

Pre-Athletic Training Track

Degree Type

Pre-Professional Track

The information below is intended to assist students from any major with academic preparation for professional graduate studies in athletic training. For students interested in the exercise science pre-athletic training option with Plymouth State University, please see the catalog section for the Exercise Science major.

Beginning in January 2023, professional programs in athletic training will only accept students at the master's degree level. An undergraduate degree is typically required for admission to a graduate program in athletic training with a minimum requirement of two-years enrollment. Students interested in athletic training should regularly check the Commission on Accreditation of Athletic Training Education (CAATE) website for information about the requirements of selected programs and work with their advisor to identify and select the necessary courses. Athletic training schools select students on the basis of: a) academic excellence, b) Graduate Record Exam scores, c) letters of reference from faculty members and athletic trainers, d) clinical observation experiences, e) an essay and f) an interview. Admission to athletic training programs is competitive.

Most programs will have requirements specific to their program. It is advisable for students to review the requirements of the programs that they are considering to advance their academic career. Most programs in athletic training will require 100 hours or more of observation with a licensed athletic trainer practicing in the clinical setting. The student may choose to do an internship in that type of setting or seek this experience outside of the class setting.

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Suggested Registration Sequence

*It is recommended that students without a strong science or mathematics background (two years of high school algebra) consider mathematics preparation (MAT 206) prior to the chemistry and math sequence. Students can then enroll in chemistry (CHE 101) and physics during their junior or senior year. Students are encouraged to contact their advisor for assistance.

First Year - Fall

Item #	Title	Credits
	BIO 106 or BIO 207	4
WRT 101	Introduction to Academic Writing	4.0
FYE 101	Wesson Honors First-Year Experience	4.0
	Liberal Education Core Course, Elective or Major Requirement	4

First Year - Spring

Item #	Title	Credits
BIO 205	Human Anatomy and Physiology I (+lab)	4.0
ESS 211	Nutrition Principles	4.0
	Liberal Education Core Course, Elective or Major Requirement	4
	Liberal Education Core Course, Elective or Major Requirement	4

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
	Liberal Education Core Course, Elective or Major Requirement	4
	Liberal Education Core Course, Elective or Major Requirement	4

Sophomore Year - Spring

Item #	Title	Credits
ESS 323	Applied Kinesiology and Clinical Technique	4.0
CHE 101	Principles of Chemistry I (+lab)	4.0
	Liberal Education Core Course, Elective or Major Requirement	4
	Liberal Education Core Course, Elective or Major Requirement	4

Junior Year - Fall

Item #	Title	Credits
ESS 324	Exercise Physiology (+lab)	4.0
	IE - Integrative Experience Course	4
	Liberal Education Core Course, Elective or Major Requirement	4
PHY 101	Introduction to Physics I (+lab)	4.0

Junior Year - Spring

Item #	Title	Credits
	Liberal Education Core Course, Elective or Major Requirement	4
	Liberal Education Core Course, Elective or Major Requirement	4
MAT 220	Introduction to Statistics	4.0

Senior Year - Fall

Item #	Title	Credits
	Liberal Education Core Course, Elective or Major Requirement	4
	Liberal Education Core Course, Elective or Major Requirement	4
	Liberal Education Core Course, Elective or Major Requirement	4
	Liberal Education Core Course, Elective or Major Requirement	4

Senior Year - Spring

Item #	Title	Credits
ESS 421	Exercise Prescription (+lab)	4.0
PSY 303	Sport and Exercise Psychology	4.0
	Liberal Education Core Course, Elective or Major Requirement	4
	Liberal Education Core Course, Elective or Major Requirement	4