**RECOMMENDED FOUR YEAR SEQUENCE FOR**
**ATHLETIC TRAINING PATTERN**

**MINIMUM GPA 3.00**

### FRESHMAN FALL
- ENG 190 Writing as Critical Thinking: 3.0
- Elementary Functions Requirement: 0- 5.0
- ES 190 Foundations of Exercise Science: 3.0
- HLTH 194 Lifetime Health and Fitness: 2.0
- Foreign Language (I) Requirement: 0- 3.0
- Truman Week Program: 1.0
- Individual Activity: 0.5- 1.0
- Team Sport: 0.5

**SEMESTER TOTAL 13- 18.5**

### FRESHMAN SPRING
- Foreign Language (II) Requirement: 0- 3.0
- BIOL 365 Human Anatomy: 3.0
- BIOL 365 Human Anatomy Lab: 1.0
- ES 205 Community First Aid & CPR: 2.0
- * ES 500 Athletic Injuries: 3.0
- Mathematical Mode Requirement (MATH 194 LAS Calculus): 3- 5.0

**SEMESTER TOTAL 12- 17.0**

### SOPHOMORE FALL
- Pattern: ES 436 Athletic Injury Evaluation: 3.0
- Pattern: ES 433 Therapeutic Modalities: 3.0
- ES 342 Concepts of Biomechanics: 3.0
- ES 346 Microcomputer Applications: 3.0
- COMM 170 Fundamentals of Speech: 3.0
- Swim Course: 1- 2.0

**SEMESTER TOTAL 16- 17.0**

### SOPHOMORE SPRING
- * ES 435 Training Room Management: 3.0
- BIOL 325 Human Physiology: 4.0
- HLTH 150 Nutrition in Health and Wellness: 3.0
- STAT 190 Basic Statistics: 3.0
- PSYC 166 General Psychology: 3.0
- Pattern: ES 290 AT Practicum: Equipment Intensive Experience: 1.0

**SEMESTER TOTAL 17.0**

### JUNIOR FALL
- Pattern: ES 390 AT Practicum: Lower Extremity: 1.0
- ES 334 Physiological Assessment: 3.0
- ES 344 Growth and Motor Development: 3.0
- Fine Arts Mode Requirement: 3.0
- Recreational Dance: 1.0
- Interdisciplinary WE Junior Seminar (JINS): 3.0
- * Pattern: ES 434 Physical Rehab for Athletic Injuries: 3.0

**SEMESTER TOTAL 17.0**

### JUNIOR SPRING
- * ES 447 Data Interpretation: 2.0
- * Pattern: ES 509 Advanced Athletic Training: 3.0
- * ES 505 Advanced Biomechanical Analyses: 3.0
- * ES 450 Senior Seminar: 1.0
- * ES 345 Introduction to Exercise Physiology: 3.0
- Physical Science Mode Requirement: 4.0

**SEMESTER TOTAL 16.0**

### JUNIOR SUMMER
- Pattern: ES 370 Field Experience in Exercise Science: 4.0

**SUMMER TOTAL 4.0**

### SENIOR FALL
- Life Science Mode: BIOL 107 Introductory Biology 1ª: 4.0
- Literature Mode Requirement: 3.0
- Philosophical & Religious Mode Requirement: 3.0
- Health Course (HLTH 245, 260, or 270): 3.0
- ES 502 Social Problems or ES 503 Psychology of Sport: 3.0
- Pattern: ES 291 AT Practicum: Upper Extremity: 1.0

**SEMESTER TOTAL 17.0**

### SENIOR SPRING
- SOAN 190 Sociological or SOAN 191 Anthropological Inquiry: 3.0
- * ES 343 Motor Learning and Control: 2.0
- * ES 343 Motor Learning and Control Lab: 1.0
- Additional 1-hour Activity: 1.0
- Pattern: Advisor Approved Electiveª: 3.0
- Historical Mode Requirement: 3.0
- HIST 298 American Institutional History: 1.0
- Pattern: ES 391 AT Practicum: General Medical: 1.0

**SEMESTER TOTAL 15.0**

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Notes: Since students will take ES 435 Training Room Management rather than ES 232, students must fill the advisor approved pattern elective with a course that will meet the Communicative Mode of Inquiry (*if not already met by taking BIOL 107*) as well as the LAS 63-hour requirement. [The Communicative Mode can also be met by completing courses that will double-count in the following areas: Historical, Philosophical & Religious, Fine Art, or JINS. See 2001-2003 General Catalog or 2002-2003 Catalog Update for courses that will fulfill both requirements.] Please also note the Intercultural Perspective requirement is automatically fulfilled by SOAN 190 or 191. The Social Scientific Mode is met by completing PSYC 166. The Writing Enhanced course requirements are met by completing ES 334 and ES 505. 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.

THIS DOCUMENT REFLECTS THE RECOMMENDED 4-YEAR SEQUENCING OF COURSES SPECIFICALLY DESIGNED FOR THE ATHLETIC TRAINING PATTERN; HOWEVER PLEASE NOTE THAT COURSES FULFILLING MODE REQUIREMENTS MAY BE TAKEN DURING ANY SEMESTER UNLESS LISTED AS A PREREQUISITE FOR ANOTHER COURSE.

Total Required Hours: 127- 138.5