This program is being replaced by an integrated BS in Exercise Science degree with Master of Athletic Training (MAT) degree starting Fall 2020. The BS in Athletic Training is being "taught-out" for all students who have applied through the Admission Criteria section of this MAP for more information.

This is a program that requires a secondary application process. Apply for acceptance into the athletic training program during semester of enrollment in ExSc 320. See the program director or ExSc 320 instructor for an application packet. Please apply for admission to the program fall or winter. Applications will be given to you in ExSc 320 early in the semester, or see your advisor.

---Please check with departments for current availability of all courses.---

Note: Students are encouraged to complete an average of 15–16 credit hours each semester or 30–32 credit hours each year, which could include spring and/or summer terms. Taking fewer credits substantially increases the cost and the number of semesters to graduate.

This program is in a teach-out phrase and will no longer admit students. Students seeking athletic training certification will complete the Master in Athletic Training (MAT) program. The MAT requires either a previously completed bachelor’s degree or enrollment in the BYU Integrated BS Exercise Science major with MAT. BYU students: pursue the Integrated BS Exercise Science degree with MAT prerequisites. Students transferring to BYU: new MAT (will need chemistry, physics, anatomy and physiology courses completed).
BS in Athletic Training (663421)
2019-2020 Program Requirements (65 Credit Hours)

The Exercise Sciences Department requires a minimum of 45 major hours to be taken in residence at BYU for this degree program. These hours may also go toward BYU’s 30-hour residency requirement for graduation.

**REQUIREMENT 1**
COMPLETE APPLICATION INTO THE ATHLETIC TRAINING PROGRAM DURING SEMESTER OF ENROLLMENT IN EXSC 320. SEE THE PROGRAM DIRECTOR OR EXSC 320 INSTRUCTOR FOR AN APPLICATION PACKET.

a. Have a physical examination and provide an immunization record to verify technical standards.

b. Submit one letter of recommendation.

c. Interview with the athletic training staff.

d. Complete 30 hours of directed clinical observation in BYU and affiliated high school athletic training settings and associated objectives.

Complete the senior exit interview.

**REQUIREMENT 2**
Maintain CPR/AED certification for the professional rescuer.

Meet the technical standards associated with the athletic training program.

- **EXSC 320** - Basic Athletic Training 3.0
- **EXSC 321** - Basic Athletic Training Lab 0.5
- **EXSC 362** - Kinesiology and Biomechanics 3.0
- **EXSC 423** - Administration of Athletic Training Programs 2.0
- **EXSC 440** - Advanced Musculoskeletal Human Anatomy (includes lab) 4.0
- **EXSC 460** - Orthopaedic Impairments and Therapeutic Exercise 3.0
- **EXSC 463** - Exercise Physiology 3.0
- **EXSC 464** - Exercise Physiology Lab 0.5
- **EXSC 468** - Problems in Exercise Prescription 2.0
- **EXSC 501** - Pathophysiology for the Athletic Trainer 3.0
- **EXSC 514** - Advanced Athletic Training Lab 1.0
- **EXSC 515** - Therapeutic Interventions 1, Modalities 3.0
- **EXSC 516** - Orthopedic Evaluation 1: Lower Extremities 3.0
- **EXSC 517** - Orthopedic Evaluation 2: Upper Extremities and Trunk 3.0
- **EXSC 518** - Therapeutic Interventions 2, Rehabilitation 3.0
- **EXSC 519** - Medical Issues in Athletic Training 1.0
- **NDFS 310** - Nutrition and Metabolism in Sports and Exercise 3.0
- **PDBIO 220** - Human Anatomy (with lab) 4.0
- **PDBIO 305** - Human Physiology 4.0
- **PSYCH 111** - Introduction to Psychological Science 3.0

- ***STAT 121** - Principles of Statistics 3.0

**REQUIREMENT 3**
Complete 1 course

**REQUIREMENT 4**
TO BE TAKEN LAST SEMESTER PRIOR TO GRADUATION.

EXSC 498 - Capstone Experience in Athletic Training 2.0

**RECOMMENDED COURSES**

<table>
<thead>
<tr>
<th>COURSE</th>
<th>DESCRIPTION</th>
<th>CREDIT HOURS</th>
</tr>
</thead>
<tbody>
<tr>
<td>HLTH 320</td>
<td>Advanced First Aid and Safety</td>
<td>3.0</td>
</tr>
<tr>
<td>PDBIO 363</td>
<td>Advanced Physiology Laboratory</td>
<td>3.0</td>
</tr>
<tr>
<td>STDEV 170</td>
<td>Introduction to Health Professions</td>
<td>1.0</td>
</tr>
</tbody>
</table>

**ADMISSION CRITERIA:**

Admission to the program requires the candidate to meet the following criteria:

a. Complete PDBio 220, 305 (Prerequisite: Chem 101), ExSc 320, 321. (ExSc 320 and 321 must be completed at BYU.)

b. Complete the athletic training program application, which includes an essay.

c. Have a physical examination and provide an immunization record to verify technical standards.

d. Attest to meeting the technical standards of the athletic training program.

e. Submit one letter of recommendation.

f. Complete 30 hours of directed clinical observation in BYU and affiliated high school athletic training settings and associated objectives.

g. Complete an interview with the athletic training admissions committee.

Students in this program must meet the above criteria and may be limited by the number of affiliated clinical education sites. See selection criteria in the application. The athletic training faculty will determine the clinical assignment of candidates following the interview. Students must graduate from an accredited athletic training program and pass the BOC examination to certify as an athletic trainer.

**THE DISCIPLINE:**

The study of athletic training appeals to those who would like to work in a field that combines an athletic setting with health and medical care. A student in athletic training will learn to apply knowledge of human anatomy, exercise physiology, conditioning, nutrition, and therapy in the prevention, diagnosis, immediate care, and rehabilitation of athletic injuries. Students must graduate from an accredited athletic training program and pass the Board of Certification (BOC) examination to certify as an athletic trainer.

**CAREER OPPORTUNITIES:**

Career possibilities include working with athletic teams at all levels of competition, in a sports medicine clinical setting or other allied health care facilities, or in a corporate/industrial setting. Certification (BOC) is required and an advanced degree is recommended.

Certification (BOC) is required and a teaching certificate or advanced degree is recommended for some job positions. Many opportunities are available for graduate studies in the field of athletic training and other related disciplines (i.e., exercise science, health promotion).

Average starting salary for an athletic trainer with a bachelor’s degree ranges from $30,000–$40,000, depending on location and qualifications. Completion of a teaching certificate or advanced degree will increase potential earning power.
For more information on careers in your major, please refer to *From Major to Career*, a publication which is located in all college advisement centers.

**MAP DISCLAIMER**

While every reasonable effort is made to ensure accuracy, there are some student populations that could have exceptions to listed requirements. Please refer to the university catalog and your college advisement center/department for complete guidelines.

**DEPARTMENT INFORMATION**

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