

ATHLETIC TRAINING (AT) MAJOR COURSEWORK REQUIREMENTS

HOPE COLLEGE requires **126 credit hours** to graduate. Consider any transfer credits and make sure they are **accepted** by the college and are **credited** to your transcript.

Please see the Registrar's website for **General Education Requirements** or perform a "What If Analysis" for an AT major to determine a needs assessment.

Students considering a dual credential track and pursuing PT, OT, PA or other health-related profession in graduate school should also see those major tracks within the Exercise Science major and seek out the advice of a Pre-Health Professions Advisor.

Students considering a Health Education Minor should refer to the sequence on the KIN dept website and also see Professor Kamstra.

Required AT Prerequisites (16 credits)

BIOL 103	Introduction to Cell Biology	4 credits
PSY 100	Introduction to Psychology	4 credits
MATH 210	Introductory Statistics	4 credits
SOC 101	Sociology and Social Problems	4 credits

Required Courses (59 credits)

BIO 221	Human Physiology & Lab	4 credits
KIN 198	Athletic Training Practicum I	2 credits
KIN 200	Human Anatomy & Lab	4 credits
KIN 208	Introduction to Nutrition	3 credits
KIN 221	Anatomical Kinesiology & Lab	4 credits
KIN 222	Exercise Physiology	3 credits
KIN 223	Exercise Physiology Laboratory	1 credit
KIN 241	Emergency Management	2 credits
KIN 250	Research Methods in Kinesiology	4 credits
KIN 251	Foundations for Teaching Health Education	3 credits
KIN 298	Athletic Training Practicum II	2 credits
KIN 340	Injury Prevention & Care	3 credits
KIN 385	Injury Assessment I	3 credits
KIN 386	Injury Assessment II	3 credits
KIN 398	Athletic Training Practicum III	2 credits
KIN 401	Therapeutic Modalities	3 credits

KIN 402	Therapeutic Exercise	3 credits
KIN 404	Seminar in Athletic Training Administration	2 credits
KIN 405	Non-Orthopedic Conditions	2 credits
KIN 498	Athletic Training Practicum IV	2 credits
SOC 333	Medical Sociology	4 credits

Recommended Courses for Electives:

PHYS 105	College Physics I	3 credits
CHEM 103	Introduction to Biological Chemistry	4 credits
KIN 308	Nutrition and Athletic Performance	3 credits
KIN 323	Clinical Exercise Physiology	3 credits
KIN 324	Clinical Exercise Physiology Lab	1 credit
KIN 325	Science of Conditioning, Strength, and Power	4 credits
KIN 371	Sport Psychology	3 credits
KIN 383	Biomechanics	4 credits
PSY 230	Developmental Psychology	4 credits

RECOMMENDED COURSE SEQUENCE
FOR STUDENTS WITH AN ATHLETIC TRAINING MAJOR
ODD YEAR GRADUATION COURSE SEQUENCE

SEMESTER 1 Odd: Required KIN 198: AT Practicum I BIO 103: Intro to Cell Biology & Lab* IDS 100: First Year Seminar KIN 241: Emergency Management Total Credits Required in Semester 1: SUGGESTED REQUIREMENTS, CORE OR ELECTIVES: PSY 100: Introduction to Psychology ENG 113: Expository Writing KIN 140: Health Dynamics	HRS: 1 4 2 2 9 (7) 4 4 2	SEMESTER 2 Even: Required KIN 198: AT Practicum I KIN 200: Human Anatomy & Lab KIN 340: Injury Prevention & Care Total Credits Required in Semester 2: SUGGESTED REQUIREMENTS, CORE OR ELECTIVES: MATH 210: Introductory Statistics SOC 101: Sociology & Social Problems KIN 140: Health Dynamics	HRS: 1 4 3 8 (8) 4 4 2
SEMESTER 3 Even: Required KIN 298: AT Practicum II KIN 221: Anatomical Kinesiology & Lab BIO 221: Human Physiology & Lab Total Credits Required in Semester 3: SUGGESTED REQUIREMENTS, CORE OR ELECTIVES: KIN 208: Introduction to Nutrition** KIN 251: Foundations for Teaching Health Education MATH 210: Introductory Statistics	HRS: 1 4 4 9 (7) 3 3 4	SEMESTER 4 Odd: Required KIN 298: AT Practicum II KIN 222: Exercise Physiology KIN 223: Exercise Physiology Lab KIN 385: Injury Assessment I KIN 386: Injury Assessment II Total Credits Required in Semester 4: SUGGESTED REQUIREMENTS, CORE OR ELECTIVES: KIN 208: Introduction to Nutrition** KIN 250: Research Methods in KIN MATH 210: Introductory Statistics KIN 371: Sport Psychology	HRS: 1 3 1 3 3 11 (5) 3 4 4 3
SEMESTER 5 Odd: Required KIN 398: AT Practicum III KIN 404: Seminar in AT Admin. (Fall-Odd Yrs) KIN 402: Therapeutic Exercise (Fall-Odd Yrs) Total Credits Required in Semester 5: SUGGESTED REQUIREMENTS, CORE OR ELECTIVES: KIN 251: Foundations for Teaching Health Education KIN 250: Research Methods in KIN*** KIN 325: Science of Conditioning, Strength and Power KIN 371: Sport Psychology	HRS: 1 2 3 6 (9) 3 4 4 3	SEMESTER 6 Even: Required KIN 398: AT Practicum III Total Credits Required in Semester 6: SUGGESTED REQUIREMENTS, CORE OR ELECTIVES: SOC 333: Medical Sociology KIN 250: Research Methods in KIN*** KIN 383: Biomechanics KIN 371: Sport Psychology	HRS: 1 1 (15) 4 4 4 3
SEMESTER 7 Even: Required KIN 498: AT Practicum IV KIN 401: Therapeutic Modalities (Fall-Even Yrs) Total Credits Required in Semester 7: SUGGESTED REQUIREMENTS, CORE OR ELECTIVES: KIN 325: Science of Conditioning, Strength and Power KIN 371: Sport Psychology	HRS: 1 3 4 (12) 4 3	SEMESTER 8 Odd: Required KIN 498: AT Practicum IV KIN 405: Non-Orthopedic Cond (Spr-Odd Yr) Total Credits Required in Semester 8: SUGGESTED REQUIREMENTS, CORE OR ELECTIVES: SOC 333: Medical Sociology KIN 383: Biomechanics KIN 371: Sport Psychology	HRS: 1 2 3 (13) 4 4 3

*NOTE: STUDENTS INTERESTED IN PT, OT OR PA, WILL WANT TO TAKE BIO 105 AND THIS WILL REPLACE BIO 103

**KIN 208 IS OFFERED AS A MAY TERM ONLINE AND IS A GOOD OPTION IF YOU NEED ROOM IN YOUR ACADEMIC SCHEDULE

***WOULD PREFER THAT KIN 250 IS TAKEN PRIOR TO KIN 401

RECOMMENDED COURSE SEQUENCE
FOR STUDENTS WITH AN ATHLETIC TRAINING MAJOR
EVEN YEAR GRADUATION COURSE SEQUENCE

SEMESTER 1 EVEN: Required KIN 198: AT Practicum I BIO 103: Intro to Cell Biology & Lab* IDS 100: First Year Seminar KIN 241: Emergency Management Total Credits Required in Semester 1: SUGGESTED REQUIREMENTS, CORE OR ELECTIVES: PSY 100: Introduction to Psychology ENG 113: Expository Writing KIN 140: Health Dynamics	HRS: 1 4 2 2 9 (7) 4 4 2	SEMESTER 2 ODD: Required KIN 198: AT Practicum I KIN 200: Human Anatomy & Lab KIN 340: Injury Prevention & Care Total Credits Required in Semester 2: SUGGESTED REQUIREMENTS, CORE OR ELECTIVES: SOC 101: Sociology & Social Problems MATH 210: Introductory Statistics KIN 140: Health Dynamics	HRS: 1 4 3 8 (8) 4 4 2
SEMESTER 3 ODD: Required KIN 298: AT Practicum II KIN 221: Anatomical Kinesiology & Lab BIO 221: Human Physiology & Lab Total Credits Required in Semester 3: SUGGESTED REQUIREMENTS, CORE OR ELECTIVES: KIN 208: Introduction to Nutrition** KIN 251: Foundations for Teaching Health Education MATH 210: Introductory Statistics KIN 250: Research Methods in KIN***	HRS: 1 4 4 9 (7) 3 3 4 4	SEMESTER 4 EVEN: Required KIN 298: AT Practicum II KIN 222: Exercise Physiology KIN 223: Exercise Physiology Lab KIN 385: Injury Assessment I KIN 386: Injury Assessment II Total Credits Required in Semester 4: SUGGESTED REQUIREMENTS, CORE OR ELECTIVES: KIN 208: Introduction to Nutrition** KIN 250: Research Methods in KIN*** MATH 210: Introductory Statistics	HRS: 1 3 1 3 3 11 (5) 3 4 4
SEMESTER 5 EVEN: Required KIN 398: AT Practicum III KIN 401: Therapeutic Modalities (Fall-Even Yrs) Total Credits Required in Semester 5: SUGGESTED REQUIREMENTS, CORE OR ELECTIVES: KIN 251: Foundations for Teaching Health Education KIN 325: Science of Conditioning, Strength and Power KIN 371: Sport Psychology	HRS: 1 3 4 (12) 3 4 3	SEMESTER 6 ODD: Required KIN 398: AT Practicum III KIN 405: Non-Orthopedic Cond (Spr-Odd Yr) Total Credits Required in Semester 6: SUGGESTED REQUIREMENTS, CORE OR ELECTIVES: SOC 333: Medical Sociology KIN 250: Research Methods in KIN KIN 383: Biomechanics KIN 371: Sport Psychology	HRS: 1 2 3 (13) 4 4 4 3
SEMESTER 7 ODD: Required KIN 498: AT Practicum IV KIN 402: Therapeutic Exercise (Fall-Odd Yrs) KIN 404: Seminar in AT Admin. (Fall-Odd Yrs) Total Credits Required in Semester 7: SUGGESTED REQUIREMENTS, CORE OR ELECTIVES: KIN 325: Science of Conditioning, Strength and Power KIN 371: Sport Psychology	HRS: 1 3 2 6 (10) 4 3	SEMESTER 8 EVEN: Required KIN 498: AT Practicum IV Total Credits Required in Semester 8: SUGGESTED REQUIREMENTS, CORE OR ELECTIVES: SOC 333: Medical Sociology KIN 383: Biomechanics KIN 371: Sport Psychology	HRS: 1 1 (15) 4 4 3

*NOTE: STUDENTS INTERESTED IN PT, OT OR PA, WILL WANT TO TAKE BIO 105 AND THIS WILL REPLACE BIO 103
 **KIN 208 IS OFFERED AS A MAY TERM ONLINE AND IS A GOOD OPTION IF YOU NEED ROOM IN YOUR ACADEMIC SCHEDULE
 ***WOULD PREFER THAT KIN 250 IS TAKEN PRIOR TO KIN 401