

**BACHELOR OF SCIENCE  
HEALTH SCIENCES  
CONCENTRATION IN PRE-ATHLETIC TRAINING**

**GSU 100 The First Year Experience 0 hour**

All degree seeking students are required to take GSU 100 during their first semester.

**General Education Requirements 30 hours**

Students must complete BIOL 120, MATH 115, and PSYC 201 as part of the General Education requirements.

**Health Sciences Major 44 hours**

BIOL	120	Principles of Biology I	
EXSC	455	Psychology of Exercise	3
EXSC	493	Practicum	6
HLTH	101	Introduction to Health & Human Performance	3
HLTH	105	Human Nutrition	3
HLTH	107	Introduction to Medical Terminology	3
HLTH	230	Anatomy & Physiology I	4
HLTH	231	Anatomy & Physiology II	4
HLTH	293	Lifetime Fitness and Wellness	3
HLTH	435	Research Methods in Health and Human Performance	3
MATH	115	College Algebra	
MATH	256	Probability and Statistics I	3
PED	201	First Aid and Safety	1
PED	333	Motor Learning and Development	2
PSYC	201	General Psychology	
SCNC	390	Test Prep for STEM Schools	1
SOCL	341	Community and Environmental Health	2
SOCL	342	Health Disparities in Vulnerable Populations	3

**Pre-Athletic Training Concentration 32 hours**

CHEM	101	General Chemistry I	4
EXSC	350	Orthopedic Evaluation of the Lower Extremity	4
EXSC	351	Orthopedic Evaluation of the Upper Extremity	4
EXSC	370	Rehabilitation Techniques for Orthopedic Injuries	3
EXSC	465	Exercise Testing & Prescription	4
PED	131	Introduction to Athletic Training	3
PED	332	Kinesiology	3
PED	421	Exercise Physiology	3
PHYS	201	General Physics I	4

**General Electives: (See recommendations below) 14 hours**

*Recommended Electives:*

EXSC	375	Strength and Conditioning Leadership
EXSC	410	Exercise for Populations with Chronic Conditions
EXSC	490	Test Strategies for CSCS Exam
PSYC	250	Lifespan Development

**Total minimum hours for degree 120 hours**

**GATEWAY ASSESSMENT – HLTH 293**

**CAPSTONE ASSESSMENT – EXSC 493**

**BS: HEALTH SCIENCES  
CONCENTRATION IN PRE-ATHLETIC TRAINING  
PLAN OF STUDY**

\*Students with ACT Math score of 20 or lower or SAT Math score of 520 or lower must take MATH 108 in the fall semester.

**FIRST YEAR\***

CART 101.....	3	ART 200 (OR) MUSC 200 .....	2
ENGL 101 .....	3	BIOL 120.....	4
GSU 100.....	0	ENGL 102.....	3
HIST 201, 202, 207, 208 (OR) POSC 203 .....	3	HLTH 107.....	3
HLTH 101.....	3	MATH 115.....	3
HLTH 105.....	3	<b>Total Hours – Spring Semester.....</b>	<b>15</b>
<b>Total Hours – Fall Semester.....</b>	<b>15</b>		

**SECOND YEAR**

CHEM 101 .....	4	HIST 201, 202, 207, 208 (OR) POSC 203 .....	3
ENGL 203, 204, 205 (OR) 206 .....	3	HLTH 231.....	4
HLTH 230.....	4	MATH 256.....	3
HLTH 293.....	3	PED 131 .....	3
PED 201 .....	1	PSYC 201 .....	3
<b>Total Hours – Fall Semester.....</b>	<b>15</b>	<b>Total Hours – Spring Semester.....</b>	<b>16</b>

**THIRD YEAR**

EXSC 350.....	4	EXSC 351 .....	4
PED 421 .....	3	EXSC 465.....	4
PHYS 201 .....	4	PED 332 .....	3
SCNC 390.....	1	SOCL 342.....	3
SOCL 341 .....	2	GENERAL ELECTIVES .....	2
<b>Total Hours – Fall Semester.....</b>	<b>14</b>	<b>Total Hours – Spring Semester.....</b>	<b>16</b>

**FOURTH YEAR**

EXSC 455 .....	3	EXSC 370.....	3
HLTH 435.....	3	EXSC 493**.....	6
PED 333 .....	2	GENERAL ELECTIVES .....	4
GENERAL ELECTIVES .....	8	<b>Total Hours – Spring Semester.....</b>	<b>13</b>
<b>Total Hours – Fall Semester.....</b>	<b>14</b>		

\*\*Students who have completed 90 or more credit hours may elect to take EXSC 493 during the summer after their third or fourth year. EXSC 493 may be split into two 3-credit courses taken during different semesters.