

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		
		32 Credit Hours
EXS 101	Exercise Physiology I	3
EXS 102	Exercise Physiology II	3
EXS 150	First Aid and CPR	2
EXS 225	Strength Training and Condition	3

EXS 300	Exercise Testing & 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 498	Research Seminar	1

Other Requirements 19 Credit Hours

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) - 25 Credit Hours

- MAT 6903 Functions of Athletic Training Clinical Practice 3
- MAT 6901 Emergency & Acute Care in Sports Medicine 3
- MAT 6908 Functional Human Gross Anatomy 4
- MAT 6902 Foundations of Therapeutic Interventions 3
- MAT 6915 Evaluation & Management of Lower Extremity Injuries 4
- MAT 6916 Therapeutic Interventions 3
- MAT 6910 Clinical Practice 2
- MAT 6946 General Medical Conditions Evaluation and Care 3

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.