

Winona State University - ERS: Pre-Athletic Training → ERAT

Fall 2026

GENERAL EDUCATION				ERS Core Requirements (41 SH)				ERAT Emphasis (43 SH)			
Goal 1: Communication (7SH)	Date	SH	GR	HERS (30 SH)	Date	SH	GR	HERS (14 cr)	Date	SH	GR
A. College Reading & Writing (4 SH)				*HERS 205 Nutrition for Lifetime Wellness		3		HERS 191 Introduction to Athletic Training		2	
ENG 111 College Reading & Writing		4		HERS 280 Foundations of Exercise Science		3		HERS 204 Personal and Community Health		3	
B. Oral Communication - Choose ONE (3 SH)				HERS 291 Prevention & Care of Athletic Injuries		2		HERS 389 Strength & Conditioning		3	
CMST 191 Introduction to Public Speaking		3		HERS 314 Anatomical Kinesiology		3		HERS 403 Epidemiology <i>R/CA</i>		3	
CMST 192 Intro to Speech Communication		3		HERS 328 Behavioral Interventions <i>R/O</i>		3		468/568 Clin Path & Disease Management <i>R/CA</i>		3	
				HERS 340 Physiology of Exercise <i>R/W</i>		4					
				HERS 370 Mechanical Kinesiology <i>R/CA</i>		4		BIOL (1 SH)			
Goal 2: Critical Thinking (3 SH)				HERS 380 Lab Methods in Exercise Science		2		BIOL 171 Medical Terminology A		1	
<i>Met with completion of other goals.</i>		3		HERS 445 Medical Aspects of Exercise <i>R/W</i>		3					
				HERS 460/560 Nutrition for the Physically Active		3		NURS (1 SH)			
Goal 3: Natural Sciences (7 SH)				BIOL (8 SH)				NURS 361 Pharmacology for Non-nursing Majors		1	
*BIOL 211 Anatomy & Physiology I		4		*BIOL 211 Anatomy and Physiology I		4					
*BIOL 212 Anatomy & Physiology II		4		*BIOL 212 Anatomy and Physiology II		4		PSY (3 SH)			
				STAT (3 SH)				*PSY 210 Introduction to Psychological Science		3	
Goal 4: Mathematics/Logical Reason (3-4 SH)				*STAT 110 Fundamentals of Statistics		3					
*STAT 110 Fundamentals of Statistics		3						SOC (3 SH)			
				* Double counts in General Education				*SOC 150 Introduction to Sociology		3	
Goal 5: History/ Social/ Behavioral Sciences (9 SH)				<i>R/W</i> Writing INTENSIVES (6 SH)							
*SOC 150 Introduction to Sociology		3		<i>R/O</i> Oral INTENSIVES (3 SH)							
*PSY 210 Intro to Psychological Science		3		<i>R/CA</i> Mathematical/Critical Analysis INTENSIVES (3 SH)							
		3									
Goal 6: The Humanities and Fine Arts (9 SH)								Only students who are officially admitted into MSAT			
		3						These courses double count for the Undergraduate & Graduate degrees (9 SH)			
		3						HERS 570 Principles of Athletic Training		3	
		3						HERS 571 Clinical Examination and Diagnosis I		3	
								HERS 572 Clinical Examination and Diagnosis II		3	
Goal 7: Human Diversity (3 SH)											
*SOC 150 Introduction to Sociology		3						Suggested Electives - Discuss with Advisor (12 SH)			
								BIOL 172 Med. Terminology B		1	
Goal 8: Global Perspective (3 SH)								BIOL 241 Basics of Life		4	
		3						CHEM 212 Principles of Chemistry I		4	
								CMST 195 Nonverbal Communication		3	
Goal 9: Ethical and Civic Responsibility (3 SH)								CMST 281 Intercultural Communication		3	
		3						CMST 425 Health Communication		3	
								HERS 252 Mental Health and Society – Youth		1	
Goal 10: People and the Environment (3 SH)								HERS 330 Lifespan Nutrition		3	
		3						HERS 352 Community Nutrition		3	
								HERS 384 Advanced Nutrition		3	
Additional WSU Graduation Requirements								HERS 402 Advanced Fitness Programming		3	
Physical Development & Wellness (2 SH)								HERS 470 Contemporary Topics in Nutrition		3	
*HERS 205 Nutrition for Lifetime Wellness		3						PHYS 201 General Physics I		4	
*HERS 204 Personal and Community Health		3						PSY 250 Developmental Psychology		3	
								PSY 327 Health Psychology		3	
								PSY 369 Cognitive Psychology		3	
								PSY 420 Abnormal Psychology		3	

Electives can be used to partially fulfill both the PSY and NUT minors. In order to obtain PSY or NUT minor, student must take one course within that minor that DOES NOT count in your major. Ensure that you review the PSY minor requirements. Ensure that you review the NUT minor requirements.

All Minors require that 1 course for a minor is NOT used within the major.

Note: Students who are not admitted to the MSAT Program but elect to complete the ERS: ERAT concentration will fulfill the remaining degree requirements by completing additional elective coursework to reach the graduation requirements. Review the DARs for graduation requirements.



Winona State University

Five-Year Program Map

Created on 9/17/2026
Effective Fall 2026

Program: **Exercise Science (BS ERAT)**
Emphasis (optional): **3 + 2 Masters of Athletic Training**

		Fall Semester			Spring Semester		
	Course	Requirement Met	SH		Course	Requirement Met	SH
Year 1	BIOL 171 Med Terminology A	Major	1		BIOL 212 Anatomy & Physiology II	GE Goal 3/Major	4
	BIOL 211 Anatomy & Physiology I	GE Goal 3/Major	4		CMST 192 Intro to Speech Communication	GE Goal 1	3
	ENG 111 College Reading and Writing	GE Goal 1	4		HERS 280 Foundations of Exercise Science	Major	3
	HERS 205 Nutrition for a Lifetime	PDW/Major	3		PSY 210 Intro to Psychological Sciences	GE Goal 5/Major	3
	OR 100 Orientation	Recommended	1		General Education Course	GE Goal	3
	STAT 110 Fund of Statistics	GE Goal 4/Major	3				
	<i>Note: Must maintain a 3.0 major and overall GPA or higher throughout the program.</i>						
		First-Year Fall Semester Credit Hour Total		16	First-Year Spring Semester Credit Hour Total		16
Summer or Winter	HERS 204 Personal and Community Health	PDW/Major	3				
	General Education Course	GE Goal	3				
	Summer or Winter Semester Credit Hour Total		6				
Year 2	HERS 191 Intro to Athletic Training	Major	2		HERS 340 Physiology of Exercise	WI/Major	4
	HERS 291 Prevention & Care of Athletic Injuries	Major	2		HERS 403 Epidemiology	CAI/Major	3
	HERS 314 Anatomical Kinesiology	Major	3		General Education Course	GE Goal	3
	SOC 150 Introduction to Sociology	GE Goal 5,7/Major	3		General Education Course	GE Goal	3
	General Education Course	GE Goal	3		Elective Course	Gen Elect	3
	General Education Course	GE Goal	3				
	Second-Year Fall Semester Credit Hour Total		16	Second-Year Spring Semester Credit Hour Total			16
Winter or Summer	General Education Course	GE Goal	3				
	Summer or Winter Semester Credit Hour Total		3				
Year 3	HERS 328 Behavioral Interventions	OI/Major	3		HERS 389 Strength and Conditioning	Major	3
	HERS 380 Lab Methods in Ex. Science	Major	2		HERS 445 Med Aspects of Exercise	WI/Major	3
	HERS 370 Mechanical Kinesiology	Major	4		General Education Course	GE Goal	3
	NURS 361 Pharmacology for Non-Nursing Majors	Major	1		General Elective	Gen Elec	4
	General Elective	Gen Elec	3		General Elective	Gen Elec	3
	General Elective	Gen Elec	3				
	<i>NOTE: Submit Application to ATCAS by November 1st!</i>						
		Third-Year Fall Semester Credit Hour Total		16	Third-Year Spring Semester Credit Hour Total		16
Summer (required)	HERS 570* Principles of Athletic Training	Major	3				
	HERS 571 Clinical Examination and Diagnosis I	Major	3				
	Summer Semester Credit Hour Total		6				
Year 4	HERS 572* Clinical Exam and Diagnosis II	Major	3		HERS 560* Nutrition for the Physically Active	Major	3
	HERS 573* Therapeutic Modalities	Major	3		HERS 568* Pathophysiology	Major	3
	HERS 590 Athletic Training Clinical Experience	Major	2		HERS 591 Athletic Training Clinical Experience II	Major	2
	HERS 674 Foundational Concepts in Rehabilitation	Major	1		HERS 675 Applied Return to Play Principles	Major	2
	HERS 685 Evidence Based Practice & Research Design	Major	3		HERS 681 Physical Rehabilitation	Major	2
					HERS 683 Interprofessional Health Care	Major	2
	<i>* Courses apply towards both undergraduate and graduate degrees</i>						
		Fourth-Year Fall Semester Credit Hour Total		12	Fourth-Year Spring Semester Credit Hour Total		14
Summer (required)	HERS 670 Therapeutic Interventions	Major	2				
	HERS 672 Pharmacology for Athletic Training	Major	1				
	HERS 690 Athletic Training Clinical Experience III	Major	1				
	Summer Semester Credit Hour Total		4				
Year 5	HERS 673 Psychosocial Issues in Sports Medicine	Major	2		HERS 684 Applied Decision Making in Interprof Practice	Major	1
	HERS 680 Administration and Professionalism in AT	Major	2		HERS 686 Athletic Training Research	Major	2
	HERS 682 Advanced Rehabilitation and Treatment	Major	2		HERS 692 Athletic Training Clinical Experiences V	Major	3-4
	HERS 691 Athletic Training Clinical Experience IV	Major	3-4		HERS 693 Topics in Athletic Training	Major	1
		Fifth-Year Fall Semester Credit Hour Total		9-10	Fifth-Year Spring Semester Credit Hour Total		7-8