

EXERCISE SCIENCE (B.S.) - 3+2 EARLY ASSURANCE PRE- ATHLETIC TRAINING TRACK

STUDENT LEARNING OUTCOMES

- Graduates will be able to assess the basic components of fitness, with an understanding of the health and physiological significance of each measurement.
- Graduates will be able to demonstrate the ability to analyze a biomechanical skill and communicate their findings with an emphasis placed upon performance and injury prevention.
- Graduates will demonstrate professionalism in an authentic situation and will perform as an entry level professional in the field.
- Graduates will be able demonstrate the ability to carry about research by designing a research study, collecting data, analyzing data with the proper statistical analysis and also by writing a research style paper.
- Graduates will show acceptable levels of fitness for professionals in the fields of health and wellness.
- Graduates will be able to review a specific disease pathology, evaluate specific limitations to exercise and create an effective exercise protocol for that population.
- Year 4 will be taken at Youngstown State University (63 credit hours at Walsh, 35 credit hours at YSU).

Recommended

- A Global Learning (GL) experience (<http://catalog.walsh.edu/undergraduate/academic-services/#globallearning>)

Required

- General Education Requirements (<http://catalog.walsh.edu/undergraduate/general-education-curriculum/>)
- Internship

| Code | Title | Hours |
|-------------------------|---------------------------------|------------------------|
| Biology | | 14 Credit Hours |
| BIO 101 | FD: T1:Principles of Biology I | 3 |
| BIO 101L | Principles of Biology I: Lab | 1 |
| BIO 200 | Medical Terminology | 1,2 |
| BIO 209 | Anatomy/Physiology I | 3 |
| BIO 209L | Anatomy/Physiology I: Lab | 1 |
| BIO 210 | Anatomy/Physiology II | 3 |
| BIO 210L | Anatomy/Physiology II: Lab | 1 |
| Chemistry | | 4 Credit Hours |
| CHEM 101 | FD:T1:Princ of Chemistry I | 3 |
| CHEM 101L | Principles of Chemistry I: Lab | 1 |
| Exercise Science | | 26 Credit Hours |
| EXS 100 | Foundations of Exerc & Sprt Sci | 3 |
| EXS 101 | Exercise Physiology I | 3 |
| EXS 102 | Exercise Physiology II | 3 |
| EXS 150 | First Aid and CPR | 2 |

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|---------|--------------------------------|---|
| EXS 225 | Strength Training and Conditin | 3 |
| EXS 300 | ExerciseTesting & Prescription | 3 |
| EXS 362 | Care/Prev of Athletic Injuries | 3 |
| EXS 363 | Adv Athletic Injury Management | 3 |
| EXS 375 | Research Design&Elemen.Stats | 3 |
| EXS 385 | Biomechanics | 3 |
| EXS 484 | Pathophys. of Chronic Disease | 3 |
| EXS 485 | SL:Exs.Manag.OfChronicDiseas. | 2 |
| EXS 494 | Internship | 3 |
| EXS 498 | Research Seminar | 1 |

Other Requirements 19 Credit Hours

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| EXS 315 | Exercise and Sports Nutrition | 3 |
| or NS 207 | Nutrition | |
| PSYC 120 | T1:FD: Principles of Psych | 3 |
| MATH 155 | Elementary Functions I | 3 |
| MATH 156 | Elementary Functions II | 3 |
| MATH 221 | Statistics | 3 |
| PHYS 101 | Principles of Physics I | 3 |
| PHYS 101L | Principles of Physics I: Lab | 1 |

Athletic Training (Year 4 at Youngstown State University) - 35 Credit Hours

- MAT 6900 Basic Athletic Training Laboratory
1
- MAT 6901 Emergency & Acute Care in Sports Medicine
3
- MAT 6910 Clinical Practicum I
1
- MAT 5865 Functional Human Gross Anatomy
4
- MAT 6915 Evaluation & Management of Lower Extremity Injuries
4
- MAT 6920 Therapeutic Modalities
4
- MAT 6930 Clinical Practicum II
2
- MAT 6950 Evidence-Based Practice/
Research 3
- MAT 6925 Evaluation & Management of Upper Extremity
Injuries 4
- MAT 6940 Therapeutic Exercise
4
- MAT 6945 General Medical Conditions
3
- MAT 6960 Clinical Practicum III
2

Year 4 at Youngstown State University (YSU) will start in the summer following the Walsh junior year. The summer, fall and spring of year 4 will be at YSU. Total credits at YSU, including summer, fall and spring of year 4, will count toward 35 credit hours of exercise science coursework, exercise science electives and core curriculum at Walsh.

The first 3 years at Walsh will include courses shown in the Table above (NOT the YSU MAT courses in year 4), as well as the majority of the

general education curriculum. It may require some summer courses to complete this major in the 3+2 window. Check with your advisor for details.

At the end of the spring semester in year 4, the BS in Exercise Science Pre-Athletic Training will have been earned and you will graduate from Walsh. You will then need to apply to the YSU Master's of Athletic Training program (see advisor for details) to complete the 5th year at YSU. Once accepted into the YSU Master's of Athletic Training program, you will complete summer, fall and spring courses at YSU to finish an MS in Athletic Training from YSU in the spring of year 5.

PLEASE NOTE: During year 4, the Walsh students in the 3+2 Pre-Athletic Training program will have both a Walsh and YSU advisor. Special consideration will be made to work with Honors students.

The exact courses involved in this program are subject to change. All changes will benefit students enrolled.