



SCHOOL OF HEALTH SCIENCES AND HUMAN PERFORMANCE

# Exercise Science, Pre-Athletic Training, BS Athletic Training, MS

Become a Certified Expert in Injury Care and Prevention

Our 5-year dual degree, CAATE Accredited Athletic Training Program prepares students to evaluate, prevent and treat injuries and illnesses in active populations. Through immersive clinical experiences, you'll work with athletes and patients under professional supervision. Learn from faculty mentors and develop the skills to become compassionate healthcare providers. This program is designed for students pursuing a career in athletic training and related medical fields.

## PRE-AT PHASE, YEARS 1 - 3

Gain foundational knowledge and skills within kinesiology, biomechanics and the care of athletic injury.

## PROFESSIONAL PHASE, YEARS 4 - 5

Engage with faculty and staff to provide healthcare for sport teams and conduct research for professional advancement, becoming Clinician-Scientists.

## WORKFORCE READY

### DIRECT PATIENT EXPERIENCE:

Gain hands-on clinical practice in diverse athletic, performance and medical settings.

### TEAM-BASED CARE:

Learn how to collaborate with physicians, physical therapists, and other healthcare professionals.

### CERTIFICATION READY:

Upon completion of the professional phase, students are eligible to sit for the Board of Certification (BOC) for the Athletic Trainer exam.



For more information:  
[HSHPdean@ithaca.edu](mailto:HSHPdean@ithaca.edu)  
or visit  
[ithaca.edu/ESAT](http://ithaca.edu/ESAT)



ITHACA COLLEGE

School of Health Sciences and Human Performance

# Exercise Science, Pre-AT/Athletic Training Dual Degree

Cumulative total for Degree = 150 credits

## First Year Fall Courses

EXSS 12000 Anatomy & Physiology I (4)  
EXSS 12500 Foundations of Human Perf/Well (2)  
EXSS 13000 Pre-Athletic Training Practicum I (1)  
IC CORE Ithaca Seminar (ICSM)(4)  
WRIT 10600 Academic Writing (AW)(4)

## First Year Spring Courses

EXSS 12100 Anatomy & Physiology II (4)  
EXSS 13500 Pre-Athletic Training Practicum II (1)  
ICC QL/MATH 14500 or  
15500 Statistics Elective (3-4)  
ICC xxxx Theme and Perspective (SO)(3-4)  
Free Elective (3)

## Second Year Fall Courses

CHEM 101, 110 or 121/122 Chemistry Elective (3-4)  
PSYC 10300 General Psychology (3)  
HLTH 20200 Human Nutrition (3)  
EXSS 21000 Pre-Athletic Training Practicum III (1)  
ICC xxxx Theme and Perspective (CA)(3-4)  
ICC xxxx Theme and Perspective (HM)(3-4)

## Second Year Spring Courses

BIOL 11900 Fundamentals of Biology I (4)  
EXSS 21500 Pre-Athletic  
Training Practicum IV (1)  
EXSS 22000 Kinesiology (4)  
EXSS 24600 P & C of Athletic Injuries (3)  
Free Elective (3)

## Third Year Fall Courses

PHYS 10100 Physics (4)  
ICC DV/EXSS 31100  
Biopsychosocial Findings of Clinical Practice (3)  
EXSS 31200 Pre-Athletic Training Practicum V (1)  
EXSS 37500 Research Methods (WI) (3)  
Free Elective (4)

## Third Year Spring Courses

EXSS 30600 Biomechanics (4)  
EXSS 32100 Exercise Physiology (4)  
EXSS 41100 Evidence Based Practice (3)  
EXSS 41200 Pre-Athletic Training Practicum VI (CP)(1)  
Free Elective (3)

## Fourth Year Fall Courses

ATEG 50100 Connective Tissues (3)  
ATEG 50300 Clinical Anatomy (3)  
ATEG 50400 Professional Practice in AT (3)  
ATEG 50500 Athletic Training Practicum I (3)  
ATEG 50600 Assessment MS Conditions (4)

## Fourth Year Spring Courses

ATEG 50200 Acute Care & Emergency Mngt (4)  
ATEG 50700 Assess of Gen Med Conditions (4)  
ATEG 50800 Therapeutic Interventions I (4)  
ATEG 51000 Athletic Training Practicum II (3)

## Fourth Year Summer

ATEG 51100 Clinical Research in Athletic Training I (2)  
ATEG 51500 Clinical Capabilities in Athletic Training (2)

## Fifth Year Fall Courses

ESSG 52100 Adv Study in Exercise Physiology (3)  
ATEG 60400 Healthcare Delivery & Admin (3)  
ATEG 60500 Athletic Training Practicum III (3)  
ATEG 60800 Therapeutic Interventions II (4)  
ATEG 61100 Clinical Research in AT II (2)

## Fifth Year Spring Courses

ATEG 61000 Athletic Training Practicum IV (6)  
ATEG 61500 Advanced Topics in  
Athletic Training (4)  
Practicum IV has a 6 week immersion component.

**Integrative Core Curriculum:** Creative Arts (CA), Humanities (HM), Natural Sciences (SC), Social Sciences (SO), Ithaca Seminar (ICSM), Academic Writing (AW), Diversity (DV), Quantitative Literacy (QL), Writing Intensive (WI), Capstone (CP)