



Bachelor of Science (BS) Degree, Major: Allied Health (Pre-Athletic Training) &
Master of Science in Athletic Training (MSAT) Degree
Sample Graduation Plan

Required Courses for the AAS Degree in Sports and Exercise Studies – Exercise Science Track

COLUMBUS STATE COMMUNITY COLLEGE		<i>Columbus State Community College</i>				Name _____	
HEALTH AND HUMAN SERVICES DIVISION Effective Autumn Semester 2020		Plan of Study				Student # _____	
		Sport & Exercise Studies				Date Entered _____	
		Exercise Science Major				Advisor _____	
FIRST SEMESTER		G/T/B	CR				
SES XXXX	SES 1112, 1104, 1105, 1106, 1108, 1109 or 1110 (Select ONE)	T	1				
ENGL1100	Composition I	G	3				
MATH 1146/1148	College Algebra	G	4/5				
COLS 1100	First Year Experience Seminar	B	1				
BIO 1121*	Anatomy & Physiology I OR						
BIO 2300	Human Anatomy	G	4				
TOTAL				13			
SECOND SEMESTER		G/T/B	CR				
SES 1100	Personal Fitness Concepts	T	3				
SES 1101	Introduction to Sport & Exercise Studies	T	3				
SES XXXX	SES 1112, 1104, 1105, 1106, 1108, 1109 or 1110 (Select ONE)	T	1				
HNTR 1153	Nutrition for a Healthy Lifestyle	B	3				
PSY 1100	Introduction to Psychology	B	3				
TOTAL				13			
THIRD SEMESTER		G/T/B	CR				
SES 2415	Advanced Strength & Resistance Training Concepts	T	4				
SES 2440	Exercise Physiology	T	4				
BIO 1122*	Anatomy & Physiology II OR						
BIO 2301	Human Physiology	B	4				
TOTAL				12			
FOURTH SEMESTER		G/T/B	CR				
SES 2426	Athletic Injury Control & First Aid	T	3				
SES 2437	Health Promotion OR						
SES 2438	Fitness Concepts Across the Lifespan	T	3				
SES 2535	Sport Law	T	3				
SBS XXXX	(Select From list on back)	G	3				
ENGL 2XX7	2367 or 2567 or 2667 or 2767 Composition	B	3				
TOTAL				15			
FIFTH SEMESTER		G/T/B	CR				
SES 2441	Kinesiology	T	4				
SES 2442	Exercise Prescription & Quantitative Analysis	T	3				
SES 2950	SES Practicum/Seminar	T	2				
HUM XXXX	(Select from list on back)	G	3				
TOTAL				12			
PROGRAM ADMISSIONS REQUIREMENTS							
High school graduate or GED equivalency. Placement into ENGL 1100 & MATH 1010.							
GRADUATION REQUIREMENTS							
G = General Education B = Basic Education T = Technical Education							
Total General Ed.						17/18	
Total Basic						14	
Total Non-Technical						31/32	
Total Tech. Ed.						34	
TOTAL CREDITS						65/66	

* Student must take either
BIO 1121/2300 series OR BIO 1122/2301 series.

Students should complete the BIO 2300 and 2301 sequence; Take ANTH 2202, GEOG 2400, or SOC 1101 for SBS XXXX; Take HIST 11181, 1182, or PHIL 1130 for HUM XXXX; and CHEM 1171 in place of SES 2535: Sport Law to meet SES and Otterbein’s degree requirements (see your SES faculty advisor for the CHEM substitution for the degree).

Required Courses for the Bachelor of Science (BS) Degree, Major: Allied Health (Pre-Athletic Training) and the Master of Science in Athletic Training Degree

Summer Prior to Year 1**

PHYS 1200 Algebra Based Physics I	5
CHEM 1172 General Chemistry II	5
Total	10

Year 1

Autumn Semester		Spring Semester	
BIO 1010 Intro to Mol. & Cell Bio and Lab	4	BIO 1020 Intro to Organisms & Ecology and Lab	4
EXSC 3660 Movement Science I	3	EXSC 2000 Scientific Proc. in Allied Health	3
PUBH 1700 Public Health	3	EXSC 3670 Movement Science II, WI	3
PSYC 2000 Lifespan Development	3	PUBH 2400 Epidemiology	3
INST 2X00 Course	3	INST 2X00 Course	3
TYS Transfer Year Seminar	2		
Total Hours	18	Total Hours	16

Year 2

Summer Semester		Autumn Semester		Spring Semester	
MSAT 5200 Ortho Assessment I	3	MSAT 5500 Clinical Practicum I	2	SYE Senior Year Experience	3
INST 2X00 Course	3	MSAT 5100 Emergent Care AT	3	MSAT 5600 Clinical Practicum II	2
MSAT 5170 Applied Gross Anatomy	3	MSAT 5400 Therapeutic Interventions	3	MSAT 5300 Ortho Assessment II	3
MATH 1240 Statistics	3	MSAH 5220 EBP	3	MSAH 5000 Research Design	3
		INST 3000 Interdisciplinary Seminar	3		
Total Hours	11	Total Hours	14	Total Hours	11

Year 3

Summer Semester		Autumn Semester		Spring Semester	
MSAT 5700 Clinical Practicum III	2	MSAT 6500 Clinical Immersion	3	MSAT 6600 Clinical Immersion	3
MSAH 5150 Strength & Conditioning	3	MSAT 7000 Capstone Project	3	MSAT 7000 Capstone Project	3
MSAT 6700 Gen Med. & Lab	3	MSAH 5230 Leadership & Advocacy	3		
MSAT 6200 Biomechanical Analysis	3	MSAT 5800 AT Administration	3		
Total Hours	11	Total Hours	12	Total Hours	6

Notes about the Bachelor of Science (BS) Degree, Major: Allied Health (Pre-Athletic Training) & the Master of Science in Athletic Training (MSAT) at Otterbein University

- At Otterbein, at least 36 credit hours of coursework must be taken in Otterbein classes. Of these hours: at least 9 credit hours must be taken in each of a student's majors at the 3000 level or above, at least 5 credit hours (any level) must be taken in each minor, and at least one INST 2XXX thread course, INST 3XXX, and an SYE course must be taken at Otterbein. Otterbein requires 120 credit hours to complete the bachelor's degree with an overall GPA of 2.0 or higher. Students must complete three writing intensive courses (WI) (ENGL 1100 plus two additional courses in the major at Otterbein) and three disciplinary skills courses (DS) (ENGL 2X67, BIO 2300, and BIO 2300 complete this Otterbein requirement).
- **INST 2X00 Courses:** Students may complete INST 2X00 courses in any order at Otterbein. Only one 2X00 course can remain to be taken with the INST 3000: Interdisciplinary Seminar. Students complete INST 2000 and 2200/2800 requirements at Columbus State (SBS XXXX and HUM XXXX). Students should choose an INST 2X00 at Otterbein that also includes the writing intensive designation in order to complete the WI requirement. Work closely with your advisor to select a suitable course.
- **Summer Semester Prior to Year 1:** Students must complete CHEM 1172 and PHYS 1200 prior to beginning course work for the bachelor's degree and applying to the MSAT degree program. Students may complete these courses at Columbus State, but will NOT receive financial aid funding for the courses through Columbus State. Students may choose to enter Otterbein early and complete the courses there, but should consult with an Otterbein academic advisor first before doing so. If students have any questions about completion of these courses, they should consult their SES faculty advisors and the Otterbein academic advisors.
- Students must earn a C or higher in all prerequisite course work for the Allied Health major at Otterbein. Students are encouraged to meet with an Otterbein advisor regarding their major course work and general education course work meant to satisfy Otterbein's general education or INST requirement.
- Students complete the AAS SES- Exercise Science Track degree and will then proceed to Otterbein to start work on the Bachelor of Science Degree, Major: Allied Health (Pre-Athletic Training) during the junior (Year 1) year. The BS degree in Allied Health is completed at the end of the second spring semester at Otterbein. If students are successfully admitted to the MSAT degree program, they will finish courses for the BS degree and begin course work for the MSAT simultaneously in the senior (Year 2). In the fifth year (Year 3), students will complete the MSAT course work. If a student is not successfully admitted to MSAT in the third year, they may reapply at the end of the fourth year. At that time, if not admitted, they can finish the BS in Allied Health and seek graduate entry for the master's degree in athletic training at other institutions during their senior (Year 2) year.
- **MSAT Admissions Process:** The MSAT admissions process is competitive. Students will formally apply in the second semester of their junior year (Year 1) All students must meet and complete the following items for admission consideration:
 1. A minimum of 3.00 GPA in all undergraduate work
 2. Completion of all pre-requisite and foundational knowledge courses with a grade of "C" or higher
 3. Letter of interest for completing the program
 4. A resume or curriculum vita
 5. Two letters of recommendation from persons knowledgeable of their academic and/or professional work from outside of the Otterbein Health & Sport Sciences Department
 6. Completion of the formal application
 7. Completion of the formal interview with the Selection Committee
 8. Proof of 50 athletic training observation hours
 9. Completion of the ATCAS application

Once all materials are submitted, both the athletic training program director along with the clinical education coordinator will determine which candidates will receive admission to the program. Application and supplemental materials are **due by April 15th of each year.**