Required Semester Hours for BS: 62 semester hours

Prerequisites and Supporting Courses: 10 semester hours
- BIOL 1250: Introduction to Human Anatomy (4) - meets Life Science Requirement
- EXS 1000: Personal Health (2) - meets Health and Well-Being Requirement
- EXS 1600: First Aid/CPR (2)
- EXS 1610: Introduction to Athletic Training (2)

Required Core Courses: 52 semester hours
- BIOL 2930: Advanced Human Physiology (4)
- EXS 2100: Practicum I (2)
- EXS 2110: Practicum II (2)
- EXS 2300: Orthopedic Assessment I (4)
- EXS 2350: Prevention and Care of Athletic Injury (2)
- EXS 2400: Orthopedic Assessment II (4)
- EXS 2950: Sports Psychology (2)
- EXS 3010: Biomechanics (4)
- EXS 3070: Evidence Based Practice (2)
- EXS 3100: Practicum III (2)
- EXS 3110: Practicum IV (2)
- EXS 3160: Exercise Physiology (4) - meets Writing Research designation
- EXS 3180: Nutrition (2)
- EXS 3300: Therapeutic Exercise (4)
- EXS 3400: Therapeutic Modalities (4) - meets Writing Intensive designation
- EXS 4100: Practicum V (2)
- EXS 4110: Practicum VI (2)
- EXS 4300: Athletic Training Administration (2) - meets Ethics designation
- EXS 4400: Senior Seminar (2)

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# ACADEMIC PLANNING GUIDE - ATHLETIC TRAINING

effective with 2017-2018 Catalog

## CORE CURRICULUM

Starting with the framework of North Park’s identity as a Christian, liberal arts institution, our Core Curriculum is intentionally multi-disciplinary and multi-year. It is set up as a progress through three areas: Foundation Courses, Explorations Courses, and Capstone Courses.

[http://www.northpark.edu/Academics/Undergraduate-Studies/Core-Curriculum](http://www.northpark.edu/Academics/Undergraduate-Studies/Core-Curriculum)

<table>
<thead>
<tr>
<th>Foundations</th>
<th>Explorations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preparing for more in-depth work in both the Core Curriculum and your major</td>
<td>Knowledge in specific disciplines, with strong emphasis on how you can use them in the context of your own life</td>
</tr>
<tr>
<td>Cornerstone Seminar (4sh)</td>
<td>Art and Aesthetics (2sh)</td>
</tr>
<tr>
<td>Biblical Studies (4sh)</td>
<td>Christian Life &amp; Thought (4sh)</td>
</tr>
<tr>
<td>Health and Well-Being (2sh)</td>
<td>Life Science (2sh/lab)</td>
</tr>
<tr>
<td><strong>met by EXS 1000</strong></td>
<td><strong>met by BIOL 1250</strong></td>
</tr>
<tr>
<td>Analytical &amp; Quantitative Reasoning (4sh)</td>
<td>Physical Science (2sh/lab)</td>
</tr>
<tr>
<td>Global Histories (4sh)</td>
<td>Culture and Society (4sh)</td>
</tr>
<tr>
<td>Modern Languages (8sh)</td>
<td>Ethical Reasoning (2sh)</td>
</tr>
<tr>
<td><strong>met by EXS 4300</strong></td>
<td><strong>met by EXS 4300</strong></td>
</tr>
</tbody>
</table>

### Intermediate Level Writing

Two courses in the context of your major that specifically address writing clearly and doing effective research

| Writing Intensive Course (4sh) | Research Writing Course (4sh) |
| **met by EXS 3400** | **met by EXS 3160** |

### Keystone

Interdisciplinary integration of skills and knowledge applied to contemporary social issues

| Keystone Seminar (4sh) | Not required for Athletic Training majors |

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