

Kinesiology, Sport and Recreation

Eastern Illinois University

Charleston, Illinois 61920

**Degree Program: BS in Athletic Training**

**Freshman Year**

<i>Fall Semester</i>			<i>SH</i>	<i>Spring Semester</i>			<i>SH</i>
ENG	1001G	College Composition I	3	ENG	1002G	College Composition II	3
CMN	1310G	Intro to Speech Communication	3	BIO	2210	Anatomy and Physiology I	4
PSY	1879G	Introductory Psychology	3	KSS	2136	Athletic Training as a Profession	3
BIO	1001G	General Biology	3	KSS	2137	Intro to AT Clinical Education	1
KSS	2130	Athletic Training Practicum	1	KSS	2440	Structural Kinesiology	3
KSS	2135	Basic Care & Prevention of Injuries	3	GEN	xxxx	Gen Ed Social/Behavioral Science	3
			16				17

**Sophomore Year**

<i>Fall Semester</i>			<i>SH</i>	<i>Spring Semester</i>			<i>SH</i>
KSS	3140	Injury Recognition - Upper Extremity	2	KSS	3141	Injury Recognition-Lower Extremity	2
KSS	3150	Clinical Skills - Upper Extremity	2	KSS	3151	Clinical Skills - Lower Extremity	2
HST	2000	Principles of Human Health	3	GEN	xxxx	Gen Ed Fine Arts	3
GEN	xxxx	Gen Ed Humanities	3	MAT	xxxx	Gen Ed Mathematics	3
BIO	2220	Anatomy and Physiology II	4	FCS	2100	Personal Nutrition	3
				KSS	3800	Biomechanics	3
			14				16

**Junior Year**

<i>Fall Semester</i>			<i>SH</i>	<i>Spring Semester</i>			<i>SH</i>
KSS	3142	Therapeutic Exercise	2	KSS	3143	Therapeutic Modalities	2
KSS	3152	Clinical Skills - Therapeutic Exercise	2	KSS	3153	Clinical Skills - Therapeutic Modalities	2
KSS	4340	Principles of Exercise Physiology	3	KSS	4440	Physical Fitness Appraisal	3
KSS	1600	Weight Training	1	KSS	3180	Gen Medical Conditions in the Athlete	2
FCS	3757	Nutrition for Physical Performance	3	KSS	3181	AT Field Experience	2
GEN	xxxx	Gen Ed Fine Arts or Humanities	3	NUR	3203	Medical Terminology	3
				GEN	xxxx	Gen Ed Social/Behavioral Science	3
			14				17

**Senior Year**

<i>Fall Semester</i>			<i>SH</i>	<i>Spring Semester</i>			<i>SH</i>
KSS	3144	Seminar in Sports Medicine	2	KSS	4275	Field Experience	3
KSS	3154	Clinical Skills - Seminar in Sports Med	2	KSS	4900	Special Topics in KSS	1
KSS	4500	Research & Statistics in KSS	3	EIU	4xxx	Senior Seminar	3
KSS	4460	Principles of Resistance Training	3	XXX	xxxx	Foreign Language or Elective	3-4
KSS	4900	Special Topics in KSS	1	GEN	xxxx	Gen Ed Physical Science (physics)	3-4
XXX	xxxx	Foreign Language or Elective	3-4				
			14-15				13-15
							TOTAL: 121-124 credit hours

*This is a generic semester-by-semester guide to completing your degree requirements. Please consult your academic advisor to determine whether this plan meets your particular academic needs and interests.*

1. For a listing of General Education courses, see catalog.
2. Students must receive a "C" or better in all Kinesiology and Sports Studies courses, BIO 2210 and BIO 2220.