

**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 December 1 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. Select appropriate prevention and health promotion strategies. (Critical Thinking)
2. Evaluate pathologies common to an athletic population in a correct and efficient manner. (Critical Thinking)
3. Design therapeutic intervention to maximize a patient's participation and health-related quality of life. (Critical Thinking, Quantitative Fluency)
4. Select and integrate appropriate psychosocial techniques into a patient's treatment program, recognizing when and how to refer where necessary. (Specialized Knowledge, Communication Fluency)
5. Demonstrate the ability to clearly communicate specialized knowledge. (Specialized Knowledge, Communication Fluency)

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

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

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

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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 \_\_\_\_\_ Date \_\_\_\_\_ 20\_\_\_\_

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

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

**DEGREE REQUIREMENTS:**

- 120 semester hours total (Students must complete a minimum of 30 of the last 60 hours of credit at CMU, with at least 15 semester hours in major discipline courses numbered 300 or higher).
- 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 2.75 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.
- Essential Learning Capstone should be completed between 45 and 75 hours.
- See the “Undergraduate Graduation Requirements” in the catalog for additional graduation information.

**ESSENTIAL LEARNING REQUIREMENTS** (31 semester hours)

See the current catalog for a list of courses that fulfill the requirements below. If a course is an Essential Learning option and a requirement for your major, you must use it to fulfill the major requirement and make a different selection for the Essential Learning 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 Essential Learning 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) – PHYS 111, 111L suggested\*

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____L	_____	_____	_____

**History** (3 semester hours)

HIST	_____	_____	_____	_____
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Course No	Title	Sem.hrs	Grade	Term/Trns
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**Fine Arts** (3 semester hours)

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

**WELLNESS REQUIREMENT** (3 semester hours)

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

**ESSENTIAL LEARNING CAPSTONE** (4 semester hours)

ESSL 290	Maverick Milestone (see English & math pre-reqs)	3	_____	_____
ESSL 200	Essential Speech (co-requisite)	1	_____	_____

**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/AED for the Health Care Provider		_____	_____
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	_____	_____

**Electives** (All college level courses appearing on your final transcript, **not listed above** that will bring your total semester hours to 120 hours. (11 semester hours) – BIOL 409, 409L suggested

Course No	Title	Sem.hrs	Grade	Term/Trns
*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	English Composition	3	ENGL 112	English Composition	3
KINE 100	Health and Wellness	1	KINE 213	Appl. Of Phys. Fitness and Ex. Presc.	3
KINE 200	History and Phil. of Sport & PE	3	KINE 234	Prevention & Care of Athletic Injuries	3
Essential Learning	Soc./Behavioral Science	3	MATH 113	College Algebra	4
Essential Learning	Fine Arts	3	KINE 265	First Aid & CPR/AED for the Health Care Provider	
Essential Learning	History	<u>3</u>	OR		
		16	EMTS 115	Medical Responder	<u>3</u>
					16

### SOPHOMORE YEAR

Fall Semester		Hours	Spring Semester		Hours
KINE 240	Intro to Clinical Athletic Training	2	ESSL 290	Maverick Milestone	3
Essential Learning	Natural Science	3	ESSL 200	Essential Speech	1
Essential Learning	Soc/Beh Science (PSYC 150)	3	BIOL 210	Human Anatomy & Physiology II	3
BIOL 209	Human Anatomy and Physiology	3	BIOL 210L	Human Anatomy & Physiology II Lab	1
BIOL 209L	Human Anatomy and Physiology Lab	1	Essential Learning	Humanities	3
STAT 200	Probability & Statistics	3	KINE 252	Principles of Evaluation and Assessment	3
KINA	Activity	<u>1</u>	KINE 253	Fundamentals of Clinical Athletic Training	<u>2</u>
		16			16

### JUNIOR YEAR

Fall Semester		Hours	Spring Semester		Hours
Essential Learning	Natural Science with Lab	4	KINE 373	Upper Body Assessment	3
KINE 367	Field Exp. in Athletic Training I	2	KINE 378	Clinical Experiences II	2
KINE 374	Lower Body Injury Assessment	3	KINE 410	Rehabilitative Exercises	3
KINE 309	Anatomical Kinesiology	3	KINE 430	Med. Cond. & Pharmacology in Sports	3
KINE 368	Clinical Experiences I	2	KINE 303	Exercise Physiology	3
KINE 420	Therapeutic Modalities	<u>3</u>	KINE 303L	Exercise Physiology Lab	<u>1</u>
		17			15

### SENIOR YEAR

Fall Semester		Hours	Spring Semester		Hours
KINE 467	Field Exp. in Athletic Training II	2	KINE 478	Clinical Experiences IV	2
KINE 468	Clinical Experiences III	2	KINE 370	Biomechanics	3
KINA	Activity	1	KINE 370L	Biomechanics Lab	1
KINE 405	Sports Nutrition	3	Electives		<u>6</u>
Electives		<u>4</u>			12
		12			

#### POLICIES:

1. Please see the catalog for a complete list of graduation requirements.
2. 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.** 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. Your advisor will sign and forward the Program Sheet and Graduation Planning Sheet to the Department Head for signature. Finally, the Department Head will submit the signed forms to the Registrar's Office. (Students cannot handle the forms once the advisor signs.)
4. 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.
5. NOTE: During your senior year, you will be required to take a capstone exit assessment/project (e.g., Major Field Achievement Test)