

**About This Major . . .**

The Athletic Training Program (ATP) is a five semester clinical program, usually completed from the spring of the sophomore through the senior year, and is accredited by the Commission on Accreditation of Athletic Training Education (CAATE). Admission into the ATP is competitive and admission into Colorado Mesa University does not guarantee admission into the ATP. The ATP ensures the highest quality of education by offering collective learning experiences that enable the student to successfully challenge the Board of Certification examination and pursue numerous career paths as a certified athletic trainer. Certified athletic trainers gain employment in a variety of settings including but not limited to: high school/college athletic programs, professional sport programs, outpatient physical therapy/sports medicine clinics, industrial/corporate settings, and even the US military.

Transfer students are encouraged to contact the ATP at least 1 semester prior to application/ transfer to assure that they have time to develop the required skills and knowledge pre-requisites.

Application deadline is the Monday following Thanksgiving for admission into the clinical program for the following spring semester.

For more information on what you can do with this major, go to <http://www.coloradomesa.edu/career/whatmajor.html>

All CMU baccalaureate graduates are expected to demonstrate proficiency in critical thinking, communication fluency, quantitative fluency, and specialized knowledge/applied learning. In addition to these campus-wide student learning outcomes, graduates of this major will be able to:

1. Define, interpret, and apply Evidence Based Medicine. (Specialized Knowledge)
2. Identify potentially harmful situations and conditions. (Applied Learning)
3. Inspect, fit, construct and/or apply protective equipment. (Applied Learning)
4. Assess and interpret findings from a physical examination that is based on the patient's clinical presentation. (Critical Thinking)
5. Determine when the findings of an examination warrant referral of the patient. (Critical Thinking)
6. Develop and apply a treatment plan to promote the recovery from a musculoskeletal/soft tissue injury. (Communication Fluency)
7. Design, equip and supply an athletic training facility while remaining within a predetermined budget. (Applied Learning)
8. Identify the athletic training scope of practice as defined by the BOC Role Delineation Study, Standards of Professional Practice, NATA Position Statements and, state practice acts. (Specialized Knowledge)

**NAME:** \_\_\_\_\_ **STUDENT ID #** \_\_\_\_\_

**LOCAL ADDRESS AND PHONE NUMBER:** \_\_\_\_\_

\_\_\_\_\_ ( ) \_\_\_\_\_

I, (Signature) \_\_\_\_\_, hereby certify that I have completed (or will complete) all the courses listed on the Program Sheet. I have read and understand the policies listed on the last page of this program sheet. I further certify that the grade listed for those courses is the final course grade received except for the courses in which I am currently enrolled and the courses which I complete next semester. I have indicated the semester in which I will complete these courses.

\_\_\_\_\_  
Signature of Advisor \_\_\_\_\_ 20\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Department Head \_\_\_\_\_ 20\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Registrar \_\_\_\_\_ 20\_\_\_\_\_  
Date

**Students should work closely with a faculty advisor when selecting and scheduling courses prior to registration.**

**Degree Requirements:**

- 120 semester hours total (A minimum of 28 taken at CMU in no fewer than two semesters).
- 40 upper division credits (A minimum of 15 taken at the 300-400 course levels within the major at CMU).
- 2.00 cumulative GPA or higher in all CMU coursework
- A 2.5 GPA is required in the major courses. A “C” or higher is required in all major courses.
- Pre-collegiate courses (usually numbered below 100) cannot be used for graduation.
- A student must follow the CMU graduation requirements either from 1) the program sheet for the major in effect at the time the student officially declares a major; or 2) a program sheet for the major approved for a year subsequent to the year during which the student officially declares the major and is approved for the student by the department head. Because a program may have requirements specific to the degree, the student should check with the faculty advisor for additional criteria. It is the student’s responsibility to be aware of, and follow, all requirements for the degree being pursued. Any exceptions or substitutions must be approved by the student’s faculty advisor and Department Head.
- When filling out the program sheet a course can be used only once.
- See the “Undergraduate Graduation Requirements” in the catalog for additional graduation information.

**GENERAL EDUCATION REQUIREMENTS (31 semester hours)**

See the current catalog for a list of courses that fulfill the requirements below. If a course is on the general education list of options and a requirement for your major, you must use it to fulfill the major requirement and make a different selection within the general education requirement.

Course No	Title	Sem.hrs	Grade	Term	Trns
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**English** (6 semester hours, must receive a grade of “C” or better and must be completed by the time the student has 60 semester hours.)

ENGL 111	English Composition	3	_____	_____	_____
ENGL 112	English Composition	3	_____	_____	_____

**Math: MATH 113 or higher** (3 semester hours, must receive a grade of “C” or better, must be completed by the time the student has 60 semester hours.)

MATH 113	College Algebra	4*	_____	_____	_____
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\*3 credits apply to the General Ed requirements and 1 credit applies to elective credit

**Humanities** (3 semester hours)

**Social and Behavioral Sciences** (6 semester hours)

PSYC 150	General Psychology	3	_____	_____	_____
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**Natural Sciences** (7 semester hours, one course must include a lab)

_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	L	_____	_____	_____	_____

**History** (3 semester hours)

HIST	_____	_____	_____	_____	_____
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**Fine Arts** (3 semester hours)

_____	_____	_____	_____	_____	_____
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Course No	Title	Sem.hrs	Grade	Term	Trns
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**OTHER LOWER DIVISION REQUIREMENTS (6 semester hours)**

**Kinesiology** (3 semester hours)

KINE 100	Health and Wellness	1	_____	_____	_____
KINA 1	_____	1	_____	_____	_____
KINA 1	_____	1	_____	_____	_____

**Applied Studies** (3 semester hours)

_____	_____	_____	_____	_____	_____
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**FOUNDATION COURSE** (11 semester hours)

STAT 200	Probability and Stats	3	_____	_____	_____
BIOL 209	Human Anat & Phys I	3	_____	_____	_____
BIOL 209L	Human Anat & Phys I Lab	1	_____	_____	_____
BIOL 210	Human Anat & Phys II	3	_____	_____	_____
BIOL 210L	Human Anat and Phys II Lab	1	_____	_____	_____

**ATHLETIC TRAINING MAJOR REQUIREMENTS**

**Required Courses** (60 semester hours)

KINE 200	History & Philosophy of Sport & Physical Education	3	_____	_____	_____
KINE 213	Applications of Physical Fitness & Physical Education	3	_____	_____	_____
KINE 234	Prevention & Care of Athletic Injuries	3	_____	_____	_____
KINE 240	Introduction to Clinical Athletic Training	2	_____	_____	_____
KINE 252	Principles of Evaluation and Assessment	3	_____	_____	_____
KINE 253	Fundamentals of Clinical Athletic Training	2	_____	_____	_____
KINE 265	First Aid/CPR for the Professional Rescuer or	_____	_____	_____	_____
EMTS 115	Medical First Responder	3	_____	_____	_____
KINE 303	Exercise Physiology	3	_____	_____	_____
KINE 303L	Exercise Physiology Lab	1	_____	_____	_____
KINE 309	Anatomical Kinesiology	3	_____	_____	_____
KINE 367	Field Experiences in Athletic Training I	2	_____	_____	_____
KINE 368	Clinical Experiences in Athletic Training I	2	_____	_____	_____
KINE 370	Biomechanics	3	_____	_____	_____
KINE 370L	Biomechanics Lab	1	_____	_____	_____
KINE 373	Upper Body Injury Assessment	3	_____	_____	_____
KINE 374	Lower Body Injury Assessment	3	_____	_____	_____
KINE 378	Clinical Experiences in Athletic Training II	2	_____	_____	_____
KINE 405	Sports Nutrition	3	_____	_____	_____
KINE 410	Rehabilitative Exercises	3	_____	_____	_____
KINE 420	Therapeutic Modalities	3	_____	_____	_____
KINE 430	Medical Conditions and Pharmacology in Sports	3	_____	_____	_____
KINE 467	Field Experiences in Athletic Training II	2	_____	_____	_____
KINE 468	Clinical Experiences in Athletic Training III	2	_____	_____	_____
KINE 478	Clinical Experiences in Athletic Training IV	2	_____	_____	_____

Course No	Title	Sem.hrs	Grade	Term/Trns
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**Electives** (All college level courses appearing on your final transcript, **not listed above** that will bring your total semester hours to 120 hours. (12 semester hours;.)

*MATH 113	College Algebra	1	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

## SUGGESTED COURSE SEQUENCING FOR A MAJOR IN ATHLETIC TRAINING

This is a recommended sequence of course work. Certain courses may have prerequisites or are offered only during the Fall or Spring semesters. It is the student's responsibility to meet with the assigned advisor and check the 2 year course matrix on the Colorado Mesa website for course availability.

### FRESHMAN YEAR

Fall Semester	Hours	Spring Semester	Hours
ENGL 111	3	ENGL 112	3
KINE 100	1	KINE 213	3
KINE 200	3	KINE 234	3
General Education Soc./Behavioral Science	3	MATH 113	4
General Education Fine Arts	3	KINE 265	3
General Education History	<u>3</u>		Or
	16	EMTS 115	3
			<u>16</u>

### SOPHOMORE YEAR

Fall Semester	Hours	Spring Semester	Hours
KINE 240	2	General Education Applied Studies	<u>3</u>
General Education Natural Science	3	BIOL 210	3
General Education Soc/Beh Science (PSYC 150)	3	BIOL 210L	1
BIOL 209	3	General Education Humanities	3
BIOL 209L	1	KINE 252 Principles of Evaluation and Assessment	3
STAT 200	3	KINE 253 Fundamentals of Clinical Athletic Training	<u>2</u>
KINA	<u>1</u>		15
	16		

### JUNIOR YEAR

Fall Semester	Hours	Spring Semester	Hours
General Education Natural Science with Lab	4	KINE 373	3
KINE 367	2	KINE 378	2
KINE 374	3	KINE 410	3
KINE 309	3	KINE 430	3
KINE 368	2	(offered spring semester of even numbered years)	
KINE 420	<u>3</u>		
	17	KINE 303	3
		KINE 303L	1
		Electives	<u>0 or 3</u>
			15

### SENIOR YEAR

Fall Semester	Hours	Spring Semester	Hours
KINE 467	2	KINE 430	3
KINE 468	2	(offered spring semester of even numbered years)	
KINA	1	KINE 478	2
KINE 405	3	KINE 370	3
Electives	<u>6</u>	KINE 370L Biomechanics Lab	1
	14	Electives	<u>2-5</u>
			11

#### POLICIES:

1. It is your responsibility to determine whether you have met the requirements for your degree. Please see the Catalog for a complete list of graduation requirements.
2. You must turn in your "Intent to Graduate" form to the Registrar's Office **by September 15 if you plan to graduate the following May, and by February 15 if you plan to graduate the following December.**
3. This program sheet must be submitted with your graduation planning sheet to your advisor during the **semester prior to the semester of graduation, no later than October 1 for spring graduates, no later than March 1 for fall graduates.**
4. Your advisor will sign and forward the Program Sheet and Graduation Planning Sheet to the Department Head for signature.
5. Finally, the Department Head or the department administrative assistant will take the signed forms to the Registrar's Office. (Students cannot handle the forms once the advisor signs.)
6. If your petition for graduation is denied, it will be your responsibility to reapply for graduation in a subsequent semester. Your "Intent to Graduate" does not automatically move to a later graduation date.
7. NOTE: The semester before graduation, you will be required to take a Major Field Achievement Test (exit exam).