES 206: Fdtn &amp; Thry Hlth Behavior &amp; Fitness</b>		3	Spring
EN 181: University Writing (C or better)		3	Every	<b>CH 114: Fundamentals of Chemistry/Lab</b>		4	Every
<b>Physics - PY 111/lab PY171: (has prereq)*</b>		4	Fall	CO 230: Public & Professional Speaking		3	Every
<i>ES 130: Prevention &amp; Treatment of Athletic Injuries</i>		3	Every	PS 130: Intro to Psych		3	Every
<b>ES 160: Personal and Community Health</b>		3	Every	Creative Arts Requirement		3	Every
Semester Total		<b>16</b>		Semester Total		<b>16</b>	
<b>Cumulative Total</b>		<b>16</b>		<b>Cumulative Total</b>		<b>32</b>	
Semester #3	Term: _____	Hours	Spring/Fall/Every	Semester #4	Term: _____	Hours	Spring/Fall/Every
Humanities in the US		3	Every	Social Sciences		3	Every
<b>BI 204 or BI 206: Anatomy &amp; Physiology w/lab</b>		4	Fall	<b>ES 335: Organization &amp; Administration</b>		3	Spring
EN 281: Writing in the Disciplines (C or better)		3	Every	<b>ES 305: Physiology of Exercise I (Co-enroll w/ES 306)</b>		3	Spring
<b>ES 325: Growth and Motor Development</b>		3	Fall	<b>ES 306: Physiology of Exercise I Lab (Co-enroll w/ES 305)</b>		1	Spring
PS 201: Statistical Methods (Quant Reas - has prereq)**		3	Every	<i>ES 310: Kinesiology</i>		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>48</b>		<b>Cumulative Total</b>		<b>64-65</b>	
Semester #5	Term: _____	Hours	Spring/Fall/Every	Semester #6	Term: _____	Hours	Spring/Fall/Every
<b>ES 328: Health Related Fitness &amp; Nutrition</b>		3	Fall	<b>BI 207: Anatomy &amp; Physiology II- class and lab</b>		4	Spring
<i>ES 410: Physiology of Exercise II (Co-enroll w/ES 411)</i>		3	Fall	<i>ES 409: Biomechanics</i>		3	Spring
<i>ES 411: Physiology of Exercise II Lab (Co-enroll w/ES 410)</i>		1	Fall	<i>ES 418: Principles of Strength Training (Co-enroll w/ES 419)</i>		3	Spring
Global Studies		3	Every	<i>ES 419: Principles of Strength Training Lab (Co-enroll w/ES 418)</i>		1	Spring
International Cultures/Structures or Language Option		3-4	Every	<b>ES 440 Sport Nutrition</b>		3	Spring
Elective		3	Every	Elective		3	Every
Semester Total		<b>16-17</b>		Semester Total		<b>17</b>	
<b>Cumulative Total</b>		<b>80-82</b>		<b>Cumulative Total</b>		<b>97-99</b>	
Semester #7	Term: _____	Hours	Spring/Fall/Every	Semester #8	Term: _____	Hours	Spring/Fall/Every
(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 512: Upper Extremity Evaluation		3	Spring
ES 502: Emergency Procedures in Athletic Training		3	Fall	ES 514: Therapeutic Interventions I		3	Spring
ES 503: Evidence Based Research in Athletic Training		3	Fall	ES 515: Athletic Training Practicum II		2	Spring
ES 504: Professional Practice in Athletic Training		3	Fall	ES 516: Clinical Integration II		1	Spring
ES 505: Athletic Training Practicum I		2	Fall	ES 521: General Medical Conditions in Athletes		3	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>	

• All students in the MSAT program must receive a B- or higher in the courses *italicized* above, and a C- or higher in the courses **bolded** above.

\* In order to take **Physics - PY 111/lab PY171**, students need to have passed either MA 098, MA110, have an ACT score  $\geq$  22, SAT score  $\geq$  540, OR a math placement score of 3.

\*\* In order to take **PS 201**, students need to have passed MA 098, have an ACT score  $\geq$  22, SAT score  $\geq$  540, OR a math placement score of 2.

• All Exercise Science/MSAT students must complete an approved Cardiopulmonary Resuscitation (CPR) 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).



**MILLIKIN UNIVERSITY COLLEGE OF PROFESSIONAL STUDIES: SCHOOL OF EXERCISE SCIENCE & SPORT**  
**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>	Term: _____	Hours	Spring/Fall/Every	<b>Semester #11</b>	Term: _____	Hours	Spring/Fall/Every
ES 511: Lower Extremity Evaluation		3	Fall	ES 531: Clinical Integration IV		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:**

- PS 201 and MA 109 through MA 130 meet University Quantitative Reasoning requirement.
- University graduation requirements = 120 credits or more, University 300 level or higher requirements = 39 credits or more.
- For financial aid eligibility, students must be enrolled in 12-15 credit hours.
- The schedule above provides a template. Schedules, within the first 6 semesters, will vary by student.
- Courses in the first three years taken through other institutions must be approved by the Registrar.

**MSAT RETENTION:**

Students remain in good standing in the MSAT program by:

1. Maintaining a cumulative GPA of 3.0 or higher.
2. Earning a grade of "C" or higher in each course in the MSAT program - all 500 level classes
3. Demonstrating satisfactory completion of all competencies and clinical proficiencies at the required level, associated with the didactic and clinical education components of the program.
4. Maintaining an active membership in the National Athletic Trainers Association.
5. Maintaining current CPR/AED certification as defined by the NATA and BOC.
6. Abiding by the policies and procedures outlined in the Athletic Training Student Handbook.
7. Completing the minimum number of clinical hours for each clinical/practicum experience.

**Approved through COC Feb 2021**  
**2024-2025**