

# Winona State University - Movement Science Major - Athletic Training → MSAT

Effective Fall 2023

GENERAL EDUCATION				NAME				E-MAIL									
Lower-Division Requirements (55 SH)				Date	SH	GR					Date	SH	GR				
<b>Goal 1: Communication (7 SH)</b>				<b>Core Requirements (41 SH)</b>				<b>Movement Science Option (22 SH)</b>									
A. College Reading & Writing (4 SH)				<b>HERS (30 SH)</b>				*PSY 210 Introduction to Psychological Science									
ENG 111 College Reading & Writing					4		205 Nutrition for Lifetime Wellness					3					
B. Oral Communication (3 SH)				280 Foundations of Exercise Science				*PSY 250 Developmental Psychology									
CMST 191 Introduction to Public Speaking OR					3		291 Prevention & Care of Athletic Injuries					3					
CMST 192 Intro to Speech Communication					3		314 Anatomical Kinesiology					3					
<i>or satisfactory completion of a special exam offered once a semester by prior arrangement</i>				340 Physiology of Exercise <i>✎W</i>				*SOC 150 Introduction to Sociology									
<b>Goal 2: Critical Thinking (3 SH)</b>				370 Mechanical Kinesiology				BIOL 241 Basics of Life									
<i>Met with completion of other goals.</i>					3		380 Lab Methods in Exercise Science					2					
<b>Goal 3: Natural Sciences (7 SH)</b>				445 Medical Aspects of Exercise <i>✎W</i>				<b>Pre-Athletic Training Focus (17 SH)</b>									
*BIOL 211 Anatomy & Physiology I					4		460/560 Nutrition for the Physically Active				HERS 191 Introduction to Athletic Training						
*BIOL 212 Anatomy & Physiology II					4		468/568 Pathophysiology for Health Professions				HERS 204 Personal and Community Health						
<b>Goal 4: Mathematics/Logical Reason (3-4 SH)</b>				<b>BIOL (8 SH)</b>				HERS 328 Behavioral Interventions <i>✎O</i>									
*STAT 110 Fundamentals of Statistics					3		*211 Anatomy and Physiology I					4					
<b>Goal 5: History/ Social/ Behavioral Sciences (9 Credits)</b>				*212 Anatomy and Physiology II				*STAT 110 Fund. of Statistics					3				
*SOC 150 Introduction to Sociology					3		<b>STAT (3 SH)</b>				<b>Master of Science Courses (9 SH)</b>						
*PSY 210 Intro to Psychological Science					3		*110 Fund. of Statistics				<b>(only officially admitted graduate students into MSAT)</b>						
*PSY 250 Developmental Psychology					3		<b>✎W Writing INTENSIVES (6 SH)</b>				HERS 570 Principles of Athletic Training						
<b>Goal 6: The Humanities and Fine Arts (9 Credits)</b>				<b>✎O Oral INTENSIVES (3 SH)</b>				HERS 571 Clinical Examination and Diagnosis I									
*PHIL 330 Biomedical Ethics					3		<b>✎CA Mathematical/Critical Analysis INTENSIVES (3 SH)</b>				HERS 572 Clinical Examination and Diagnosis II						
					3												
					3												
<b>Goal 7: Human Diversity (3 Credits)</b>																	
*SOC 150 Introduction to Sociology					3												
<b>Goal 8: Global Perspective (3 Credits)</b>																	
					3												
<b>Goal 9: Ethical and Civic Responsibility (3 Credits)</b>																	
*PHIL 330 Biomedical Ethics					3												
<b>Goal 10: People and the Environment (3 Credit)</b>																	
					3												
<b>Additional WSU Graduation Requirements</b>																	
<b>Physical Development &amp; Wellness (2 SH)</b>																	
HERS 205 Nutrition for Lifetime Wellness					3		* Double counts in General Education										
HERS 204 Personal and Community Health					3												

TOTAL Semester Hours: \_\_\_\_\_

## Winona State University - ERMS / AT 5-year plan → Masters of Science in Athletic Training

### 3+2 MSAT Requirements (Fall 2020)

### Fall Semester

### Spring Semester

	Fall Semester	Spring Semester
<b>1st Year</b> <ul style="list-style-type: none"> <li>• BIOL 211 &amp; 212 MUST be taken – a grade of ‘B’ or better is preferred.</li> </ul>	BIOL 171 -- Medical Terminology (1) BIOL 211 -- Anatomy and Physiology I (4) ENG 111 -- English (4) HERS 205 -- Nutrition for a Lifetime (3) OR 100 -- Orientation (1) STAT 110 -- Intro to Statistics (3)	BIOL 212 -- Anatomy and Physiology II (4) CMST 192 -- Introduction to Speech Communication (3) HERS 280 -- Foundations of Exercise Science (3) PSY 210 -- Introduction to Psychological Sciences (3) ELECTIVE -- General Education Course (3)
<b>Summer</b>	HERS 204 -- Personal & Community Health (3 - Online) CPR/AED/FA Cert. - American Red Cross or American Heart Association	
<b>2nd Year</b> <ul style="list-style-type: none"> <li>• Formal application to program by November 1st!</li> </ul>	CHEM 212 -- Principles of Chemistry I (4) HERS 191 -- Introduction to Athletic Training (2) HERS 291 -- Prevention and Care of Athletic Injuries (2) SOC 150 -- Introduction to Sociology (3) PSY 250 -- Development Psychology (3) OR General Education (3) ELECTIVE -- General Education Course (3)	BIOL 241 -- Basics of Life (4) HERS 314 -- Anatomical Kinesiology (3) PSY 250 -- Developmental Psychology (3) OR General Education (3) ELECTIVE -- General Education (3) ELECTIVE -- Elective (4) OR PSY 420 Abnormal Psychology (3)
<b>Summer</b>	HERS 403 -- Epidemiology (3 - Online) NURS -- Pharmacology for Non-Nursing Majors (1- Online)	
<b>3rd Year</b> <ul style="list-style-type: none"> <li>• Formal Application MSAT - Fall Semester</li> </ul>	HERS 328 -- Behavioral Interventions (3) HERS 340 -- Exercise Physiology (4) PHIL 330 -- Biomedical Ethics (3) (Suggested Elective) PHYS 201 -- General Physics I (4) ELECTIVE -- Elective (3)	HERS 370 -- Mechanical Kinesiology (4) HERS 380 -- Lab Methods in Ex. Science (2) HERS 389 -- Strength and Conditioning (3) HERS 445 -- Medical Aspects of Exercise (3)
<b>Summer (Required)</b>	HERS 570 <sup>+</sup> -- Principles of Athletic Training (3) HERS 571 <sup>+</sup> -- Clinical Examination and Diagnosis I (3)	
<b>4th Year</b> <sup>+</sup> Courses count towards both undergraduate and graduate degrees	HERS 572 <sup>+</sup> -- Physical Rehabilitation (3) HERS 573 -- Therapeutic Modalities (3) HERS 590 -- Athletic Training Clinical Experience I (2) HERS 674 -- Foundational Concepts in Rehabilitation (1) HERS 685 -- Evidence Based Practice & Research Design (3)	HERS 560 <sup>+</sup> -- Nutrition for the Physically Active (3) HERS 568 <sup>+</sup> -- Pathophysiology (3) HERS 591 -- Athletic Training Clinical Experience II (2) HERS 681 -- Physical Rehabilitation (3) HERS 683 -- Interprofessional Health Care (1)
<b>Summer (Required)</b>	HERS 670 -- Therapeutic Interventions (2) HERS 672 -- Pharmacology for Athletic Training (1) HERS 675 -- Applied Return to Play Principles (1) HERS 690 -- Athletic Training Clinical Experience III (1)	
<b>5th Year</b> <ul style="list-style-type: none"> <li>• Clinical Immersion Experiences</li> <li>• Register for BOC Exam</li> <li>• Apply for Employment</li> </ul>	HERS 673 -- Psychosocial Issues in Sports Medicine (2) HERS 680 -- Administration and Professionalism in AT (2) HERS 682 -- Advanced Rehabilitation and Treatment (1) HERS 691 -- Athletic Training Clinical Experience IV (3)	HERS 684 -- Applied Decision Making in Interprofessional Practice (1) HERS 686 -- Athletic Training Research (2) HERS 692 -- Athletic Training Clinical Experiences V (3) HERS 693 -- Topics in Athletic Training (1)