

**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 2009-2010 requirements who are admitted for the spring semester of 2010. 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 2009-2010 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**

EKIN 1160	First Aid and CPR	1 credit
EKIN 2100	*Introduction to Athletic Training I	1 credit
EKIN 2110	*Introduction to Athletic Training II	1 credit
EKIN 3110	Athletic Training Clinical Rotation I	2 credits
EKIN 3111	Athletic Training Clinical Rotation II	2 credits
EKIN 3112	Athletic Training Clinical Rotation III	2 credits
EKIN 3113	Athletic Training Clinical Rotation IV	3 credits
EKIN 3114	Athletic Training Clinical Rotation V	3 credits
EKIN 3135	Rehabilitation of Athletic Injuries	3 credits
EKIN 3105	Therapeutic Modalities for Athletic Injuries	3 credits
EKIN 3124	Therapeutic Modalities Laboratory	1 credit
EKIN 3120	Athletic Training Anatomy	3 credits
EKIN 3122	Gross Anatomy Laboratory for Athletic Trainers	1 credit
EKIN 4500	Physiological Systems in Human Performance	3 credits
EKIN 3177	Pathophysiology and Pharmacology for Athletic Trainers	3 credits
EKIN 3125	Taping and Bracing Laboratory	2 credits
EKIN 3145	Rehabilitation of Athletic Injuries Laboratory	1 credit
EKIN 3150	Assessment Laboratory	2 credits
EKIN 3165W	Current Research and Issues in Athletic Training	3 credits
EKIN 3155W	Athletic Training Administration	3 credits
EKIN 3170	Health and Medicine	3 credits
EKIN 3175	Strength and Conditioning for Athletic Trainers	3 credits
EKIN 4510W	Mechanisms and Adaptations in Sport and Exercise	3 credits
EKIN 3130	Assessment of Athletic Injuries	3 credits
EKIN 3100	Prevention and Care of Athletic Injuries	3 credits
EKIN 3156	Administration Laboratory	2 credits
EKIN 3115	Sports Medicine Experience	1 credit
EKIN 3115	Sports Medicine Experience	1 credit
EKIN 3115	Sports Medicine Experience	1 credit
EKIN 3115	Sports Medicine Experience	1 credit
EKIN 3522	Sport Biomechanics	3 credits
EKIN 3160	Counseling in Sports Medicine	3 credits
EKIN 3140	Emergency Procedures in Athletic Training	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 EKIN 2100 and 2110.

## ATHLETIC TRAINING (ATHLTRN BS - ATBS)

### SAMPLE SEMESTER SEQUENCE

<b><u>SEMESTER 1</u></b> (15 credits)		<b><u>SEMESTER 2</u></b> (18 credits)	
ENGL 1010 <u>or</u> ENGL 1011/111	4	STAT 1000Q <u>or</u> STAT 1100Q	4
PHYS 1010Q <u>or</u> PHYS 1201Q	4	Content Area 1	3
BIOL 1107 (Also fulfills CA 3)	4	Content Area 2	3
PSYC 1100 (Also fulfills CA 3)	3	NUSC 1165	3
		CHEM 1122 <u>or</u> CHEM 1127Q	4
		EKIN 1160 First Aid and CPR	1
<b><u>SUMMER SESSION</u></b>			
Foreign Language*	8		
<b><u>SEMESTER 3</u></b> (15 credits)		<b><u>SEMESTER 4</u></b> (19 credits)	
Content Area 1	3	EKIN 3110 Clinical Rotation I	2
Content Area 2/4	3	EKIN 3105 Modalities for Athletic Injuries	3
EKIN 2100 Introduction to Athletic Training I	1	EKIN 3124 Therapeutic Modalities Laboratory	1
EKIN 2110 Introduction Athletic Training II	1	EKIN 3120 Athletic Training Anatomy	3
EKIN 3100 Prevent. & Care of Athletic Injuries	3	EKIN 3122 Gross Anatomy Lab for Athletic Trainers I	1
PNB 2264 Human Physiology & Anatomy**	4	EKIN 3125 Taping and Bracing Laboratory	2
		EKIN 3130 Assessment of Athletic Injuries	3
		PNB 2265 Human Physiology & Anatomy**	4
<b><u>SEMESTER 5</u></b> (13 credits)		<b><u>SEMESTER 6</u></b> (17 credits)	
EKIN 3111 Clinical Rotation II	2	Content Area 4	3
EKIN 3135 Rehabilitation of Athletic Injuries	3	EKIN 3112 Clinical Rotation III	2
EKIN 3145 Rehab. of Athletic Injuries Lab.	1	EKIN 3150 Assessment Laboratory	2
EKIN 3115 Sports Medicine Experience	1	EKIN 3155W Athletic Training Admin.	3
EKIN 3522 Sport Biomechanics	3	EKIN 3115 Sports Medicine Experience	1
EKIN 3140 Emergency Proc. Athletic Training	3	EKIN 3160 Counseling in Sport Medicine	3
		NUSC 4250 Nutrition for Exercise and Sport	3
<b><u>SEMESTER 7</u></b> (15 credits)		<b><u>SEMESTER 8</u></b> (16 credits)	
EKIN 3113 Clinical Rotation IV	3	COMM 1100	3
EKIN 4500 Phys. Systems in Human Perform.	3	EKIN 3114 Clinical Rotation V	3
EKIN 3177 Path. & Pharm. for Athletic Trainers	3	EKIN 3165W Current Research	3
EKIN 3170 Health and Medicine	3	EKIN 3175 Strength & Cond. Athletic Trainers	3
EKIN 3156 Administration Laboratory	2	EKIN 4510W Mech. & Adapt. Sport & Exercise	3
EKIN 3115 Sports Medicine Experience	1	EKIN 3115 Sports Medicine Experience	1

\*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.

EKIN 3160 Counseling in Sport Medicine and EKIN 3175 Strength & Conditioning for Athletic Trainers are taught every other year.

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