

Springfield College

Undergraduate Program Advising Checksheet

Catalog Year: For students admitted to SC 2007-2008

Major: Athletic Training

(120 total credits)

Name: _____

ID #: _____

Part I of this checksheet outlines General Education course requirements customized for your major.

Part II lists specific course requirements for your major.

Part III is space to record elective courses you choose. If applicable, this section includes courses taken for a minor or teacher preparation program.

GUIDELINES FOR USING THIS CHECKSHEET

1. Keep this checksheet as a record of your progress toward graduation; update it at the conclusion of each semester. After completing a course, mark the grade you received, the semester (for example, F07 or SP08), and the credits earned.
2. Bring the updated checksheet with you to each advising session. It is your responsibility to keep track of your progress and to be familiar with the requirements of your program.
3. Your advisor may wish to keep a second copy of your updated checksheet for his or her records.
4. If you change your major, you will need a new checksheet for that major. If you intend to complete a minor, those requirements can be listed in the elective section of this checksheet. If you are in a teacher preparation program, you may need a special checksheet which includes your education requirements.
5. You can also use this checksheet to record approved transfer, AP, or CLEP exam credit. Note that the residency policy requires you to complete a minimum of 60 credits of coursework (including 15 of your last 30 credits.) at SC.
6. If you have questions about your requirements or your progress toward graduation, contact your advisor or department chair. General questions about college policies, procedures, or graduation requirements may also be directed to the Office of the Registrar, 413/748-3530 or the Office of Academic Advising, 413/748-3379.

Information in this document is subject to change.

Students must insure that a minimum of 120 credits are completed in order to graduate.

My major advisor is:

Name: _____

Phone: _____

Office location: _____

E-mail: _____

(If applicable) My second or education advisor is:

Name: _____

Phone: _____

Office location: _____

E-mail: _____

ADVISING NOTES AND QUESTIONS

Date: _____

Note, question, or concern: _____

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Part I - General Education Requirements

All students must complete a minimum of 40 credit hours of General Education coursework to graduate.

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Course	Title	Credits	Grade	Sem/Yr
I. Competencies <i>(overlap* does not apply)</i>				
1. College Writing (6 credits)				
ENGL 113	College Writing I	3		
ENGL 114	College Writing II	3		
2. Writing Across the Curriculum <i>(embedded**)</i> (two courses)				
ATRN 305	Athl. Inj. Rhab & Ther. Ex.	NA		
ATRN 411	Ed. & Research in ATRN	NA		
3. Computer Applications (3 credits)				
		3		
4. Information Literacy <i>(embedded**)</i>				
		NA		
II. Domains of Knowledge and Understanding <i>(overlap* can apply)</i>				
1. Arts and Humanities (9 credits - one course from each category)				
A. Literary Studies				
		3		
B. Visual/Performing Arts				
		3		
C. Spiritual & Ethical Dimensions				
		3		
2. Analytical and Natural Sciences (6-7 credits - one course from each category)				
A. Quantitative Reasoning (<i>select from Math 115, 125, 131, 140</i>)				
		3		
B. Natural Sciences				
CHEM 101	Chemistry Survey	3		
CHEM 102	Chemistry Survey Lab	1		

Course	Title	Credits	Grade	Sem/Yr
II. Domains of Knowledge and Understanding (continued)				
3. Social Sciences (6 credits - one course from each category)				
A. Historical/Cultural Studies				
		3		
B. Behavioral and Social Sciences				
PSYC 101	Introduction to Psychology	3		
4. International/Multicultural Studies (3-6 credits depending upon option selected)				
		3		
		3		
5. Social Justice (3 credits)				
		3		
6. Physical Education (6 credits - three credits from each category)				
A. Health & Wellness				
HLTH 100	Wellness, A Way of Life	3		
B. Physical Activity				
MOSK 101	Outdoor Pursuits	1		
PEAC 120	Relaxation	.5		
PEPC 125	Resistance Training	1		
	Elective	.5		
APPROVED GENERAL EDUCATION MODIFICATIONS (if necessary):				
Requirement	Modification	Date		

Total General Education Credits:	
(excluding NA)	

Definition of Terms:

- * Overlap:** An overlap course satisfies both a *Domains of Knowledge and Understanding* category **and** a major requirement. A maximum of 3 courses can overlap. Credit for an overlap course is only counted as part of General Education.
- ** Embedded:** Embedded competencies are met through courses taken as part of the major, or another General Education category. Credit for an embedded course is not counted as part of the General Education program.
- Shaded Lines with NA credits:** A shaded line indicates a course that also fills another requirement. Credits only count once, in the primary area. "NA" (not applicable) is marked for credit in the secondary area.
- Italics:** Italics indicate a General Education course that fulfills two General Education categories (a double-dip). Credit is only counted once, for one category.

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Part II - Major Requirements

Major: **Athletic Training**

Name: _____

Catalog Year: **For students admitted to SC 2007-2008**

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CORE REQUIREMENTS

Course	Title	Credits	Grade	Sem/Yr
ATRN 110	Introduction to Athletic Training	1		
ATRN 114	Prevention of Athletic Injuries	3		
ATRN 120	Emergency Care	4		
ATRN 227	AEM of Injuries Hip, Pelvis & LE	3		
ATRN 228	AEM of Injuries to Head & UE	3		
ATRN 284	Sophomore Practicum in AT I	2		
ATRN 285	Sophomore Practicum in AT II	2		
ATRN 305	Ther. Ex. & Sport Injury Rehab.	3		
ATRN 307	Therapeutic Modalities	3		
ATRN 320	Pathology and Athl. Training	3		
ATRN 384	Junior Practicum in AT I	2		
ATRN 385	Junior Practicum in AT II	2		
ATRN 410	Administration/Educ. in AT	2		
ATRN 411	Ed. & Research in ATRN	3		
ATRN 482	Senior Seminar in AT	1		
ATRN 484	Senior Practicum in AT: Sport Comp.	2		
ATRN 485	Senior Practicum in AT: General Medical and Athletic Injury Rehabilitation Component	2		

RELATED REQUIREMENTS

In addition, select:

Course	Title	Credits	Grade	Sem/Yr
BIOL 130	Anatomy and Physiology I	3		
BIOL 132	Anatomy and Physiology Lab I	3		
BIOL 131	Anatomy and Physiology II	3		
BIOL 133	Anatomy and Physiology Lab II	1		
CHEM 101	Chemistry Survey	NA		
CHEM 102	Chemistry Survey Laboratory	NA		
HLTH 261	Introduction to Nutrition	3		
MOSK 101	Outdoor Pursuits	NA		
MSCI 313	Physiology of Exercise	3		
MSCI 315	Physiology of Exercise Lab	0		
MSCI 319	Kinesiology/Biomechanics	3		
MSCI 321	Kinesiology/Biomechanics Lab	0		
PEAC 120	Relaxation	NA		
PEPC 125	Resistance Training	NA		
PHTH 308	Human Anatomy I	3		
PHTH 309	Human Anatomy II	3		
PHYS 205	Physics for Movement Science	3		
PHYS 207	Physics for Mvmnt. Science Lab	1		
PSYC 101	Introduction to Psychology	NA		
PSYC 422	Interviewing and Counseling	3		

Total Major Credits: (excluding NA)	
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Part III - Elective Courses and Programs (inclusive of courses comprising a Minor or Specialization)

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FREE ELECTIVES

Course	Title	Credits	Grade	Sem/Yr

MODIFICATIONS TO MAJOR REQUIREMENTS		
<i>An approved Request for Waiver or Substitution Form must be on file in the Office of the Registrar for each waiver or substitution.</i>		
Requirement	Modification	Date Filed

Minor (optional): _____

Course	Title	Credits	Grade	Sem/Yr

Total Elective Credits: (excluding NA)	
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