

# NAU Accelerated Program:

## Bachelor of Science in Exercise Science 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 Exercise Science Bachelor Program (15 credits)

<b>BIO 181</b>	Unity Of Life I: Cell Life	3
BIO 181L	Unity Of Life I Lab	1
BIO 192	Intro To Exercise Science	3
HS 200	Healthy Lifestyles	3
MAT 125	Precalculus Mathematics	4
NAU 100	Transition to College (or other course)	1

### Year 1 – Spring (16 credits)

<b>CHM 151</b>	General Chemistry I	4
CHM 151L	General Chemistry I Lab	1
ENG 105	Critical Read/Writing	4
Div Elective	Diversity Elective	3
<b>BIO 201</b>	Human Anatomy/Physiology I	3
BIO 201L	Bio 201 Lab	1

### Year 1 – Summer (11 credits)

BIO 182	Unity/Life II: Multicellular	3
<b>BIO 202</b>	Human Anatomy/Physiology II	3
BIO 202L	Bio 202 Lab	1
Div Elective	Diversity Elective	3

### Year 2 – Fall (17 credits)

CHM 152	General Chemistry II	3
CHM 152L	General Chemistry II Lab	1
Lib Stud	Liberal Studies Course	3
Lib Stud	Liberal Studies Course	3
<b>PHY 111</b>	General Physics I	4
<b>NTS 135</b>	Human Nutrition	3

### Year 2 – Spring (16 credits)

CHM 230	Fundamental Organic Chemistry	3
Lib Stud	Liberal Studies Course	3
<b>BIO 334</b>	Functional Anatomy and Kinesiology	3
<b>BIO 338</b>	Physiology of Exercise	3
BIO 338L	Exercise Physiology Lab	1
AT 200	Major Elective (Intro to Athl Trng)	3

**Apply to Accelerated Program, through the Graduate College during the spring semester of sophomore year w 59 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 81 credits by start of Fall semester. After application review, students will be admitted into the Accelerated Program pending meeting all of the requirements above. 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)

STA 270	Applied Statistics	3
Lib Stud	Liberal Studies Course	3

Year 3 – Fall (17 credits)

CHM 360	Fundamental Biochemistry	3
Lib Stud	Liberal Studies Course	3
BIO 460	Exercise Testing and Prescription	3
BIO 460L	BIO 460 Lab	1
PSY 101	Intro to Psychology (general elective?)	3
PHY 112	General Physics II	4

Year 3 – Spring (15 credits)

ENG 302W	Technical Writing	
or		
ENG 305W	Wrtg In Disciplnry Communities	3
GE COURSE	General Elective Course	3
BIO 442	Biomechanics	3
BIO Capstone	Capstone Course ( <i>consult with BIO advisor</i> )	6

(total of 113 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
Lib Stud Liberal Studies Course - to finish BS!	

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 – Fall 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!**