

Athletic Training: 3+2 Master of Science in Athletic Training Program

Bachelor of Science in Exercise Science (BS.EXSC(ATTR)) & Master of Science in Athletic Training (MS.AT)

Core Requirements				Credits	Notes/Instructions
College Sem.	Quest for Meaning	CSEM 100		3	†A student may be required to take ENGL 105 and/or MATH 100 based on placement exams administered prior to their first semester at King's College. ENGL 105 and MATH 100 are 3-credit courses and will count as free electives. †† The Intercultural Competence requirement can be satisfied by taking a 100-level language class for 3 credits or participating in an approved Study Abroad experience. (See college catalog for more information) SBM = Satisfied By Major requirement listed below.
Communication & Creative Expression	Writing	ENGL 110 [†]		3	
	Oral Communication	COMM 101		3	
	Literature	ENGL 140-149		3	
	The Arts	ARTS 100-149		3	
Citizenship	History	HIST 100-149		3	
	Intercultural	FREN/GERM/SPAN 100-level or Study Abroad ^{††}		3	
	Global Connections	ECON 150-199; GEOG 150-199; HIST 150-199; PS 150-199; SOC 150-199		3	
Quantitative & Scientific Reasoning	SBM Quantitative Reasoning	MATH 120 [†] or higher level (MATH 126)		0	
	SBM Scientific Endeavor	NSCI 100		0	
	SBM Science in Context	NSCI 171-199		0	
	SBM Human Beh. & Soc. Inst	ECON 111, 112; GEOG 101, 102; PS 101, PSYC 101 , SOC 101		0	
Wisdom, Faith, & the Good Life	Introduction to Phil.	PHIL 101		3	
	Phil. Investigations	PHIL 170-199		3	
	Theology & Wisdom	THEO 150-159		3	
	Theology & the Good Life	THEO 160-169		3	
Total Core Credits				36	

Major Requirements	Credits	Other Requirements	Credits	Professional Phase Requirements	Credits
AT 100	1	HCE 101 Holy Cross Exp.	1	AT 400	3
AT 120	3			AT 405	2
EXSC 101	3			AT 410	2
EXSC 150	3			AT 415	2
EXSC 219	3			AT 420	3
EXSC 219L	1			AT 425	3
EXSC 220 ^{PR}	3			AT 430	4
EXSC 220L ^{PR}	1			AT 435	4
EXSC 245	3			AT 450	4
EXSC 280	3			AT 455	4
EXSC 290 ^{PR}	3			AT 470	3
EXSC 309 ^{PR}	3			AT 475	3
EXSC 310 ^{PR}	3			AT 520	4
EXSC 310L ^{PR}	1			AT 525	4
EXSC 320 ^{PR}	3			AT 530	3
EXSC 325	3			AT 540	3
EXSC 330 ^{PR}	3			AT 550	3
CHEM 107 ²	3			AT 570	3
CHEM 107L	1			AT 580	3
PHYS 108 ²	3				
PHYS 108L	1				
PSYC 101 ³	3				
MATH 126 ⁴	3				
Total Major Credits		Total Other Credits		Total Professional Phase Credits	
57		1		60	

Total Credits Required for the 3+2 Master of Science in Athletic Training Program = 154

NOTE: All core and major requirements must be completed by the end of the Spring Semester of Year 3.

Professional Phase Year 1: Upon successful completion of the first 3 years (Pre-Professional Phase) and Year 1 of the Professional Phase, the degree of Bachelor of Science in Exercise Science is awarded. Students are now considered graduate-level students.

Professional Phase Year 2: Upon successful completion of Year 2 of the Professional Phase, students are awarded a Master of Science in Athletic Training.

General Information:

A student must earn a minimum of 120 credit hours to be awarded the baccalaureate degree. The number of credit hours required for graduation may be higher in certain major programs or if the student elects to pursue a second major. Beyond the requirements of the Core Curriculum and of a student's chosen major program, the balances of the credit hours required for graduation are "free electives."

See reverse side for a suggested sequence

Effective 07/01/2025

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Suggested Sequence

A suggested course sequence of degree requirements is listed below. Refer to the college catalog for course titles, descriptions, and prerequisites. Always consult your Academic Advisor when planning and scheduling your classes.

PRE-PROFESSIONAL PHASE (YEARS 1-3)			
Fall – 1 st Year	Credits	Spring – 1 st Year	Credits
AT 100 Intro. to the Athletic Training Profession	1	AT 120 Principles of Biology for Health Sciences	3
EXSC 101 Introduction to Exercise Science	3	EXSC 150 Prev., Treat., & Emergency Care of Inj.	3
PHYS 108 ² Applied Biophysics	3	CHEM 107 ² General, Organic, & Biochemistry	3
PHYS 108L Applied Biophysics Lab	1	CHEM 107L General, Organic, & Biochemistry Lab	1
Core Course ¹	3	Core Course ¹	3
Core Course ¹	3	Core Course ¹	3
HCE 101 Holy Cross Experience	1		
	15		16
Fall – 2 nd Year	Credits	Spring – 2 nd Year	Credits
EXSC 219 Human Anatomy & Physiology I	3	EXSC 220 ^{PR} Human Anatomy & Physiology II	3
EXSC 219L Human Anatomy & Physiology I Lab	1	EXSC 220L ^{PR} Human Anatomy & Physiology for II Lab	1
EXSC 245 Principles of Health	3	EXSC 290 Exercise Physiology ^{PR}	3
EXSC 280 Clinical Kinesiology & Anatomy	3	Core Course ¹	3
PSYC 101 ³ Intro to Psychology	3	Core Course ¹	3
Core Course ¹	3	Core Course ¹	3
	16		16
Fall – 3 rd Year	Credits	Spring – 3 rd Year	Credits
EXSC 309 ^{PR} Electrocardiology	3	EXSC 310 ^{PR} Assess. & Measurement in Exercise	3
EXSC 330 ^{PR} Alternative Methods of Exercise	3	EXSC 310L ^{PR} Assess. & Measurement in Exercise Lab	1
Core Course ¹	3	EXSC 320 ^{PR} Exercise and Special Populations	3
Core Course ¹	3	EXSC 325 Nutrition & the Athlete	3
Core Course ¹	3	MATH 126 ⁴ Introduction to Statistics	3
	15	Core Course ¹	3
	15		16
PROFESSIONAL PHASE (YEARS 4-5)			
Summer – 4 th Year	Credits		
AT 400 Foundations of Athletic Training	3		
AT 405 Pharmacology & General Medicine	2		
AT 410 Evidence-Based Medicine 1	2		
AT 415 Athletic Training Procedures	2		
	9		
Fall – 4 th Year	Credits	Spring – 4 th Year	Credits
AT 420 Athletic Training Practicum 1	3	AT 425 Athletic Training Practicum 2	3
AT 430 Prevention, Evaluation, & Diagnosis 1	4	AT 435 Prevention, Evaluation, & Diagnosis 2	4
AT 450 Therapeutic Interventions 1	4	AT 455 Therapeutic Interventions 2	4
AT 470 Advanced Human Anatomy	3	AT 475 Head, Neck, & Spine	3
	14		14
Fall – 5 th Year	Credits	Spring – 5 th Year	Credits
AT 520 Athletic Training Practicum 3	4	AT 525 Athletic Training Practicum 4	4
AT 530 Advanced Therapeutic Interventions	3	AT 570 Management & Leadership Strategies	3
AT 540 Psychosocial & Professional Issues	3	AT 580 Nutrition & Wellness	3
AT 550 Evidence-Based Medicine 2	3		
	13		10
Total Credits Required for the 3+2 Master of Science in Athletic Training Program = 154			

NOTES:

¹Choose one course from each of the Core Requirements listed on the reverse side.

²Course may satisfy both a Major and a Core requirement. CHEM 107 and PHYS 108 satisfy the Scientific Endeavor and Science in Context Core requirements.

³A student must take PSYC 101 Intro to Psychology to graduate from the Athletic Training Program. PSYC 101 will satisfy the Human Behavior & Social Institution Core requirement.

⁴A student must take MATH 126 Intro to Statistics to graduate from the Athletic Training Program. MATH 126 will satisfy the Quantitative Reasoning Core requirement.

^{PR} Course has a prerequisite – check college catalog.