

## **Athletic Training (AT) – Prerequisite Guide**

These guides should only serve as a basis for planning your undergraduate studies.

The final decisions on course selections should be made by the student in conjunction with:

- Your academic advisor
- A member of the Pre-Health Professions Advisory Committee
- Admissions requirements of particular graduate or professional programs

If a student is majoring in Exercise Science they should follow the Allied Health Concentration. If a student chooses another course of study, these are some recommended courses:

BIO 101	General Biology I	
CHEM 101	General Chemistry I	
PHYS 121	College Physics	
PSYC 101	Introduction to Psychology	
PSYC 201	Statistical Methods	
EXER 203	Exercise Psychology	
EXER 234	Introduction to Nutrition	
EXER 251	Prevention and Care of Injuries	
EXER 253	Anatomy and Physiology I	(or BIO 341 – be sure to watch prerequisites)
EXER 258	Anatomy and Physiology II	(or BIO 346– be sure to watch prerequisites)
EXER 256	Exercise Physiology	
EXER 309	Biomechanics	

In addition it should be noted that many programs require extensive clinical observation / experience under the guidance of a Certified Athletic Trainer (potentially 200+ hours). These hours could be attained during an internship.