

CATALOG	2008-2009
Overall GPA	2.50

Student _____
 ZID# _____
 Date _____

**BACHELOR OF SCIENCE (B.S.)
 EMPHASIS: ATHLETIC TRAINING**

CAATE: Commission on Accreditation of Athletic Training Education
 Initial Accreditation 4/22/99 Continuing accreditation 5/2005

Limited Admissions Program
 See Current Undergraduate Catalog

NIU General Education Requirements

Core Competency Requirements (12)

- *ENGL 103 and 104, or if exempt 105..... _____
 Need "C" or better
- COMS 100 _____
- *MATH 101, 155, 206, 210, 211 or 229 or MATH 110+STAT 208
 Need "C" or better..... _____

Distributive Studies Area (29)

Humanities and the Arts (9-12)

Need at least one course from the College of Liberal Arts and at least one course from the College of Visual & Performing Arts. No more than 6 hrs in any department.

- ANTH 102 _____
- +ARTH 282, 291, 292, 293, 294, 378, 385, 388B,
 395, 396 _____
- COMS 220, 230, 240, 356, 410 _____
- ENGL 110, 115, 116, 310, 315 _____
- FLCL 271, FLFR 371, FLIT 272, FLRU 261 _____
- HIST 110, 111, 112, 140, 141, 171, 260, 261, 377 _____
- +MUSC 220 _____
- PHIL 101, 105, 170, 231, 342, 361, 370..... _____
- +THEA 203 _____
- +TH-D 222 _____
- +Visual & Performing Arts

Sciences and Mathematics (7-11)

- *BIOS 104 [PRQ: CHEM 110]..... _____
- *CHEM 110 or 110 + 111 _____

Social Sciences (6-9)

Students must earn from 6 to 9 semester hours in the social sciences area with no more than 6 semester hours taken in any one department. Please refer to complete list found in NIU's Undergraduate Catalog.

- *PSYC 102 _____

Interdisciplinary Studies (3-6)

Students must earn from 3 to 6 semester hours from the following courses. Please refer to complete list found in NIU's Undergraduate Catalog.

- *PHHE 206 _____

Athletic Training Limited Admission Requirements

2.5 overall GPA

Grades of "C" or better in the following:

- CHEM 110 or MATH core (3)..... _____
- ENGL 103 or 104 or 105 (3)..... _____
- PSYC 102 (3)..... _____

Additional requirements listed in NIU's Undergraduate Catalog.

Athletic Training limited admission packet available on November 1.

Contact wvosburgh@niu.edu for application packet.

Applications are due January 15 for the following Fall semester.

Athletic Training Requirements (80-81)

Basic Skills (25)

- KNPE 217 Personal Fitness (1)..... _____
- KNPE 240 Aquatic Fitness (1) [PRQ: KNPE 217] _____
- KNPE 241 Aerobic Fitness (1) [PRQ: KNPE 217] _____
- KNPE 242 Techniques of Resistance Training (1)
 [PRQ: KNPE 217]..... _____
- KNPE 243 Resistance Programming (1)
 [PRQ: KNPE 217]..... _____
- KNPE 322 CPAT* - Upper Extremity (2)
 [CRQ: KNPE 325]..... _____
- KNPE 323 CPAT* - Lower Extremity (2)
 [CRQ: KNPE 324] _____
- KNPE 331 Clinical Experience in Athletic Training (3)
 [CRQ: KNPE 325] _____
- KNPE 332 Clinical Experience in Athletic Training (3)
 [CRQ: KNPE 324] _____
- KNPE 427 CPAT* - Therapeutic Modalities and Exercise (2)
 [CRQ: KNPE 491] _____
- KNPE 433 CPAT* - Effective Communications and Case
 Management Skills (2) _____
- KNPE 434 Clinical Experience in Athletic Training (3)
 [CRQ: KNPE 326] _____
- KNPE 435 Clinical Experience in Athletic Training (3)
 [CRQ: KNPE 433] _____

*CPAT – Clinical Proficiencies in Athletic Training

Scientific Basis (12-13)

- BIOS 311 Functional Human Anatomy (4)
 OR BIOS 357 Human Anatomy & Physiology (5)..... _____
- KNPE 314 Applied Kinesiology (4)
 [PRQ: BIOS 311 or BIOS 357] _____
- KNPE 452 Exercise Physiology (4)
 [PRQ: BIOS 311 or BIOS 357] _____

***Required General Education Classes
 for AT Program (19)**

The following courses are required for AT majors...Even if general education requirements are completed

- *BIOS 104 General Biology (4) [PRQ: one semester
 of college chemistry] _____
- *CHEM 110 Chemistry (3)
 OR CHEM 210 General Chemistry..... _____
- *PSYC 102 Introduction to Psychology (3) _____
- *PHHE 206 Contemporary Health Concepts (3) _____
- *ENGL 104 Rhetoric and Composition (3) _____
- *MATH 101 or 155 or 206 or 210 or 211 or 229 (3) _____

Professional Core (11)

KNPE	262	Standard First Aid (2)	_____
KNPE	310	Introduction to Sport and Exercise Psychology (3) [PRQ: PSYC 102]	_____
KNPE	445	Measurement and Evaluation in Exercise Science (3) [PRQ: MATH 101 or equivalent]	_____
FCNS	306	Nutrition in Relation to Health (2) [CRQ: KNPE 306]+	_____
KNPE	306	Sports Nutrition (1) [CRQ: FCNS 306]	_____

Athletic Training Concentration (26)

KNPE	202	Introduction into Athletic Training (1) [CRQ: KNPE 264]	_____
KNPE	264	Principles of Injury Prevention and Care (3) [PRQ or CRQ: BIOS 311 or BIOS 357]	_____
KNPE	265	Practicum in Athletic Training (3) [CRQ: KNPE 264]	_____
KNPE	324	Assessment of Lower Extremity Injury (3) [PRQ: BIOS 311 or 357; and PRQ: KNPE 264 and KNPE 265]	_____
KNPE	325	Assessment of Upper Extremity Injury (3) [PRQ: BIOS 311 or 357; and PRQ: KNPE 264 and KNPE 265]	_____
KNPE	326	Therapeutic Modalities (3) [PRQ: KNPE 324 or KNPE 325]	_____
KNPE	474	Medical Issues in Athletic Training (3)	_____
KNPE	453 & 493	Exercise Adult Special Pop (3)/Ex Lab (1) [PRQ: KNPE 452]	_____
OR	KNPE 490 & 492	Adapted Physical Education (3)/SPEC (1) [Summer only]	_____
KNPE	491	Therapeutic Exercise (3) [PRQ: BIOS 311 or BIOS 357]	_____

Internship (6)

KNPE	494	Internship in Physical Education (6)	_____
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CAATE accreditation may require curricular changes in the Athletic Training Emphasis. The student should do the following to remain eligible to sit for the National Athletic Trainers' Board of Certification (NATA0BOC) exam.

- Make appointment to see Mrs. Schwartz (815/753-8286), each semester for advisement.
- Questions: Contact the Program Director (815/753-1424, gas@niu.edu - place "Athletic Training" in the subject line)

Northern Illinois University
Kinesiology and Physical Education
Undergraduate Sample Program

ATHLETIC TRAINING

FRESHMAN YEAR

Fall		Spring	
*CHEM 110 Chem or MATH core	3	CHEM 110 Chem or MATH core	3
*ENGL 103 Rhetoric & Comp I	3	ENGL 104 Rhetoric & Comp II	3
*PSYC 102 Introduction to Psychology	3	COMS 100 Speech	3
LA Hum	3	Social Science	3
VPA Hum	<u>3</u>	PHHE 206 Contemporary Health Concepts	<u>3</u>
Total Semester Credit Hours	15	Total Semester Credit Hours	15

*Required for Limited Admission & to apply for

Summer

BIOS 104 General Biology	4
KNPE 262 Standard 1 st Aid or 1 st Aid/CPR Certification	<u>2</u>
Total Semester Credit Hours	6

SOPHOMORE YEAR

Fall		Spring	
KNPE 202 Introduction into Athletic Training	1	KNPE 322 CPAT: Upper Extremity	2
KNPE 264 Princ Injury Prev & Care	3	KNPE 325 Assessment Upper Extremity	3
KNPE 265 Practicum in Athletic Training	3	KNPE 331 Clinical Experience in AT	3
BIOS 311 Functional Human Anatomy (4)		KNPE 240 & 241 Aquatic & Aerobic Fitness	2
OR BIOS 357 Human Anatomy & Physiology (5) 4-5		OR KNPE 242 & 243 Resistance Trng Classes	
KNPE 217 Personal Fitness	1	FCNS 306 Nutrition in Relation to Health	2
Hum	<u>3</u>	KNPE 306 Sports Nutrition	1
Total Semester Credit Hours	15	Distributive Studies	<u>3</u>
		Total Semester Credit Hours	16

JUNIOR YEAR

Fall		Spring	
KNPE 323 CPAT: Lower Extremity	2	KNPE 326 Therapeutic Modalities	3
KNPE 324 Assessment Lower Extremity	3	KNPE 427 CPAT: Therapeutic Modalities	2
KNPE 332 Clinical Experience in AT	3	KNPE 434 Clinical Experience in AT	3
KNPE 240 & 241 Aquatic & Aerobic Fitness	2	KNPE 474 Medical Issues in AT	3
OR KNPE 242 & 243 Resistance Trng Classes		KNPE 491 Therapeutic Exercise	3
KNPE 310 Intro Exercise Psych	3	KNPE 452 Exercise Physiology	<u>4</u>
KNPE 314 Applied Kinesiology	<u>4</u>	Total Semester Credit Hours	18
Total Semester Credit Hours	17		

SENIOR YEAR

Fall		Spring	
KNPE 435 Clinical Experience in AT	3	KNPE 494 Internship in Physical Education	<u>6</u>
KNPE 433 CPAT: Case Mgmt Skill	2	Total Semester Credit Hours	6
KNPE 453 Ex Adult Special Populations	3		
KNPE 493 Exercise Gerontology Lab	1		
KNPE 445 Measurement & Evaluation	3		
Distributive Studies	<u>3</u>		
Total Semester Credit Hours	15		

NOTE: Athletic Training Classes in **bold** must be taken in sequence.