

# Springfield College

## Undergraduate Program Advising Checksheet

Catalog Year: For students admitted to SC 2008-2009

Major: **ATHLETIC TRAINING**

Name: \_\_\_\_\_

(120 total credits)

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, F08 or SP09), 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:**

**(If applicable) My second or education advisor is:**

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Phone: \_\_\_\_\_

Office location: \_\_\_\_\_

Office location: \_\_\_\_\_

E-mail: \_\_\_\_\_

E-mail: \_\_\_\_\_

### ADVISING NOTES AND QUESTIONS

Date:

Note, question, or concern:

# Springfield College Undergraduate Program Advising Checksheet

## Part I - General Education Requirements (40 - 46 credits)

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

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ID# \_\_\_\_\_

Course	Title	Credits	Grade	Sem/Yr	Course	Title	Credits	Grade	Sem/Yr
<b>I. Competencies</b> <i>(overlap* does not apply)</i>					<b>II. Domains of Knowledge and Understanding (continued)</b>				
<b>1. College Writing</b> (6 credits)					<b>3. Social Sciences</b> (6 credits - one course from each category)				
ENGL 113	College Writing I	3			A. Historical/Cultural Studies				
ENGL 114	College Writing II	3					3		
<b>2. Writing Across the Curriculum</b> <i>(embedded**)</i> (two courses)					B. Behavioral and Social Sciences				
ATRN 411	Ed. & Research in ATRN	NA			PSYC 101	Introduction to Psychology	3		
<b>3. Computer Applications</b> (3 credits)					<b>4. International/Multicultural Studies</b> (3-6 credits depending upon option selected)				
		3					3		
<b>4. Information Literacy</b> <i>(embedded**)</i>					<b>5. Social Justice</b> (3 credits)				
		NA					3		
<b>II. Domains of Knowledge and Understanding</b> <i>(overlap* can apply)</i>					<b>6. Physical Education</b> (6 credits - three credits from each category)				
<b>1. Arts and Humanities</b> (9 credits - one course from each category)					A. Health & Wellness				
A. Literary Studies					HLTH 100	Wellness, A Way of Life	3		
		3			B. Physical Activity				
B. Visual/Performing Arts					MOSK 101	Outdoor Pursuits	1		
		3			PEAC 120	Relaxation	.5		
C. Spiritual & Ethical Dimensions					PEPC 125	Resistance Training	1		
		3				Elective	.5		
<b>2. Analytical and Natural Sciences</b> (6-7 credits - one course from each category)					<b>APPROVED GENERAL EDUCATION MODIFICATIONS (if necessary):</b>				
A. Quantitative Reasoning <i>(select from Math 115, 125, 131, 140)</i>					Requirement	Modification	Date		
		3							
B. Natural Sciences									
CHEM 101	Chemistry Survey	3							
CHEM 102	Chemistry Survey Lab	1							

**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 2008-2009**

**ID#** \_\_\_\_\_

**CORE REQUIREMENTS (41 cr.)**

**RELATED REQUIREMENTS (30 cr., plus those taken as GenEds)**

*In addition, complete:*

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		

Course	Title	Credits	Grade	Sem/Yr
BIOL 130	Anatomy & Physiology Concepts I	3		
BIOL 132	Anat. & Phys. Concepts Lab I	1		
BIOL 131	Anatomy & Physiology Concepts II	3		
BIOL 133	Anat. & Phys. Concepts 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		

<b>Total Major Credits: (excluding NA)</b>	
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