

Athletic Training (B.S.)

School of Kinesiology & Recreation
2017-2018 Undergraduate Catalog



ILLINOIS STATE
UNIVERSITY
Illinois' first public university

sample plan of study

The requirements below pertain to the 2017-2018 Undergraduate Catalog and are intended as a guide for academic planning. Students should consult with their academic advisor to discuss their individual plan of study.

General Education (37-43 credit hours)

Please consult your *Undergraduate Catalog* for a complete list of General Education courses.

Communication and Composition (2 courses required)

- _____ 3 COM 110 Communication as Critical Inquiry
- _____ 3 ENG 101 or ENG 101A10 Composition as Critical Inquiry

Mathematics (1 course required)

Natural Science/Natural Science Alternatives (2 courses required)

Students must complete 1 course from 2 different sciences.

- _____ 4-5 PHY 105 Fundamentals of Physics *or* PHY 108 College Physics I

United States Traditions (1 course required)

Individuals & Civic Life (1 course required)

Fine Arts (1 course/3 credit hours required)***

Humanities (1 course required)***

Language in the Humanities (1 course required)***

Quantitative Reasoning (1 course required)

Science, Math, & Technology (1 course required)

Exempt for Athletic Training majors

Social Sciences (1 course required)***

Additional Graduation Requirements

_____/120 minimum total credit hours

_____/42 minimum senior college hours

AMALI requirement

***certain courses in General Education fulfill the AMALI requirement

B.S. Science, Math, & Technology (1 course required)

- _____ 3 KNR 282 Biomechanics of Human Movement

Major (63 credit hours)

- _____ 3 KNR 181 Human Anatomy & Physiology I
- _____ 3 KNR 182 Human Anatomy & Physiology II
- _____ 2 KNR 188 Intro to Athletic Training**
- _____ 3 KNR 252 Emergency Aspects of Athletic Injuries* (P: KNR 298A11; Fee: \$29.95)
- _____ 3 KNR 257 Motor Learning & Performance
- _____ 3 KNR 280 Exercise Physiology (P: KNR 181, 182, conc. reg. KNR 240)
- _____ 3 KNR 282 Biomechanics of Human Movement (P: KNR 181, PHY 105 or PHY 108)
- _____ 3 KNR 284 Prevention & Care of Athletic Injuries* (P: KNR 181)
- _____ 3 KNR 288 Therapeutic Modalities** (P: KNR 181, 182, 188, 284)
- _____ 1 KNR 298A11 Professional Practice: Athletic Training Clinical Competencies I* (Fee: \$36.00)
- _____ 1 KNR 298A12 Professional Practice: Athletic Training Clinical Competencies II* (Fee: \$25.00)
- _____ 1 KNR 298A13 Professional Practice: Athletic Training Clinical Competencies III* (Fee: \$25.00)
- _____ 1 KNR 298A14 Professional Practice: Athletic Training Clinical Competencies IV* (Fee: \$10.00)
- _____ 1 KNR 298A15 Professional Practice: Athletic Training Clinical Competencies V* (Fee: \$10.00)
- _____ 4 KNR 334 Therapeutic Exercise* (P: KNR 182, 188, 284, 288)
- _____ 2 KNR 335 Administration of Athletic Training* (P: KNR 188, 284)
- _____ 3 KNR 345 Advanced Functional Anatomy** (P: KNR 181, 182)
- _____ 3 KNR 361 Pathology & Pharmacology in Athletic Training**
- _____ 1 KNR 362 Seminar in Sports Medicine I**
- _____ 2 KNR 363 Seminar in Sports Medicine II*
- _____ 3 KNR 387 Athletic Injury Assessment I** (P: KNR 181, 284)
- _____ 3 KNR 388 Athletic Injury Assessment II* (P: KNR 188, 284)
- _____ 6 KNR 398A12 Professional Practice: Internship in Athletic Training (Fee: \$4.00)
- _____ 3 FCS 102 Fundamentals of Human Nutrition
- _____ 3 HSC 105 Medical Terminology

* - Generally spring only

** - Generally fall only

\$ - Fees in addition to tuition are associated with these classes. Required fees include a physical examination (KNR 188), CPR certification (KNR 252), and miscellaneous items associated with professional practice (e.g. lab supplies, transportation, and clothing)

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Total Hours Required for Athletic Training - 120	
First Year Fall Semester (14 credit hours) _____ ENG 101 or COM 110 (3) _____ PHY 105 (4) _____ General Education course (3) _____ General Education course (3) _____ University wide elective (1)	Spring Semester (15 credit hours) _____ ENG 101 or COM 110 (3) _____ General Education course (3) _____ General Education course (3) _____ General Education course (3) _____ General Education course (3)
Second Year Fall Semester (15 credit hours) _____ KNR 181 (3) _____ KNR 183 (1) - <i>Recommended</i> _____ KNR 188 (2) _____ HSC 105 (3) _____ General Education course (3) _____ General Education course (3)	Spring Semester (14 credit hours) _____ KNR 182 (3) _____ KNR 184 (1) - <i>Recommended</i> _____ KNR 252 (3) _____ KNR 284 (3) _____ KNR 298A11 (1) _____ General Education course (3)
Third Year Fall Semester (14 credit hours) _____ KNR 280 (3) _____ KNR 288 (3) _____ KNR 298A12 (1) _____ KNR 362 (1) _____ KNR 387 (3) _____ University wide elective (3)	Spring Semester (14 credit hours) _____ KNR 282 (3) _____ KNR 298A13 (1) _____ KNR 334 (4) _____ KNR 388 (3) _____ FCS 102 (3)
Summer _____ KNR 398A12 (6)	
Fourth Year Fall Semester (14 credit hours) _____ KNR 257 (3) _____ KNR 298A14 (1) _____ KNR 345 (3) _____ KNR 361 (3) _____ AMALI requirement or University wide elective (3) _____ University wide elective (1)	Spring Semester (14 credit hours) _____ KNR 298A15 (1) _____ KNR 335 (2) _____ KNR 363 (2) _____ University wide elective (3) _____ University wide elective (3) _____ University wide elective (3)

NOTES:

The athletic Training Education program has a clinical requirement that coincides with each semester of enrollment in the program. Students complete approximately 200 clinical hours per semester of 1000 total over the 5 semesters of the program. See catalog for further information. Application to the program is completed during the fall semester of the sophomore year for students who enroll at ISU as a freshman or during the first fall semester of enrollment for transfer students. All application materials are due November 30th each year. The following criteria are required for application:

1. Completion of KNR 181 and 188 with grades of 'C' or better.
2. A minimum cumulative and major GPA of 2.7.
3. Satisfactory completion of (minimum) 30 hours of directed observation in athletic training.
4. Completion of an essay and interview, criminal background check, performance evaluations, and athletic training general knowledge examination.
5. Submission of two letters of recommendation.