

Curriculum Guide for BS in Exercise and Sport Science (Pre-Athletic Training Concentration)

First Year

Fall - 16 Hours

HSO 100 - Student Success Seminar (1)  
NFA 201 - Essentials of Nutrition (3)  
ENG 101 - Gen Ed Element 1A (3)  
Gen Ed Element 5A (3)  
MAT 120 - Trigonometry (or higher) (3)  
(Pre-Req: MAT 112 series or Math ACT  $\geq$ 22)  
Gen Ed Element 3A (3)

Spring - 15-16 Hours

ESS 212 - Care and Prev of Athletic Inj (3)  
ENG 102 - Gen Ed Element 1B (3)  
~BIO 307 - Anatomy & Physiology I (3)  
(Pre-Req: academic readiness, see catalog)  
STA 215 or 270 - Gen Ed Element 2 (3-4)  
Gen Ed Element 1C (3)

Second Year

Fall - 16 Hours

\*~PSY 200 - Gen Ed Element 5B (3)  
~BIO 308 - Anatomy & Physiology II (3)  
(Pre-Req: BIO 307)  
HSA 200 - Medical Terminology (3)  
~CHE 111/111L - Chemistry I w/ Lab  
(Gen Ed Element 4) (4)  
Elective (3)

Spring - 14 Hours

ATR 325 - Applied Palpation Anatomy in Healthcare (3, Spring only)  
(Pre-Req: BIO 307; Co-Req: ATR 325L)  
ATR 325L - Applied Palpation Anatomy Lab (1, Spring only)  
ESS 315 - Phys Fit Concepts and App (3)  
~BIO 111 or 112 - Biology (Gen Ed Element 4) (4)  
Elective (3)

Third Year

Fall - 18 Hours

ATR 330 - Foundations of Ortho Eval (3, Fall only)  
(Pre-Req: ESS 212, ATR 325, ATR 325L)  
ESS 407 - Strength & Conditioning (3)  
~PHY 131 - Physics I (5)  
(Pre-Req: MAT 120 or higher)  
EMC 104 - Healthcare Basic Life Support (1)  
Elective (3)

Spring - 14 Hours

ATR 340 - Foundations of Rehabilitation (2, Spring only)  
(Pre-Req: ATR 330; Co-Req: ATR 340L)  
ATR 340L - Foundations of Rehabilitation Lab (1, Spring only)  
EMC 110 - Introduction to Emergency Medical Care (3)  
(Pre-Req/Co-Req: EMC 104; Co-Req: EMC 110L)  
EMC 110L - Introduction to Emergency Medical Care Lab (2)  
~ESS 320 - Biomechanics (3)  
(Pre-Req: BIO 307)  
Elective (3)

Fourth Year

Fall - 15 Hours

ATR 430 - Foundations of Clin Practice (3, Fall only)  
(Pre-Req/Co-Req: ATR 330)  
~ESS 325 - Exercise Physiology (3)  
(Pre-Req: BIO 307 and 308)  
Gen Ed Element 6 (3)  
Gen Ed Element 3B (3)  
Elective (3)

Spring - 14-15 Hours

ESS 575 - Tests and Measure in PE (3)  
ESS 562 - Adapted Physical Education (3)  
ESS 517 - Bioenergetics (3)  
Gen Ed Element 6 (3)  
Elective (2-3)

\*may be taken as a writing intensive course

~Pre-requisite course for ECU's MS in AT Program

Note: This plan was created in consideration of pre-requisite courses. Please see the additional notes when creating a personal degree plan. In addition, depending on the post-baccalaureate profession/program of interest, additional pre-requisites for application may be needed.

(revised/updated 09/01/21)