

# SPRINGFIELD COLLEGE

## UNDERGRADUATE PROGRAM CHECKSHEET & SEQUENCING GUIDELINES

### Athletic Training Major

### 2010-2011 Cohort

Name: _____	ID: _____	Date filled out: _____
-------------	-----------	------------------------

- First two pages of this document -- requirements for the undergraduate General Education Program.
- Subsequent pages -- requirements and course-sequencing guidelines for the Athletic Training major, for students who matriculate to SC during the 2010-2011 academic year.
- Use this as a guide in selecting courses and fill in completely to track your progress toward graduation.
- Note that requirements are subject to change, and may not be offered when listed. Always confirm your plans with your advisor or chairperson.

### General Education Program Requirements (customized for the ATRN major):

Course code      Title      Cr      Sem/Yr \*      Grade      Note

#### I. Competencies

##### 1. College Writing (6 credits)

ENGL 113	College Writing I	3			<i>Required for all students</i>
ENGL 114	College Writing II	3			<i>Required for all students</i>

##### 2. Writing Across the Curriculum (6 credits; one or both courses embedded in major requirements)

ATRN 305	Athletic Injury Rehabilitation and Therapeutic Exercise	NA			<i>Record credits on major requirement line</i>
ATRN 411	Education and Research Methods of Athletic Training	NA			<i>Record credits on major requirement line</i>

##### 3. Computer Applications (3 credits)

		3			
--	--	---	--	--	--

##### 4. Information Literacy (3 credits -- this is embedded in major requirements)

#### II. Domains of Knowledge and Understanding

##### 1. Arts and Humanities

###### A. Literary Studies (3 credits)

		3			
--	--	---	--	--	--

###### B. Visual/Performing Arts (must total 3 credits)


###### C. Spiritual and Ethical Dimensions (3 credits)

		3			
--	--	---	--	--	--

##### 2. Analytical and Natural Sciences

###### A. Quantitative Reasoning (3 credits)

		3			<i>MATH 115, 125, 131, or 140 recommended for this major, as one of these is prerequisite for PHYS 205</i>
--	--	---	--	--	--

###### B. Natural Sciences (4 credits; lecture and lab)

BIOL 130	Anatomy and Physiology Concepts I	3			
BIOL 132	Anatomy and Physiology Concepts I Lab	1			<i>Required for major</i>

\* e.g., F 10, S 11, or TR for transferred courses



ATRN Major, 2010-2011 Cohort  
 Program Checksheet & Sequencing Guidelines, cont.

Name: _____	ID: _____	Date filled out: _____
-------------	-----------	------------------------

Note: Major requirements are broken down by the year typically taken, with a section for those that have flexible timing. Major requirements for ATRN total **80.5 credits** (71 credits strictly for the major, plus 9.5 credits that overlap with GenEds).

**Major Requirements -- typically taken during the FIRST YEAR:**

Course code	Title	Cr	Sem/Yr	Grade	Note
ATRN 110	Introduction to Athletic Training	1			Fall only
ATRN 114	Prevention of Athletic Injuries	3			Fall only
ATRN 116	Prevention of Athletic Injuries - Lab				Majors only
ATRN 120	Emergency Response and Acute Athletic Injury Management	4			Spring only
ATRN 122	Emergency Response and Acute Athletic Injury Management - Lab				Majors only
BIOL 130	Anatomy and Physiology Concepts I	NA			Record credits on GenEd page. Fall only.
BIOL 132	Anatomy and Physiology Concepts I Lab	NA			
BIOL 131	Anatomy and Physiology Concepts II	3			Prerequisite: BIOL 130 and 132. Spring only.
BIOL 133	Anatomy and Physiology Concepts II Lab	1			
CHEM 101	Chemistry Survey	3			
CHEM 102	Chemistry Survey Laboratory	1			
MOSK 101	Outdoor Pursuits	NA			Record credits on GenEd page. Spring only. ATRN and certain majors only.

In addition, you should take the following **General Education requirements**, to **total 33 credits for the year** :

ENGL 113	College Writing I ( <i>Fall only</i> )	Record on GenEd page
ENGL 114	College Writing II ( <i>Spring only</i> )	
HLTH 100	Wellness: A Way of Life	
Quantitative Reasoning: MATH 115, 125, 131, or 140 is recommended, as one is a prerequisite for PHYS 205		

ATRN Major, 2010-2011 Cohort  
 Program Checksheet & Sequencing Guidelines, cont.

Name: _____	ID: _____	Date filled out: _____
-------------	-----------	------------------------

**Major Requirements -- typically taken during the SECOND YEAR:**

Course code	Title	Cr	Sem/Yr	Grade	Note
ATRN 227	Assessment, Evaluation and Management of Injuries to the Hip, Pelvis and Lower Extremities	3			Prerequisite: ATRN 114, 120 and ATRN major <i>Fall only</i>
ATRN 229	Assessment, Evaluation and Management of Injuries to the Hip, Pelvis and Lower Extremities - Lab				
ATRN 228	Assessment, Evaluation and Management of Injuries to the Head and Upper Extremities	3			Prerequisite: ATRN 227 <i>Spring only</i>
ATRN 230	Assessment, Evaluation and Mgt. of Injuries to the Head and Upper Extremities - Lab				
ATRN 284	Sophomore Practicum in Athletic Training I	2			Prerequisite: ATRN 114, ATRN major. <i>Fall only.</i>
ATRN 285	Sophomore Practicum in Athletic Training II	2			Prerequisite: ATRN 227 and 284. <i>Spring only.</i>
PEAC 120	Relaxation	NA			<i>Record credits on GenEd page Could also be taken 1st year, if available</i>
PEPC 125	Health Fitness Resistance Training	NA			<i>Record credits on GenEd page Could also be taken 1st year, if available</i>
PHTH 506	Clinical Human Anatomy I	3			<i>Fall only. Select ATRN majors section.</i>
PHTH 507	Clinical Human Anatomy I Lab				
PHTH 508	Clinical Human Anatomy II	3			<i>Spring only. Select ATRN majors section.</i>
PHTH 509	Clinical Human Anatomy II Lab				
PHYS 205	Physics for Movement Science	3			Prerequisite: MATH 115, 125, 131, 140, or 142
PHYS 207	Physics for Movement Science Laboratory	1			
PSYC 101	Introduction to Psychology	NA			<i>Record credits on GenEd page Could also be taken 1st year, if available</i>

*In addition, select:*

- Major requirements from the "flexible timing" section, as appropriate (see page 5)
- General Education requirements (see page 1), and/or
- Allowable electives (see page 6)

To **total 30 - 33 credits for the year.**

ATRN Major, 2010-2011 Cohort  
 Program Checksheet & Sequencing Guidelines, cont.

Name: _____	ID: _____	Date filled out: _____
-------------	-----------	------------------------

**Major Requirements -- typically taken during the THIRD YEAR:**

Course code	Title	Cr	Sem/Yr	Grade	Note
AEXS 313	Physiology of Exercise	3			Prerequisite: BIOL 130 - 132 Typically taken 2nd or 3rd year
AEXS 315	Physiology of Exercise - Lab				
AEXS 319	Kinesiology/Biomechanics	3			Prerequisite: BIOL 130 and 131, PHYS 205 Typically taken 2nd or 3rd year
AEXS 321	Kinesiology/Biomechanics - Lab				
ATRN 305	Athletic Injury Rehabilitation and Therapeutic Exercise	3			Prerequisite: ATRN 228 and 307 Spring only
ATRN 306	Athletic Injury Rehabilitation and Therapeutic Exercise - Lab				
ATRN 307	Athletic Injury Rehabilitation and Therapeutic Modalities	3			Prerequisite: ATRN 228 and ATRN major Fall only
ATRN 308	Athletic Injury Rehabilitation and Therapeutic Modalities - Lab				
ATRN 320	Pathology and Athletic Training	3			Prerequisite: ATRN 228. Spring only.
ATRN 384	Junior Practicum in Athletic Training I	2			Prerequisite: ATRN 284 and 285. Fall only
ATRN 385	Junior Practicum in Athletic Training II	2			Prerequisite: ATRN 228 and 384. Spring only.

In addition, select:  
 - Major requirements from the "flexible timing" section, as appropriate  
 - General Education requirements, and/or  
 - Allowable electives  
 To **total 30 - 33 credits for the year.**

**Major Requirements -- typically taken during the FOURTH YEAR:**

Course code	Title	Cr	Sem/Yr	Grade	Note
ATRN 410	Administration in Athletic Training	2			Prerequisite: ATRN 411 and ATRN major Spring only
ATRN 411	Education and Research Methods of Athletic Training	3			Prerequisite: ATRN 305 and ATRN major Fall only
ATRN 482	Senior Seminar in Athletic Training	1			Spring only. ATRN seniors only.
ATRN 484	Senior Fieldwork in Athletic Training - Clinical Fieldwork Sport Component	2			Prerequisite: ATRN 385 and ATRN major
ATRN 485	Senior Fieldwork in Athletic Training - Clinical Fieldwork Athletic Injury Rehabilitation and General Medicine Component	2			Prerequisite: ATRN 385 and ATRN major

Plus any outstanding General Education requirements, major requirements listed in the "flexible timing" section, or electives to total **a minimum of 120 credits** earned for your career.

**Major Requirements -- flexible timing (note prerequisites):**

Course code	Title	Cr	Sem/Yr	Grade	Note
HLTH 261	Introduction to Nutrition	3			Recommended preparation: CHEM 101 and 102
PSYC 422	Interviewing and Counseling	3			Prerequisite: PSYC 101. Typically taken 3rd or 4th year. PSYC 530 can be substituted with permission.

Name: _____	ID: _____	Date filled out: _____
-------------	-----------	------------------------

**APPROVED MAJOR REQUIREMENT MODIFICATIONS (if applicable):**

Any substitution or waiver of the requirements listed above must be approved by the department chairperson. Documentation of that approval should also be kept in the student's departmental file.

Requirement	Modification	Date	Dept. chair signature

**Electives, to total a minimum of 120 credits:**

You must earn a minimum of 120 credits to complete your degree. Depending on which GenEd courses you select, you will need **3 elective credits or more** to reach 120 credits. List those, and any additional, electives below (including courses for a minor, if you choose to complete one).

Course code	Title	Cr	Sem/Yr	Grade	Note

**TOTAL CREDITS EARNED:** \_\_\_\_\_ credits as of \_\_\_\_/\_\_\_\_/\_\_\_\_ (see transcript or course history to verify)

**ATRN Major Program Standards:**

In order to qualify for advanced standing as an Athletic Training major and to register for third- and fourth-year sequences of ATRN courses, I must meet the following standards:

- Complete ATRN 110, ATRN 114, ATRN 120, ATRN 227, ATRN 228, ATRN 284, and ATRN 285.
- Complete all **ATRN courses with a B- or better.**
- Complete all other courses required for ATRN with a passing grade (no Ws or INCs).
- Achieve a **cumulative GPA of 3.000 or higher** at the conclusion of the first year, and maintain that thereafter.
- Maintaining established Standards of Professional Behavior, including complying with:
  - a. The Student Code of Conduct, as outlined in the *Springfield College Student Handbook*.
  - b. Guidelines set forth for Athletic Training Students by the Commonwealth of Massachusetts, Division of Professional Licensing Board.
  - c. The National Athletic Trainers' Association Code of Ethics as applied to athletic training students.
  - d. Maintaining a C- or better on all Evaluations of Meeting Standards for Professional Behavior conducted in all ATRN classes.
- Meeting all Athletic Training Technical Standards.

(More information about Standards of Professional Behavior and Technical Standards is available from the Exercise Science and Sports Studies Department.)

Name: \_\_\_\_\_ ID: \_\_\_\_\_ Date filled out: \_\_\_\_\_

**Undergraduate Degree Requirements:**  
(Minimum standards for the College -- major standards may be higher)

- I have completed all General Education domains and competencies.
- I have completed a minimum of 40 credits of General Education coursework.
- I have completed a minimum of 120 credits (see transcript or course history to verify).
- I have a cumulative GPA of 2.000 or better. (ATRN major requires a cumulative GPA of 3.000 or higher.)
- I have satisfied the residency requirement, having earned 60 credits at SC, including 15 of my last 30.
- I have completed all required coursework for my major (see recommended year and flexible timing sections above).
- I have satisfied all program standards for this major (listed above and/or referenced in department publications).