

# 3 + 2 year Entry-Level Master of Athletic Training BS in Strength and Conditioning and Master of Athletic Training (MAT) University of Findlay

**NOTE: The Strength & Conditioning Program is recognized by the National Strength and Conditioning Association (NSCA) General Education (GE) Requirements can be found in the Undergraduate Catalog (pp. 47-50).**

\* = Req. course for Admission into Profess. Phase of the MAT.

## Pre-Professional Phase (3 years in length)

### First Year (31 Credits)

ACAD 088	Oiler Experience	1			
CHEM 130	General Chemistry I	3 *			
CHEM 130L	General Chemistry I Lab	1 *			
CSCI 150	Intro to Computers	3	COMM ____	Communication Competency	3
ENGL 106	College Writing II	3	HEPR 150	Intro to Health Professions	1
SCON 101	Strength Training and Exercise	1	HEPR 220	Medical Terminology	3
HPE 100	Wellness: Strategies for Life	2 *	_____	General Ed. requirements	9
		<b>15</b>			<b>16</b>

### Second Year (31 Credits)

BIOL 322	Anatomy & Physiology I	3 *	BIOL 223	Anatomy & Physiology II	3 *
BIOL 322L	Anatomy & Physiology I Lab	1 *	BIOL 223L	Anatomy & Physiology II Lab	1
MATH 123	Statistics	3 *	HPE 308	Physiology of Exercise	3 *
PSYC 100	General Psychology	3 *	SCON 221	Personal Training II	3
SCON 220	Personal Training I	2	PHED 320	Evaluation Procedures in PE	3
_____	General Ed. requirements	3	SCON 228	Practicum: Ath. Facility Mgt.	1
		<b>15</b>	_____	General Education Requirements	3
					<b>16</b>

### Third Year (33 Credits)

HEPR 205	Human Nutrition	3 *			
PHED 336	Kinesiology & Biomechanics	3 *			
SCON 360	Phys of Ex Prescr – Athletic pop	2	SCON 227	Practicum: Personal Training	1
SCON 370	Strength & Conditioning I	3	SCON 365	Post-Card. Rehab	1
_____	General Ed. requirements	3	SCON 371	Strength & Conditioning II	3
_____	Electives	3	SCON 421	Practicum: Strength & Cond.	2
		<b>17</b>	_____	General Ed. requirements	6
				Electives	3
					<b>16</b>

Students apply for admission into Professional Phase (Dec 1).  
See MAT Web site for admissions requirements.

## Professional Phase (2 years in length)

### Fourth Year (35 Credits)

#### Summer II (Early July)

ATTR 510	Athletic Injury Care	3
ATTR 540	Evaluation Fundamentals	2
ATTR 515	Clinical Experiences Immersion	1

#### Fall Semester

ATTR 519	Physical Agents	4
ATTR 561	Injury Assess: Upper Extr.	3
ATTR 521	Clinical Education I	3
PHTH 564	Anatomy I	3

#### Spring Semester

ATTR 522	Clinical Education II	4
ATTR 562	Injury Assessment: Lower Extr.	3
PHTH 557	Functional Ana/Biomechanics	4
PHTH 564	Anatomy II	3

At the end of the 4<sup>th</sup> year, students earn a **Bachelor of Science in Strength & Conditioning**. Students must complete the 2<sup>nd</sup> year of the Professional Phase (year 5) in order to complete the Athletic Training Program.

**Course Substitutions** ATTR 510 Athl Inj Care= HPE 205 FA for Athl, PHTH 557 Biomech/ Fxn Anat= SCON 341 Struct Kines  
PHTH 547 App Physiol= SCON 361 Phys of Ex Prescr- Spec Pops

### Fifth Year (30 Credits)

#### Summer II (Early July)

ATTR 530	Research Methods and Statistics	3
PHTH 547	Applied Physiology	3
ATTR 515	Clinical Experiences Immersion (repeated for credit)	1

#### Fall Semester

ATTR 520	General Medical Conditions and Interventions	5
ATTR 541	Therapeutic Exercise	3
ATTR 575	Research I	1
ATTR 552	Seminar in Sports Medicine	1
ATTR 523	Clinical Education III	3

#### Spring Semester

ATTR 524	Clinical Education IV	4
ATTR 545	Administration in Sports Medicine	3
ATTR 550	Sports Nutrition (online)	3
ATTR 564	Professional Development	2
ATTR 576	Research Project II	1

**For more AT Program Information contact:** Dr. Sue Stevens, ATC, Program Director, [stevenss@findlay.edu](mailto:stevenss@findlay.edu), 419-434-5442