

KINESIOLOGY PROGRAM GUIDELINES**Major: Athletic Training
(ATHLTRN BS - ATBS)****Concentration: Athletic Training
(AT BS)**

These guidelines summarize the requirements for a Bachelor of Science for students following the 2015-2016 requirements who are admitted for the spring semester of 2015. The aim of this academic concentration is to prepare students to become certified as athletic trainers by the NATA** and work with interscholastic, intercollegiate and professional sport teams, and sport medicine centers that specialize in sport injuries and rehabilitation.

A. **General Education Requirements:** The General Education Requirements listed in the Academic Regulations of the University of Connecticut Undergraduate Catalog 2015-2016 include:

- Content Area 1 – Arts and Humanities. Six credits.
- Content Area 2 – Social Sciences. Six credits.
- Content Area 3 – Science and Technology. Six to seven credits.
- Content Area 4– Diversity and Multiculturalism. Six credits.

B. **Kinesiology Requirements**

| | | |
|------------|---|-----------|
| KINS 1160 | First Aid and CPR | 1 credit |
| KINS 2100 | *Introduction to Athletic Training I | 1 credit |
| KINS 2110 | *Introduction to Athletic Training II | 1 credit |
| KINS 3100 | Prevention and Care of Athletic Injuries | 3 credits |
| KINS 3101 | Documenting Outcomes in Athletic Training | 1 credit |
| KINS 3102 | Therapeutic Interventions I | 4 credits |
| KINS 3103 | Therapeutic Interventions II | 4 credits |
| KINS 3104 | Orthopedic Assessment of the Spine | 3 credits |
| KINS 3110 | Athletic Training Clinical Rotation I | 2 credits |
| KINS 3111 | Athletic Training Clinical Rotation II | 2 credits |
| KINS 3112 | Athletic Training Clinical Rotation III | 2 credits |
| KINS 3113 | Athletic Training Clinical Rotation IV | 3 credits |
| KINS 3114 | Athletic Training Clinical Rotation V | 3 credits |
| KINS 3115 | Sports Medicine Experience | 1 credit |
| KINS 3115 | Sports Medicine Experience | 1 credit |
| KINS 3115 | Sports Medicine Experience | 1 credit |
| KINS 3120 | Functional Anatomy for Athletic Trainers | 3 credits |
| KINS 3122 | Gross Anatomy Laboratory for Athletic Trainers | 1 credit |
| KINS 3125 | Taping and Bracing Laboratory | 2 credits |
| KINS 3130 | Evaluation of the Extremities | 3 credits |
| KINS 3140 | Emergency Procedures in Athletic Training | 3 credits |
| KINS 3150 | Practical Applications of Assessment & Treatment of Athletic Injuries | 2 credits |
| KINS 3155W | Athletic Training Administration | 2 credits |
| KINS 3156 | Professional Development for Athletic Trainers | 2 credits |
| KINS 3160 | Counseling in Sports Medicine | 3 credits |
| KINS 3165W | Current Research and Issues in Athletic Training | 3 credits |
| KINS 3170 | Health and Medicine | 3 credits |
| KINS 3177 | Pathophysiology and Pharmacology for Athletic Trainers | 3 credits |
| KINS 3522 | Biomechanics of Injury and Sport | 3 credits |
| KINS 3545 | Resistance Training Exercise Techniques and Evaluation | 3 credits |
| KINS 4510 | Mechanisms and Adaptations in Sport and Exercise | 3 credits |

C. **Related Requirements:** BIOL 1107-Principles of Biology; CHEM 1122-Chemical Principles and Applications or CHEM 1127Q; COMM 1100-Principles of Public Speaking; NUSC 1165-Fundamentals of Nutrition; NUSC 4250-Nutrition for Exercise and Sport; PHYS 1010Q-Elements of Physics or PHYS 1201Q; PNB 2264, PNB 2265-Human Physiology & Anatomy; PSYC 1100; STAT 1000Q or STAT 1100Q.

Earn at least 120 credits with a minimum total grade point average of 2.2.

* 100 hours of observations/experience under the supervision of a certified athletic trainer will be completed in KINS 2100 and 2110.

ATHLETIC TRAINING (ATHLTRN BS - ATBS)

SAMPLE SEMESTER SEQUENCE

SEMESTER 1 (15 credits)

| | |
|--------------------------------|---|
| BIOL 1107 (Also fulfills CA 3) | 4 |
| ENGL 1010 or ENGL 1011/111 | 4 |
| PHYS 1010Q or PHYS 1201Q | 4 |
| PSYC 1100 (Also fulfills CA 3) | 3 |

SUMMER SESSION

| | |
|-------------------|---|
| Foreign Language* | 8 |
|-------------------|---|

SEMESTER 3 (15 credits)

| | |
|--|---|
| Content Area 1 | 3 |
| Content Area 2/4 | 3 |
| KINS 2100 Introduction to Athletic Training I | 1 |
| KINS 2110 Introduction Athletic Training II | 1 |
| KINS 3100 Prevent. & Care of Athletic Injuries | 3 |
| PNB 2264 Human Physiology & Anatomy** | 4 |

SEMESTER 5 (16 credits)

| | |
|---|---|
| KINS 3102 Therapeutic Interventions I | 4 |
| KINS 3111 Clinical Rotation II | 2 |
| KINS 3115 Sports Medicine Experience | 1 |
| KINS 3140 Emergency Proc. Athletic Training | 3 |
| KINS 3522 Biomechanics of Injury and Sport | 3 |
| NUSC 4250 Nutrition for Exercise and Sport | 3 |

SEMESTER 7 (17 credits)

| | |
|--|---|
| KINS 3113 Clinical Rotation IV | 3 |
| KINS 3115 Sports Medicine Experience | 1 |
| KINS 3150 Practical Applic. of Assess./Treatment | 2 |
| KINS 3155W Athletic Training Admin and Org. | 2 |
| KINS 3156 Professional Development | 2 |
| KINS 3170 Health and Medicine | 3 |
| KINS 3177 Path. & Pharm. for Athletic Trainers | 3 |

SEMESTER 2 (18 credits)

| | |
|-----------------------------|---|
| CHEM 1122 or CHEM 1127Q | 4 |
| Content Area 1 | 3 |
| Content Area 2 | 3 |
| KINS 1160 First Aid and CPR | 1 |
| NUSC 1165 | 3 |
| STAT 1000Q or STAT 1100Q | 4 |

SEMESTER 4 (16 credits)

| | |
|---|---|
| KINS 3101 Doc. Outcomes in Athletic. Training | 1 |
| KINS 3110 Clinical Rotation I | 2 |
| KINS 3120 Funct. Anatomy for Athletic Trainers | 3 |
| KINS 3122 Gross Anatomy Lab for Athletic Trainers | 1 |
| KINS 3125 Taping and Bracing Laboratory | 2 |
| KINS 3130 Orthopedic Assessment of Extremities | 3 |
| PNB 2265 Human Physiology & Anatomy** | 4 |

SEMESTER 6 (15 credits)

| | |
|--|---|
| Content Area 4 | 3 |
| KINS 3103 Therapeutic Interventions II | 4 |
| KINS 3104 Orthopedic Assessment of the Spine | 2 |
| KINS 3112 Clinical Rotation III | 2 |
| KINS 3115 Sports Medicine Experience | 1 |
| KINS 3160 Counseling in Sport Medicine | 3 |

SEMESTER 8 (16 credits)

| | |
|---|---|
| COMM 1100 | 3 |
| KINS 3114 Clinical Rotation V | 3 |
| KINS 3115 Sports Medicine Experience | 1 |
| KINS 3165W Current Research | 3 |
| KINS 3545 Resistance Training Exer. Tech. & Eval. | 3 |
| KINS 4510 Mech. & Adapt. Sport & Exercise | 3 |

*Required of all students not meeting the University requirements of three years of a single foreign language in high school.

**It is suggested that students take anatomy & physiology I and II in the summer prior to the sophomore year. Taking the courses in the summer instead of the fall and spring in no way advantages a student in the admissions process, it simply provides students with the option to lighten their credit load during the school year.

Lower division requirements have been selected to assist students with completing the general education requirements, including two W courses (one must be 2000-level or above and associated with the student's major) and two Q courses (one Q course must be from Mathematics or Statistics). Courses in Content Areas 1-3 must be in different departments. Students must earn at least 120 credits with a minimum total grade point average of 2.2.

***BOC certification requires that students (a) receive a Bachelor of Science degree from an accredited athletic training program, and (b) take a national certification examination.