## RECOMMENDED FOUR YEAR SEQUENCE FOR ATHLETIC TRAINING PATTERN

### 2001-2002

### FRESHMAN FALL
- ENG 190 Writing as Critical Thinking: 3
- Elementary Functions Requirement: 0-3
- ES 190 Foundations of Exercise Science: 3
- HLTH 194 Lifetime Health and Fitness: 2
- Foreign Language (I) Requirement: 3
- Freshman Program: 1
- Individual Activity: 0.5-1
- Team Sport: 0.5

### FRESHMAN SPRING
- Foreign Language (II) Requirement: 0-3
- BIOL 365 Human Anatomy: 3
- BIOL 365 Human Anatomy Lab: 1
- ES 205 Community First Aid & CPR: 2
- *ES 500 Athletic Injuries: 3
- Mathematical Mode Requirement (MATH 194 Calculus): 3-5

### SEMESTER TOTAL: 13-16.5

### SOPHOMORE FALL
- *Pattern: ES 436 Athletic Injury Evaluation: 3
- *Pattern: ES 433 Therapeutic Modalities: 3
- *ES 342 Concepts of Biomechanics: 3
- ES 346 Microcomputer Applications: 3
- COMM 170 Fundamentals of Speech: 3
- Swim Course: 1-2

### SOPHOMORE SPRING
- *ES 435 Training Room Management: 3
- *BIOL 325 Human Physiology: 3
- *Pattern: ES 509 Advanced Athletic Training: 3
- STAT 190 Basic Statistics: 3
- PSYC 166 General Psychology: 3
- Pattern: ES 290 Practicum in Low Risk Sports: 1

### SEMESTER TOTAL: 12-17

### JUNIOR FALL
- Pattern: ES 390 Practicum in High Risk Sports: 1
- *ES 334 Physiological Assessment: 3
- *ES 344 Growth and Motor Development: 3
- Fine Arts Mode Requirement: 3
- Recreational Dance: 1
- Interdisciplinary WE Junior Seminar (JINS): 3
- *Pattern: ES 434 Physical Rehab for Athletic Injuries: 3

### JUNIOR SPRING
- *ES 447 Data Interpretation: 2
- HLTH 150 Nutrition in Health & Wellness: 3
- *ES 505 Advanced Biomechanical Analyses: 3
- *ES 450 Senior Seminar: 1
- *ES 345 Introduction to Exercise Physiology: 3
- Physical Science Mode Requirement: 4

### SEMESTER TOTAL: 16

### JUNIOR SUMMER
- *Pattern: ES 370 Field Experience in Exercise Science: 4

### SUMMER TOTAL: 4

### SENIOR FALL
- BIOL 107 Introductory Biology I: 4
- Literature Mode Requirement: 3
- Philosophical & Religious Mode: 3
- Health Course (HLTH 245, 260, or 270): 3
- ES 502 Social Problems or ES 503 Psychology of Sport: 3

### SENIOR SPRING
- SOAN 190 Sociological or SOAN 191 Anthropological Inq: 3
- *ES 343 Motor Learning and Control: 2
- *ES 343 Motor Learning and Control Lab: 1
- Additional 1-hour Activity: 1
- Pattern Elective*: 3
- Historical Mode Requirement: 3
- HIST 298 American Institutional History: 1

### SEMESTER TOTAL: 14

### Total Required Hours: 124-133.5

Notes: Since students will take ES 435 Training Room Management rather than ES 232, students must fill the pattern elective with a course that will meet the *Communicative* Mode of Inquiry (*if not already been met) as well as the LAS 63-hour requirement. The *Communicative* Mode can also be met by courses that will double-count in the following areas: Historical, Philosophical & Religious, Fine Art, or JINS. See worksheet for courses that will fulfill both requirements. Please also note the Intercultural Perspective requirement is automatically fulfilled by SOAN 190 or 191. Underlined courses indicate those that are offered fall only, spring only, or summer only.

* Indicates a course with prerequisite(s). See catalog or prerequisite list.