

Missouri Valley College

Athletic Training Program

4-Year Academic Plan (Fall 2016)

Freshman Year—Fall Semester		
Title of Course	Course Code	Credit Hours
Introduction to Athletic Training I	AL 110	1
Introduction to Athletic Training II	AL 120	2
Principles of Biology With Lab (Core IIIA)	BI 104	4
First Aid and CPR	PE 233	2
College Algebra	MA 165	3
Rhetoric and Composition (Core IA)	EN 130	3
Freshman Seminar	GS 150	1
Total Credit Hours		16

Freshman Year—Spring Semester		
Title of Course	Course Code	Credit Hours
Techniques of Taping and Bracing	AL 230	2
Human Anatomy & Physiology I w/Lab	BI 275	4
Introduction to Statistics (Core IB)	MA200	3
Literature and Composition (Core IA)	EN 160	3
Principles of Psychology (Core IIIB)	PY 100	3
Introduction to Medical Terminology	HL 140	1
Total Credit Hours		16

Sophomore Year—Fall Semester		
Title of Course	Course Code	Credit Hours
Clinical I	AL 201	1
Lower Extremities Advanced Athletic Training w/ Lab	AL 333	3
Athletic Training Practical Applications	AL 340	3
Human Anatomy & Physiology II w/ Lab	BI 285	4
Health Assessment	NU 150	3
Personal Health and Conditioning	EX 245	2
Total Credit Hours		16

Sophomore Year—Spring Semester		
Title of Course	Course Code	Credit Hours
Clinical II	AL 202	1
Upper Extremities Advanced Athletic Training w/ Lab	AL 335	3
General Medical Conditions	AL 360	3
Therapeutic Exercise w/Lab	AL 358	4
Public Speaking (Core IA)	SP 100	3
Lifetime Wellness (Core IIB)	PE 221	2
Total Credit Hours		16

Junior Year—Fall Semester		
Title of Course	Course Code	Credit Hours
Clinical III	AL 303	2
Therapeutic Modalities w/ Lab	AL 355	4
Exercise Physiology	EX 335	3
Human Nutrition	EX 385	3
Principles of Pharmacology	HL 260	2
Multi Cultural Sensitivity Core (Core IIA)		3
Total Credit Hours		17

Junior Year—Spring Semester		
Title of Course	Course Code	Credit Hours
Clinical IV	AL 304	2
Kinesiology	EX 334	3
Health and Fitness Testing	EX 320	3
Evidence-Based Practice	NU 365	3
Pathophysiology for Health Professionals	HL 280	3
Science and Inquiry Core (Core IIIA)		3 - 5
Total Credit Hours		17 - 19

Senior Year—Fall Semester		
Title of Course	Course Code	Credit Hours
Clinical V	AL 405	3
Organization and Administration of Athletic Injuries	AL 450	3
Health Promotion and Exercise Prescription	EX 400	3
Historical Knowledge Core (Core IIIC)		3
Multi Cultural Sensitivity Core (Core IIA)		3
Total Credit Hours		15

Senior Year—Spring Semester		
Title of Course	Course Code	Credit Hours
Clinical VI	AL 406	3
Senior Seminar	AL 480	3
Art and Creativity Core (Core IIID)		3
Informed Citizenship Core (Core IIC)		3
Ethics Core (Core IID) – Biomedical Ethics Recommended	PL 150 (Recommended)	3
Total Credit Hours		15

Total credit hours; 128-130 with 57 upper-division credit hours. Minimum needed to meet Missouri Valley College graduation requirements; 120 total credit hours with 40 upper-division credit hours.

The above 4-Year Academic Plan is for individuals pursuing a single Bachelor's of Science degree in Athletic Training. The Missouri Valley Athletic Training Program encourages athletic training students to pursue additional degrees and minors as they relate to their personal interests.

In order to graduate in a timely manner, you should decide early in your education at Missouri Valley College which other major and/or minor you wish to pursue. The classes and responsibilities required for your additional degree(s) will be in addition to your Athletic Training responsibilities.