



## SCHOOL OF KINESIOLOGY

# PRE-AT

— FOUR-YEAR PLAN —

### ABOUT

The Pre-Athletic Training degree prepares students for application and admission to a Master's of Science in Athletic Training degree program of their choosing. The curriculum is designed to provide students the prerequisite courses and knowledge that is needed to successfully pursue graduate admission. This includes foundational knowledge in anatomy, biology, chemistry, physics, and psychology. In addition, the courses provide students an opportunity to seek fitness certifications including the National Strength and Conditioning Association's (NSCA) Certified Strength and Conditioning Specialist (CSCS) and the USA Weightlifting Level 1 Coach Certification. The curriculum also provides a solid foundation for students to pursue further education in exercise physiology, physical therapy, occupational therapy, and a variety of other allied health disciplines.

## DEGREE PLAN

*\*\*The courses listed are for this specific program and are in addition to the general education courses required for all students. See the reverse side or go to [snu.edu/gen-ed](http://snu.edu/gen-ed) for more information on those courses.*

### YEAR 1

Introduction to Biological Science  
General Psychology  
Foundations of PT/OT/AT  
First Aid & CPR  
Teaching & Performance of Weight Training

### YEAR 2

Human Anatomy  
Human Physiology  
Terminology for Health Professions  
Sports Nutrition

### YEAR 3

Sports Psychology  
General Chemistry I  
Exercise Technique, Testing & Prescription  
Exercise Physiology

### YEAR 4

Biomechanics  
Senior Seminar in PT/OT/AT  
General Physics I  
Internship  
Scientific Principles of Strength & Conditioning  
Program Design for Strength & Conditioning





# GENERAL EDUCATION

General Education forms the foundation of every student's academic journey at SNU. As a Christian liberal arts university, we are committed to equipping students with the knowledge, values, and skills essential for their development as both thoughtful Christians and engaged community leaders. Our General Education curriculum is intentionally designed to be both comprehensive and flexible—allowing students to pursue their individual interests while ensuring they graduate prepared for lifelong learning, service, and growth.

The General Education program consists of approximately 51 credit hours that introduce and develop important skills such as the:

- Importance of thinking critically and solving problems
- Ability to communicate effectively
- Appreciation of human creativity
- Importance of science and technology in the 21st century
- Power of social responsibility in our community
- Awareness of global diversity
- Role of our Christian faith in daily life

Students take at least one foundational course and one upper-level windows course in each of these areas.

Central to SNU's mission is the engagement of students in transformational learning experiences designed to explore what it means to seek truth together with a Christ-centered community of scholars.

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## YEAR 1

- Composition I & Composition II
- Introduction to Speech
- A foundation course in Social Responsibility
- A foundation course in Science & Technology
- Christian Faith & Life

## YEAR 2

- Modern World
- Aesthetics
- A foundation course in Critical Thinking & Problem Solving
- Old Testament or New Testament Literature & Life

## YEAR 3

- A windows course in Social Responsibility
- A windows course in Effective Communication
- A windows course in Science & Technology
- A windows course in Critical Thinking & Problem Solving

## YEAR 4

- A windows course in Global Perspectives
- A windows course in Artistic Expression
- Foundations of Christian Belief