

EXERCISE SCIENCE & MASTER OF ATHLETIC TRAINING

EXAMPLE 5-YEAR PLAN



NEBRASKA
WESLEYAN
UNIVERSITY

Major: Exercise Science Minor: Psychology AWC & Threads: Identity/Health & Human Disease

FALL (Year 1)	Semester Credits:	15
<u>CHEM 1110/L</u>	Chemical Principles I	4
<u>ENG 1010FYW</u>	Writing and Language	2
HHP 1320	Intro to Allied Health	1
<u>IDS 1010</u>	Archway Seminar	4
<u>PSYCH 1010FYW</u>	Intro to Psychology	4

SPRING (Year 1)	Semester Credits:	16
BIO 1010	Persp. in Bio Science	4
HHP 1270	Advanced Emer Care	1
<u>MATH 1100</u>	College Algebra	3
<u>MSPAN 1020</u>	Spanish: Stage 2	4
<u>COMM 1250</u>	Intro to Comm Studies	4

FALL (Year 2)	Semester Credits:	16
BIO 3200	Anatomy & Physiology I	4
MATH 1470	Trigonometry	2
<u>IDS 1210</u>	Identity: Intro Exploration	4
<u>PSYCH 2350</u>	Lifespan Development	4
HHP 1910	Medical Terminology	1
HHP 2850	Structural Kinesiology	1

SPRING (Year 2)	Semester Credits:	16
BIO 3210	Anatomy & Physiology II	4
<u>HHP 2500</u>	Basic Human Nutrition	2
<u>PSYCH 2700</u>	Abnormal Psychology	4
<u>ENG 2070</u>	Intro to US Literature	4
HHP 1270	Health & Wellness	2

FALL (Year 3)	Semester Credits:	15
PHYS 1600	Principles of Physics I	4
<u>ART 1100</u>	Painting 1	3
HHP 4150	Physiology of Exercise	4
<u>PSYCH 3750</u>	Cultural Psychology	4

SPRING (Year 3)	Semester Credits:	16
HHP 4250	Exercise Testing and Prog.	3
HHP 3990	Professional Engagement	1
HHP 3850	Biomechanics	3
<u>PSYCH 3700</u>	Cognitive Psychology	4

SUMMER (Year 4)	Summer Credits:	5
AT 5000	Fundamentals of AT	4
AT 5010	AT Clinical Exp. I	1

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AT 5010	AT Clinical Exp. I	1

FALL (Year 4)	Semester Credits:	13
<u>AT 5450</u>	Modalities of Athletic Inj.	4
AT 5400	Physical Exam of Lower	4
AT 5100	Anatomical Dissection	2
AT 5020	AT Clinical Exp. II	3

SPRING (Year 4)	Semester Credits:	16
AT 5510	Res & Stats in EBP	2
AT 5520	Research in AT 1	2
HHP 4990	Senior Capstone	1
AT 5410	Physical Exam of Upper	4
AT 5030	AT Clinical Exp. III	3
<u>AT 5330/L</u>	Health Assessment	4

SUMMER (Year 5)	Summer Credits:	6
AT 5040	AT Clinical Exp. IV	2
AT 5600	Rehab of Athletic Inj	4

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AT 5600	Rehab of Athletic Inj	4

FALL (Year 5)	Semester Credits:	12
AT 5050	AT Clinical Exp. V	4
AT 5350	Org & Ad of AT	3
AT 5530	Research in AT 2	2
AT 5700	Pharmacology and Nutrition	3

SPRING (Year 5)	Semester Credits:	7
AT 5060	AT Clinical Exp. VI	4
AT 5060	AT Exam Prep	2
AT 5990	AT Graduate Seminar	1