



PRE-ATHLETIC TRAINING

FOUR YEAR PLAN

SCHOOL OF KINESIOLOGY
SOUTHERN NAZARENE UNIVERSITY



PRE-ATHLETIC TRAINING

ABOUT

The Pre-Athletic Training degree is designed to prepare 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 to completing graduate

program prerequisites, students develop hands on skills in injury evaluation, treatment, and rehabilitation. This skill development prepares students to become successful clinicians and improves their chances for graduate program admission. In addition, the courses provide students an opportunity to seek fitness certifications including the National Academy of Sports Medicine's (NASM) Certified Personal Trainer and the NASM's Performance Enhancement Specialist. 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 General Education brochure or go to snu.edu/gen-ed for more information on those courses.*

01

Introduction to Biological Science
General Psychology
Foundations of Athletic Training
First Aid & CPR

02

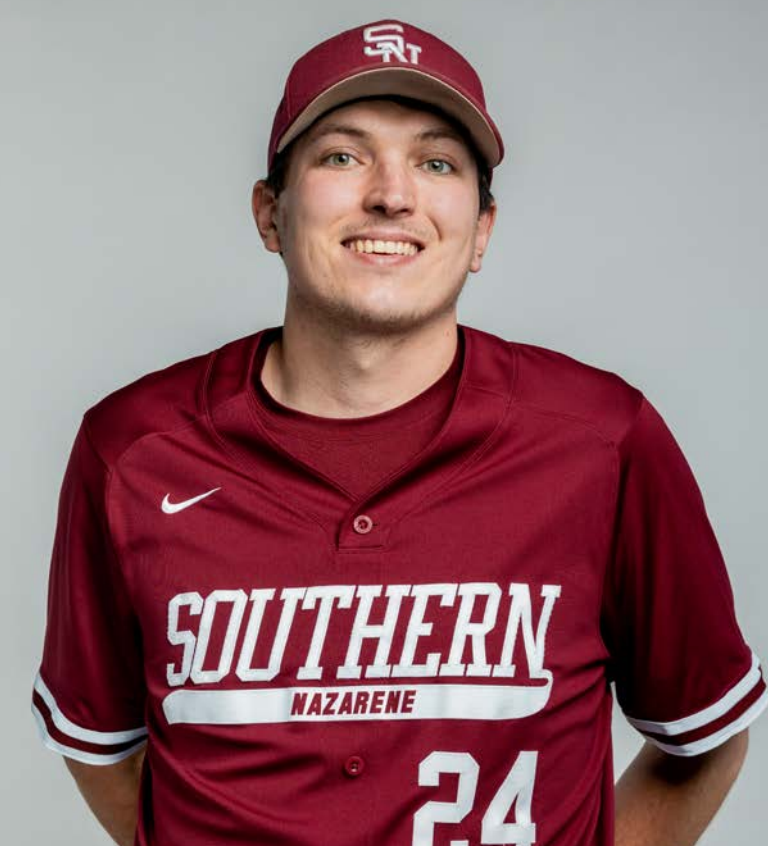
Lower Extremity Injury Evaluation
Upper Extremity Injury Evaluation
Human Anatomy
Human Physiology
Terminology for Health Professions
Nutrition

03

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

04

Biomechanics
Senior Seminar in Athletic Training
General Physics I
Internship
Research Measurement & Evaluation



"One thing I know for certain is that Professor Coles played a significant role in my education throughout my time at SNU. Not only was he my academic advisor, he was also an excellent professor who inspired me to become to best possible clinician no matter what field I work in. His influence taught me to value things such as relationships and communication. Prior to attending SNU I typically kept to myself, but the kindness, cooperativeness and caring nature shown to me by Professor Coles encouraged me to open up and become more caring of others, which allowed me to develop stronger relationships with others. During my time in observation of our athletic trainers I developed a system of values surrounding the quality of care provided to injured individuals. During this time I fell deeper in love with professions involving rehabilitation and the satisfaction that comes with seeing a patient/client through the entire process of rehabilitation."

-Lance Cotter

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