

**Bitonte College of Health and Human Services**

Program Requirements for: **Exercise Science BSAS ‘MAT Accelerated Track’**

 Date Curriculum Sheet Revised: Mar 2, 2021

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| **Student Name** |  | **Banner #** |  |
| **Cell Phone #** |  | **E-Mail Address** |  |
| **Street Address** |  | **City/State/Zip Code** |  |
| **Birth Date** |   | **Date Entered YSU** |   | **Date Declared Major** |   |
| **Department** | Health Professions 330-941-3654 (Department Office) | **Program Location** | 307 Beeghly Center |
| **Prog. Coord.** | Garrett Kellar ggkellar@ysu.edu  | **Dept. Web Address** | https://ysu.edu/academics/bitonte-college-health-and-human-services/exercise-science-major |
| **Phone #** | 330-941-3655 | **Effective Date of Program Requirements** | Fall, 2021 |
| **Requirements for Graduation: See back of form for further information** |
|  | GER model complete | N/A | Foreign Language through 2600 level(May not be required for your major-check major/college requirements.) |  | Minimum of 120 total sh for the degree |
|  | Minimum 55 sh in major |  | Residency requirement (transfer students only) |
| N/A | Minimum 0 sh in minor |  | Minimum 39 sh of upper-division credit |  | Minimum of 3.00 GPA |

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| **General Education Requirements (GER)** |
| **Subject** | **Crs. #** | **Course Title** | **SH** | **Gr** |
| ENGL | 1549or1550 | Writing 1 with Support ORWriting 1 (CRPT or ENGL 1539/1540) | 43 |  |
| ENGL | 1551 | Writing 2 (ENGL 1550 or ACT ENGL 28+) | 3 |  |
| CMST | 1545 | Communication Foundations (eligibility for ENGL 1550) | 3 |  |
| MATH**or**MATH**&**MATH | 1513**or**1510**&**1511 | Algebraic and Transcendental Functions (At least level 45 on Math Placement Test or 61-75 on ALEKS)College Algebra (Level 35 on Math Placement Test or 46-60 on ALEKS)Trigonometry (Level 35 on Math Placement Test or "C" or better in Both [MATH 1510](https://catalog.ysu.edu/search/?P=MATH%201510) and [MATH 1510C](https://catalog.ysu.edu/search/?P=MATH%201510C)) | 5**or**4**&**3 |  |
| A variety of MATH courses satisfy the MATH GE requirement. Consult the math department for equivalencies. https://cms.ysu.edu/general-education/ysu-general-education-courses |
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| **General Education Knowledge Domains****Some courses are categorized in more than one knowledge domain. Courses can only be used once within the General Education model.****Consult the GER website for approved courses: (see link below)** |
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| **Natural Sciences (NS): 2 courses (Required 8 sh)** |
| CHEM | 1515/L | General Chemistry I (chem 1501 or equiv.; math 1513 or equiv with C or better) | 4+0 |  |
| PHYSPHYS | 1501/LOr1506 | Fundamentals of Physics I (C or better in Math)Physics for Health Care |  4+1 3 |  |
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| **Arts & Humanities (AH): 2 courses (Required 6 sh)** |
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| **Social Sciences (SS): 2 courses (Required 6 sh)** |
| PSYC | 1560 | General Psychology | 3 |  |
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| **Social & Personal Awareness (SPA): 2 courses (Required 6 sh)** |
| FNUT | 1551 | Normal Nutrition | 3 |  |
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| **First Year Experience: 1 course (Required 1 sh)** |
| YSUor SSorHONR | 1500or1500or1500 | Student Success SeminarorStrong Start Success Seminaror Intro to Honors | 1or2or1 |  |
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| **All majors require a Capstone course to satisfy the GER.** **See requirements listed under the major.** |
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| **Foreign Language (0 sh)** |
| **A foreign language is not required for the Exercise Science major.** |
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| **Advisement:** |
| Freshman (0-29 sh), athletes, and students on warning and probation are **required** to meet with an advisor before registration. It is recommended that all majors meet with a faculty advisor every semester. |

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| **Remedial Coursework**Students take the following coursework based on scores from their placement exams or ACT/SAT scores. Please see your advisor to determine which courses you are required to complete.**These courses do NOT count toward graduation hours.** |
| **Subject** | **Crs. #** | **Course Title** | **SH** | **Gr** |
| RSS | 1510A | Advanced College Success Skills | 3 |  |
| RSS | 1510C | STEM Adv College Success Skills | 3 |  |
| ENGL | 1509/12 | Aca Conv for Non-native Speakers | 3 |  |
| ENGL | 1512 | Eng Conv for Non-native Speakers | 1 |  |
| ENGL | 1541 | Introduction to College Writing | 3 |  |
| MATH | 1500 | Mathematics Preparation for Algebra Placement | 2 |  |
| **Certificates/minors related to the field** Though a certificate or a minor is not a requirement, they are a great way to advance your career and gain additional training.  |

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| **BSAS in Exercise Science** | **Required Hours for the Major & Support Courses** | 55 |
| **Required Hours for the Minor** | N/A |
| **Required Upper-Division Hours for the Degree** | 39 |
| **Total Hours Required for the Degree** | 120 |

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| Major and minor courses must earn a grade of C or better and cannot be taken as CR/NC. Courses cannot count towards both the major & minor.  |
| **Subject** | **Crs. #** | **Course Title** | **SH** | **Gr** |
| **Required Courses (55 sh):** |
| KSS | 1595 | Introduction to KSS | 2 |  |
| KSS | 1559 | Aerobic Conditioning Activities  | 1 |  |
| KSS | 1560 | Resistance Training  | 2 |  |
| KSS | 15\_ \_ | Activity Elective | 1 |  |
| KSS | 2605 | Sports First Aid & Injury Prevention | 3 |  |
| KSS | 2625 | Pedagogical Aspects of Exercise Science (KSS 1559 OR 1595) | 3 |  |
| KSS | 3700 | Exercise Testing & Prescription I (KSS 1559 and 1595) | 4 |  |
| STATS | 2625 | Statistical Literacy and Critical Reasoning (Math Placement Level 15 or Math Placement Level 10 & concurrent enrollment in Stat 2625C) | 4 |  |
| KSS | 3710 | Physiology of Exercise (Major, CHEM 1515/L & BIOL 1552/L or BIOL 2601)† | 4 |  |
| KSS | 3710L | Physiology of Exercise Laboratory (concurrent with KSS 3710) | 1 |  |
| KSS | 3720 | Kinesiology & Applied Anatomy (PHYS 1501+L or PHYS 1506) | 4 |  |
| KSS | 3730 | Exercise Testing & Prescription II (KSS 3700 & KSS 3720 & KSS 3710 taken concurrently or previously†) | 4 |  |
| KSS | 3760 | Strength Training & Conditioning (KSS 1560, KSS 3720 & 3710) | 3 |  |
| KSS | 4810 | Exercise Testing & Prescription III (KSS 3705\* & 3730) | 4 |  |
| KSS | 4875 | Exercise Counseling & Behavioral Strategies (Junior standing) | 4 |  |
| † or consent of instructor |
| **Total Semester Hours of the Major** | **55** |  |
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| **Required support courses (9 sh)** |
| BIOL | 3705/LOr1551 | Intro to Human Gross Anatomy (BIOL 2601 and BIOL 2602)Anatomy & Physiology I (HS Biology, CHEM 1501 or equivalent) | 4 + 03 + 1 |  |
| BIOL | 3730/LOr1552 | Human Physiology(BIOL 2601 and BIOL 2602)Anatomy & Physiology II (BIOL 1551) | 4 + 14 + 0 |  |
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| **Additional recommended graduate prep courses. Check your specific graduate program requirements.** *ᵻNot required for MAT at YSU.* |
| BIOL  | 2601/L | General Biology: Molecules and Cells (CHEM 1515, may be taken concurrently) | 4 + 0 |  |
| *ᵻ*BIOL | 2602/L | General Biology: Organisms and Ecology (CHEM 1515 & BIOL 2601) | 4 + 0 |  |
| *ᵻ Not required if taking BIOL 1551 & 1552* |
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| **Electives: (A minor is not required for this major.) You may need additional courses.**  |
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**Important Notes:**

* View the online *Course Catalog* (<http://catalog.ysu.edu/>) for information including course descriptions and prerequisites, major and minor requirements, academic policies, etc.
* A cumulative GPA of 2.00 or above is required to graduate.
* All students must satisfy General Education requirements; some majors prescribe specific GE courses.
* A grade of “C” or better is required in all required major and minor courses. Courses taken as “CR/NC” will not count towards the major or minor. Courses taken out of sequence will not count toward graduation.
* Courses cannot count toward both the major and minor in the same program.
* Courses taken for the major and minor may be applied toward satisfying General Education requirements but credit hours toward graduation cannot be double counted.
* Course numbers of 3700 and higher are considered upper-division courses.
* You must complete coursework totaling a minimum of 120 sh to graduate (at least 60 sh must be completed at the 2600 level or higher and 39 sh must be at the 3700 level or higher).
* The following courses do NOT count as hours toward graduation: MATH 1500; ENGL 1509, 1512, and 1541; and RSS 1510A, and 1510C.
* To graduate from YSU, the residency rule requires that your last 30 sh (at least 16 sh in your major and at least 21 sh in upper-division courses) are completed at YSU.
* Eligibility to continue receiving federal financial aid is affected by your “satisfactory academic progress.” Carefully review details on the Office of Financial Aid and Scholarship website: <http://www.ysu.edu/content/office-financial-aid-and-scholarships>
* Meet with your advisor on a regular basis to ensure you are meeting requirements for graduation.

**Graduation Process**

* **Complete a Graduation Evaluation**
	+ **When:** At 80 hrs. of completed hours & at least 3 semesters from completing your degree
	+ **How:** Under PenguinPortal -> “Access My Student Information” tab -> Graduation Evaluation Request
* **Semester You Plan To Graduate**
	+ Apply for graduation during the ***first three weeks of the semester*** you plan to graduate (you must have a graduation evaluation completed in advance).



**Bitonte College of Health and Human Services**

Program Requirements for:

**Exercise Science BSAS- MAT Accelerated Track**

**Suggested 4-Year Semester Plan**

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| **Year 1 - Fall Semester** |  | **Year 1 – Spring Semester** |
| **Subj.** | **Course #** | **Course Title** | **SH** | **Gr** | **Subj.** | **Course #** | **Course Title** | **SH** | **Gr** |
| YSU | 1500 | Student Success Seminar | 1 |  | KSS | 2625 | Pedagogical Aspects of Exercise Science | 3 |  |
| MATH | 1513 | Algebraic and Transcendental Functions | 5 |  | CHEM | 1515/L | General Chemistry 1 / Lab | 4 |  |
| ENGL | 1550 | Writing 1 | 3 |  | BIOL | 2601 | General Biology: Molecules and Cells | 4 |  |
| KSS | 1595 | Introduction to KSS | 2 |  | ENGL | 1551 | Writing 2 | 3 |  |
| KSS | 1559 | Aerobic Conditioning Activities | 1 |  | KSS | 15\_ \_ | Activity Elective | 1 |  |
| KSS | 1560 | Resistance Training  | 2 |  | CMST | 1545 | Communication Foundations  | 3 |  |
| **TOTAL** | **14** |  | **TOTAL** | **18** |  |

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| **Year 2 - Fall Semester** |  | **Year 2 – Spring Semester** |
| **Subj.** | **Course #** | **Course Title** | **SH** | **Gr** | **Subj.** | **Course #** | **Course Title** | **SH** | **Gr** |
| KSS | 3700 | Exercise Testing & Prescription I | 4 |  | BIOL | 3730 | Human Physiology / Lab | 4+1 |  |
| KSS | 2605 | Sports First Aid & Injury Prevention | 3 |  | KSS | 3710/L | Physiology of Exercise | 4+1 |  |
| BIOL | 2602 | General Biology: Organisms and Ecology | 4 |  | STATS | 2625 | Statistical Literacy and Critical Reasoning | 4 |  |
| KSS | 3720 | Kinesiology & Applied Anatomy | 4 |  | PSYCH | 1560 | General Psychology | 3 |  |
| FNUT | 1551 | Normal Nutrition | 3 |  |  |  |  |  |  |
| **TOTAL** | **18** |  | **TOTAL** | **17** |  |

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| **Year 3 - Fall Semester** |  | **Year 3 – Spring Semester** |
| **Subj.** | **Course #** | **Course Title** | **SH** | **Gr** | **Subj.** | **Course #** | **Course Title** | **SH** | **Gr** |
| KSS | 3730 | Exercise Testing & Prescription II | 4 |  | KSS | 4810 | Exercise Testing & Prescription III | 4 |  |
| PHYS | 1501/L | Fundamentals I / Lab | 4+1 |  | KSS | 3760 | Strength Training & Conditioning | 3 |  |
| KSS | 4875 | Exercise Counseling & Behavioral Strategies | 4 |  | A&H | Varies | A&H Elective | 3 |  |
| BIOL | 3705 | Gross Anatomy + Lab | 4 |  | SS | Varies | SS Elective | 3 |  |
|  |  |  |  |  | SPA | Varies | SPA Elective | 3 |  |
| **TOTAL** | **17** |  | **TOTAL** | **16** |  |

**Request a Graduation Evaluation after you have completed 80sh from Penguin Portal -> “Access my Student Information” -> “Graduation Evaluation Request”**

**Must apply for accelerated MAT program and meet minimum requirements to be accepted**

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| **Year 4 – Summer Semester** |  | **Year 4 – Fall Semester** |
| **Subj.** | **Course #** | **Course Title** | **SH** | **Gr** | **Subj.** | **Course #** | **Course Title** | **SH** | **Gr** |
| MAT | 6900 | Basic Athletic Training Laboratory | 1 |  | MAT | 6915 | Evaluation & Management of Lower Extremity Injuries | 4 |  |
| MAT | 6901 | Emergency & Acute Care in Sports Medicine | 3 |  | MAT | 6920 | Therapeutic Modalities | 4 |  |
| MAT | 6908 | Functional Human Gross Anatomy | 4 |  | MAT | 6930 | Clinical Practicum 2 | 2 |  |
| MAT  | 6910 | Clinical Practicum 1 | 1 |  | MAT | 6950 | Evidence-Based Practice/Research | 3 |  |
| **TOTAL** | **9** |  | **TOTAL** | **13** |  |

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| **Year 4 - Spring Semester** |  | **Year 5 Summer Semester** |
| **Subj.** | **Course #** | **Course Title** | **SH** | **Gr** | **Subj.** | **Course #** | **Course Title** | **SH** | **Gr** |
| MAT | 6925 | Evaluation & Management of Upper Extremity Injuries | 4 |  | MAT | 6905 | Psychological Aspects of Athletic Injuries (online) | 2 |  |
| MAT | 6940 | Therapeutic Exercise | 4 |  | MAT | 6955 | Performance & Health n Sports Medicine (online) | 2 |  |
| MAT | 6945 | General Medical Conditions | 3 |  | MAT | 6950 | Clinical Practicum 4 | 1 |  |
| MAT | 6960 | Clinical Practicum 3 | 2 |  |  |  |  |  |  |
| **TOTAL** | **13** |  |  |  | **TOTAL** | **5** |  |

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| **Year 5 - Fall Semester** |  | **Year 5 Spring Semester** |
| **Subj.** | **Course #** | **Course Title** | **SH** | **Gr** | **Subj.** | **Course #** | **Course Title** | **SH** | **Gr** |
| MAT | 6935 | Athletic Training Organization & Administration | 3 |  | MAT | 6975 | Advanced Seminar | 3 |  |
| MAT | 6970 | Pharmacology | 3 |  | MAT | 6990 | Capstone Project 2 | 2 |  |
| MAT | 6972 | Radiology for Athletic Trainers | 1 |  | MAT | 6995 | Clinical Practicum 6 | 2 |  |
| MAT | 6985 | Capstone Project 1 | 2 |  | MAT | 6998 | Acute Medical Emergency Procedures  | 2 |  |
| MAT  | 6988 | Clinical Practicum 5 | 2 |  |  |  |  |  |
| **TOTAL** | **11** |  |  |  | **TOTAL** | **9** |  |

 (P) = Prerequisite Date: Fall, 2020

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**Bitonte College of Health and Human Services**

**Schedule of Offerings for Required Courses in**

**Exercise Science BSAS**

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| Date Prepared:  | **Semester** |
| **Subject** | **Course #** | **Course Title** | **SH** | **Fall** | **Spr** | **Su1** | **Su2** |
| KSS | 1559 | Aerobic Conditioning Activities | 1 | X | X | X |  |
| KSS | 1560 | Resistance Training  | 2 | X | X |  |  |
| KSS | 1595 | Introduction to KSS | 2 | X | X | X |  |
| KSS | 2605 | Sports First Aid & Injury Prevention | 3 | X | X |  |  |
| KSS | 2625 | Pedagogical Aspects of Exercise Science | 3 | X | X | X |  |
| KSS | 3700 | Exercise Testing & Prescription I | 4 | X | X | X |  |
| KSS | 3710 / L | Physiology of Exercise / Lab | 4+1 | X | X |  |  |
| KSS | 3720 | Kinesiology & Applied Anatomy | 4 | X | X |  |  |
| KSS | 3730 | Exercise Testing & Prescription II | 4 | X | X | X |  |
| KSS | 3760 | Strength Training & Conditioning | 3 | X | X |  |  |
|  KSS | 4805 | Administration of Exercise Programs | 3 | X | X |  |  |
| KSS | 4810 | Exercise Testing & Prescription III | 4 | X | X | X | X |
| KSS | 4875 | Exercise Counseling & Behavioral Strategies | 4 | X | X | X |  |
|  KSS | 4880 | Internship | 8 | X | X | X | X |
|  |  |  |  |  |  |  |  |
| **Suggested Electives** |
| HAHS | 5875 | Interprofessional Education for Health Professions | 3 | X | X |  |  |
| PHLT | 1568 | Healthy Lifestyles | 3 | X | X |  |  |
| PHLT | 3757 | Health and Disease (Prereq. PHLT 1568) | 4 | X | X |  |  |
| MATC | 1501 | Medical Terminology | 3 | X | X |  |  |
| GERO | 1501 | Introduction to Gerontology | 3 | X | X |  |  |
| GERO | 3703 | Aging and Society (Prereq. GERO 1501) | 3 | X | X |  |  |
| BIOL | 3721 | Genetics (Prereq. BIOL 2601) | 3 |  |  |  |  |
| FNUT | 3720 | Nutrition, Health, Aging | 3 |  |  |  |  |
| PSYC | 2618 | Abnormal Psychology | 3 |  |  |  |  |
| PSCH | 3758 | Lifespan Development | 3 |  |  |  |  |

The ‘*YSU Course Catalog*’ can be found at: <http://catalog.ysu.edu/>

General Education courses can be found at: <http://web.ysu.edu/gen/ysu/General_Education_Courses_m2208.html>