Exercise Science: Bachelor of Science with Option of Pre-Athletic Training (B.S.)

Degree Type
Bachelor of Science

Highly qualified and motivated students interested in pursuing a master's in athletic training, if they meet prerequisite and GPA eligibility requirements, enter into a 3+2 B.S. of exercise science to M.S. of athletic training degree with Plymouth State University (PSU). Students in this program are able to complete their baccalaureate degree in exercise science and earn a master's of science in athletic training in as little as five years. Students interested in this program should contact their academic advisor or the college's B.S. to M.S.A.T. articulation agreement coordinator for more information. Students must be exercise science majors to be eligible.

Learning Outcomes

To be eligible students will:

- Major in Exercise Science.
- Complete a minimum 90 credits of B.S. degree at Colby-Sawyer College.
- Possess a minimum overall GPA of 3.2.
- Complete all Colby-Sawyer general education and major requirements.
- Have a minimum grade of "B" in ESS 211, 323, 324 and 421.
- Complete 50 hours of observation under direct supervision of a licensed Athletic Trainer.
- Complete PSU Graduate Program Admissions Application by spring of year three at CSC.

Exercise Science with option of Pre-Athletic Training B.S. Progress to Completion Requirements:

ESS 211, ESS 323, ESS 324, ESS 421: a minimum grade of "B" required to meet PSU prerequisite.

Item #	Title	Credits
	BIO 106 or BIO 207	4
BIO 205	Human Anatomy and Physiology I (+lab)	4.0
BIO 206	Human Anatomy and Physiology II (+lab)	4.0
CHE 101	Principles of Chemistry I (+lab)	4.0
ESS 100	Personal Health and Wellness	4.0
ESS 105	First Aid and CPR	1.0
ESS 211	Nutrition Principles	4.0
ESS 221	Applied Anatomy & Resistance Training	2.0
ESS 225	Introduction to Exercise Science and Health Sciences	4.0
ESS 323	Applied Kinesiology and Clinical Technique	4.0
ESS 324	Exercise Physiology (+lab)	4.0
ESS 421	Exercise Prescription (+lab)	4.0
ESS 487	Research in ESS: Critical Components	2.0
ESS 488	Research in ESS: Assessment and Analysis	2.0
MAT 220	Introduction to Statistics	4.0
PHY 101	Introduction to Physics I (+lab)	4.0
PSY 101	Introduction to Psychology	4.0
PSY 303	Sport and Exercise Psychology	4.0

Suggested Registration Sequence

First Year - Fall

Item #	Title	Credits
FYE 101	First Year Experience	4.0
WRT 101	Introduction to Academic Writing	4.0
ESS 225	Introduction to Exercise Science and Health Sciences	4.0
	BIO 106 or BIO 207	4

First Year - Spring

Item #	Title	Credits
BIO 205	Human Anatomy and Physiology I (+lab)	4.0
ESS 100	Personal Health and Wellness	4.0
ESS 105	First Aid and CPR	1.0
ESS 211	Nutrition Principles	4.0
PSY 101	Introduction to Psychology	4.0

Sophomore Year - Fall

Item #	Title	Credits
BIO 206	Human Anatomy and Physiology II (+lab)	4.0
CHE 101	Principles of Chemistry I (+lab)	4.0
ESS 221	Applied Anatomy & Resistance Training	2.0
MAT 220	Introduction to Statistics	4.0
	Lib Ed - Liberal Education Core Course	4

Sophomore Year - Spring

Item #	Title	Credits
ESS 313	Fitness Management	4.0
ESS 323	Applied Kinesiology and Clinical Technique	4.0
PSY 303	Sport and Exercise Psychology	4.0
	Lib Ed - Liberal Education Core Course	4

Junior Year - Fall

Item #	Title	Credits
ESS 324	Exercise Physiology (+lab)	4.0
ESS 487	Research in ESS: Critical Components	2.0
	IE - Integrative Experience Course	4
PHY 101	Introduction to Physics I (+lab)	4.0
	Lib Ed - Liberal Education Core Course	4

Junior Year - Spring

Item #	Title	Credits
ESS 318	Strength and Conditioning	4.0
ESS 421	Exercise Prescription (+lab)	4.0
ESS 488	Research in ESS: Assessment and Analysis	2.0
	Lib Ed - Liberal Education Core Course	4
	Lib Ed - Liberal Education Core Course	4

Senior Year

Students who complete Plymouth State University's prerequisites and have earned a 3.2 minimum GPA will un-enroll from CSC and gain entry to the Plymouth State University's 3+2 Program. Students will enroll in and complete 32 graduate credits at PSU which will transfer back to CSC to complete the B.S. degree.