

NAU Accelerated Program: Bachelor of Science in Fitness/Wellness to Master of Science in Athletic Training

This accelerated program spans 5 years, as follows.

Highlight denotes MS-AT program pre-requisite courses.

Year 1 - Fall - to begin Fitness/Wellness Bachelor Program (15 credits)

BIO 181	Unity Of Life I: Cell Life	3
ENG 105	Critical Read/Writing In Univ	4
NTS 135	Human Nutrition	3
PSY 101	Intro to Psychology (general elective?)	3
FIT 100	Teaching Group Fit	1
FIT 100	Teaching Mind/Body	1

Year 1 – Spring (17 credits)

BIO 192	Intro To Exercise Science	3
HS 200	Healthy Lifestyles	3
MAT 125	Pre-calculus Mathematics	4
BIO 201	Human Anatomy/Physiology I	3
BIO 201L	Bio 201 Lab	1
Liberal Studies	Diversity Elective	3

Year 1 – Summer (7 credits)

Lib Stud	Diversity Elective	3
PHY 111	General Physics I (gen elec)	4

Year 2 – Fall (15 credits)

BIO 202	Human Anatomy/Physiology II	3
BIO 202L	Bio 202 Lab	1
CHM 151	General Chemistry I (sci/lab LS)	4
CHM 151L	General Chemistry I Lab	1
FW 343	Facilitating Active Living	3
PE 325(=BIO334)	Applied Mvmt Anal/Motor Lrng	3

Year 2 – Spring (16 credits)

AT 200	Intro to Athl Trng (gen elec)	3
BIO 338	Physiology of Exercise	3
BIO 338L	Exercise Physiology Lab	1
FW 321	Stress Management	3
FW 330	Health Risk Appraisal/Fitn Assmt	3
FW 380	Strength and Conditioning Program Design	3

Apply to Accelerated Program, through the Graduate College during the spring semester of sophomore year w 55 credits completed and 16 more in progress during Year 2 – Spring semester (above). Students may also apply during Fall semester of Junior year as long as they have completed 76 credits by start of Fall semester. After application review, students will be admitted into the Accelerated Program pending meeting all of the requirements. Students will be notified in of acceptance (or not) into the Accelerated Program during the Fall semester of year 3.

Year 2 – Summer (6 credits)

Lib Stud	Liberal Studies Course	3
Lib Stud	Liberal Studies Course	3

Year 3 – Fall (18 credits)

HS 390W	Current Health Issues	3
FW 405	Worksite health Promotion	3
FW 406	Health Coaching Skills	3
FW 420C	Exercise Prog Design (Capstone Course)	3
Lib Stud	Liberal Studies Course	3
NTS 425	Nutrition for Sport & Wellness	3

Year 3 – Spring (18 credits)

FW 430	Prof Practice/Resp	3
HS 408	Internship (408 – fldwk in AT)	9
STA 270	Applied Statistics	3
Gen Elect	General Elective Course	3

(total of 112 credits at the end of this spring semester)

Year 3 - Summer (5 credits): (August) (Summer 1 of MS-AT program)

AT 500 - Taping, Bracing, Padding in Athletic Training	3
AT 610- Nutrition for Athletic Performance (online)	2

Year 4 - Fall (16 credits): (9 last credits toward BS degree)

AT 501 - Clinical Education I	3
AT 520 - Anatomy for Athletic Trainers – also Major Elective for BS degree	3
AT 530 - Modalities - also Major Elective for BS degree	3
AT 540 - Lower Extremity Evaluation	3
AT 554 – Evidence-Based Practice I (online)	2

Year 4 - Spring (15 credits):

AT 502 - Clinical Education II	3
AT 525 - Rehabilitation I	3
AT 535 – Pathophysiology in AT- also Major Elective for BS degree	2
AT 510 – Ethics in AT Practice	1
AT 545 - Upper Extremity Evaluation	3
AT 555 - Research II – Research Design	3

At the end of this Year 4 – Spring Semester, students in the Accelerated Program will have completed 120 credits and be eligible to receive their Bachelor’s Degree in Health Sciences – Fitness/Wellness!

Year 5 - Fall (14 credits):

AT 504 - Clinical Education IV	3
AT 536 – Pharmacology in AT	1
AT 526 - Rehabilitation II (online)	3
AT 610 - Nutrition for Athletic Performance (online)	2
AT 620 - Administration in Athletic Training (online)	3
AT 630 – Health Informatics and Epidemiology (online)	2

Year 5 - Spring (12 credits):

AT 505 - Clinical Education V (online)	4
AT 625 - Professional Development (online)	3
AT 635 - Psychology of the Injured Athlete (online)	3
AT 597 – Comprehensive Exam Reading/Preparation (online)	2

Total of 58 credits and eligible to receive their Master’s Degree in Athletic Training!

Notes

- Need to apply end of the fall semester of their junior year (definitely push them to apply sooner if they meet the 76-credit requirement).
- Students can take either PE 325 or BIO 334, but if they take BIO 334 they will need an exception for PE 325 in their AAR and an override into FW 330.