BS in Athletic Training (663421) MAP Sheet
Life Sciences, Exercise Sciences

For students entering the degree program during the 2019-2020 curricular year.

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 see Admission Criteria section of this MAP for more information.

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 summer of 2019. All required courses (or equivalent graduate replacements) will be taught. The Fall 2019 cohort will be the last to start the BS in Athletic Training program.

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### University Core and Graduation Requirements:

<table>
<thead>
<tr>
<th>Requirements</th>
<th>Classes</th>
<th>Hours</th>
<th>Classes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Religion Cornerstones</td>
<td>1</td>
<td>2.0</td>
<td>REL A 275</td>
</tr>
<tr>
<td>Teachings and Doctrine of The Book of Mormon</td>
<td>1</td>
<td>2.0</td>
<td>REL A 250</td>
</tr>
<tr>
<td>Jesus Christ and the Everlasting Gospel</td>
<td>1</td>
<td>2.0</td>
<td>REL C 225</td>
</tr>
<tr>
<td>The Eternal Family</td>
<td>1</td>
<td>2.0</td>
<td>REL C 200</td>
</tr>
</tbody>
</table>

**The Individual and Society**

- **Arts, Letters, and Sciences**
  - Civilization 1: 1, 3.0 from approved list
  - Civilization 2: 1, 3.0 from approved list
  - Letters: 1, 3.0 from approved list
  - Biological Science: 1, 3-4.0 NDFS 100 recommended
  - Physical Science: 1, 3.0 from approved list
  - Social Science: 1, 3.0 PSYCH 111*

**Skills**

- First Year Writing: 1, 3.0 from approved list
- Advanced Written and Oral Communications: 1, 3.0 ENGL 316 recommended
- Quantitative Reasoning: 1, 3.0 from approved list
- Languages of Learning (Math or Language): 1, 3.0 from approved list

**Core Enrichment: Electives**

- Religion Electives: 3-4, 6.0 from approved list
- Open Electives: Variable, Variable personal choice

**Graduation Requirements:**

- Minimum residence hours required: 30.0
- Minimum hours needed to graduate: 120.0

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### Suggested Sequence of Courses

#### FRESHMAN YEAR

**1st Semester**
- 1st Year Writing or HTG 100: 3.0 EXSC 394
- Qualitative Reasoning (if needed)**: 3.0 EXSC 514 (FW)
- NDFS 100: 3.0 EXSC 515 (FW)
- Religion Cornerstone course: 2.0 EXSC 516 (FW)
- PSYCH 111 (Social Science): 3.0 Religion elective 2.0
  - Total Hours: 14.0 Adv. Written & Oral Communication
  - Total Hours: 16.0

**2nd Semester**
- A HTG 100 or 1st Year Writing: 3.0 EXSC 517 (FW)
- STDEV 170 (FW): 1.0 EXSC 440 (FW/5s)
- PDBIO 220 (FW/5s): 4.0 EXSC 463 (FW/5sp5u)
- Global & Cultural Awareness Elective: 3.0 EXSC 464 (FW/5sp5u)
- Religion Cornerstone course: 2.0 EXSC 395 (FW)
- Religion Cornerstone course: 2.0 EXSC 471 (FW)
  - Total Hours: 15.0

#### SOPHOMORE YEAR

**3rd Semester**
- AHL 1 (FW/5s): 3.0 EXSC 423 (FW)
- PDBIO 305 (FW/5s): 3.0 EXSC 494 (FW)
- STAT 121 (FW): 1.0 EXSC 501 (FW/5s)
- Civilization 1 elective: 3.0 General Elective 3.0
- Arts or Letters elective: 3.0 General Elective
  - Total Hours: 13.0

**4th Semester**
- EXSC 392 (FW/5sp5u): 3.0 EXSC 519 (FW)
- PDBIO 310 (FW): 3.0 EXSC 460 (FW/5sp)
- PSYCH 320 (FW/5sp5u): 3.0 EXSC 468 (FW/5s)
- PSYCH 321 (FW/5sp5u): 0.5 EXSC 495 (FW)
- Religion Cornerstone course: 2.0 EXSC 498 (FW)
  - Total Hours: 16.0

**Total Hours:**
- Freshman Year: 30.0
- Sophomore Year: 30.0

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### JUNIOR YEAR

**5th Semester**
- EXSC 382 (FW/5s): 3.0 EXSC 514 (FW)
- NDFS 310 (FW): 3.0 EXSC 460 (FW/5sp)
- EXSC 320 (FW/5sp5u): 3.0 EXSC 468 (FW/5s)
- EXSC 321 (FW/5sp5u): 0.5 EXSC 495 (FW)
- Religion Cornerstone course: 2.0 EXSC 498 (FW)
  - Total Hours: 15.0

**6th Semester**
- EXSC 414 (FW): 2.0
- EXSC 416 (FW): 2.0
- EXSC 418 (FW): 2.0
- EXSC 420 (FW): 2.0
- EXSC 422 (FW): 2.0
- EXSC 424 (FW): 2.0
  - Total Hours: 15.0

**Total Hours:**
- Junior Year: 30.0

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**Senior Year**

- 7th Semester: EXSC 423 (FW)
- 8th Semester: EXSC 429 (FW)

**Total Hours:**
- Senior Year: 15.0

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**Note:**

- For students entering 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)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXSC 320</td>
<td>Basic Athletic Training</td>
<td>3.0</td>
</tr>
<tr>
<td>EXSC 321</td>
<td>Basic Athletic Training Lab</td>
<td>0.5</td>
</tr>
<tr>
<td>EXSC 362</td>
<td>Kinesiology and Biomechanics</td>
<td>3.0</td>
</tr>
<tr>
<td>EXSC 423</td>
<td>Administration of Athletic Training Programs</td>
<td>2.0</td>
</tr>
<tr>
<td>EXSC 440</td>
<td>Advanced Musculoskeletal Human Anatomy (includes lab)</td>
<td>4.0</td>
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<tr>
<td>EXSC 460</td>
<td>Orthopedic Impairments and Therapeutic Exercise</td>
<td>3.0</td>
</tr>
<tr>
<td>EXSC 463</td>
<td>Exercise Physiology</td>
<td>3.0</td>
</tr>
<tr>
<td>EXSC 464</td>
<td>Exercise Physiology Lab</td>
<td>0.5</td>
</tr>
<tr>
<td>EXSC 468</td>
<td>Problems in Exercise Prescription</td>
<td>2.0</td>
</tr>
<tr>
<td>EXSC 501</td>
<td>Pathophysiology for the Athletic Trainer</td>
<td>3.0</td>
</tr>
<tr>
<td>EXSC 514</td>
<td>Advanced Athletic Training Lab</td>
<td>1.0</td>
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<tr>
<td>EXSC 515</td>
<td>Therapeutic Interventions 1, Modalities</td>
<td>3.0</td>
</tr>
<tr>
<td>EXSC 516</td>
<td>Orthopedic Evaluation 1: Lower Extremities</td>
<td>3.0</td>
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<tr>
<td>EXSC 517</td>
<td>Orthopedic Evaluation 2: Upper Extremities and Trunk</td>
<td>3.0</td>
</tr>
<tr>
<td>EXSC 518</td>
<td>Therapeutic Interventions 2, Rehabilitation</td>
<td>3.0</td>
</tr>
<tr>
<td>EXSC 519</td>
<td>Medical Issues in Athletic Training</td>
<td>1.0</td>
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<tr>
<td>NDFS 310</td>
<td>Nutrition and Metabolism in Sports and Exercise</td>
<td>3.0</td>
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<tr>
<td>PDBIO 220</td>
<td>Human Anatomy (with lab)</td>
<td>4.0</td>
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<tr>
<td>PDBIO 305</td>
<td>Human Physiology</td>
<td>4.0</td>
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<tr>
<td>*PSYCH 111</td>
<td>Introduction to Psychological Science</td>
<td>3.0</td>
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<tr>
<td>*STAT 121</td>
<td>Principles of Statistics</td>
<td>3.0</td>
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<tr>
<td>REQUIRED 1</td>
<td>Complete 21 courses</td>
<td></td>
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<tr>
<td>REQUIRED 2</td>
<td>Complete 21 courses</td>
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<tr>
<td>REQUIRED 3</td>
<td>Complete 1 course</td>
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<tr>
<td>REQUIRED 4</td>
<td>Complete 4 courses</td>
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<td><strong>ADMISSION CRITERIA:</strong></td>
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<tr>
<td>a. Complete PDBio 220, 305 (Prerequisite: Chem 101), ExSc 320, 321. (ExSc 320 and 321 must be completed at BYU.)</td>
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<tr>
<td>b. Complete the athletic training program application, which includes an essay.</td>
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<tr>
<td>c. Have a physical examination and provide an immunization record to verify technical standards.</td>
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<tr>
<td>d. Attest to meeting the technical standards of the athletic training program.</td>
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<td>e. Submit one letter of recommendation.</td>
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<td>f. Complete 30 hours of directed clinical observation in BYU and affiliated high school athletic training settings and associated objectives.</td>
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**RECOMMENDED COURSES**
- HLTH 320 - Advanced First Aid and Safety
- PDBIO 363 - Advanced Physiology Laboratory
- STDEV 170 - Introduction to Health Professions

**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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106 Smith Fieldhouse  
Provo, UT 84602-2216  
Telephone: (801) 422-6507

**ADVISEMENT CENTER INFORMATION**

Faculty Advisors:  
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801-422-2145  
mike_diede@byu.edu

Dr. Aaron Wells  
228E SFH  
801-422-4776  
aaron_wells@byu.edu

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<thead>
<tr>
<th>BS in Athletic Training (663421)</th>
<th>2019-2020</th>
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<tbody>
<tr>
<td>Life Science Student Services</td>
<td></td>
</tr>
<tr>
<td>Brigham Young University</td>
<td></td>
</tr>
<tr>
<td>2060 Life Sciences Building</td>
<td></td>
</tr>
<tr>
<td>Provo, UT 84602</td>
<td></td>
</tr>
<tr>
<td>Telephone: (801) 422-3042</td>
<td></td>
</tr>
<tr>
<td>lsa.byu.edu</td>
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