



## Springfield College Sequencing Guidelines Exercise Science Major (EXSC) ▼ 2020-2021 Pre-Professional AT (PPAT)

*If you entered Springfield College in 2020-2021, use this guide for sequencing your courses. Requirements are subject to change and may not be offered when listed. Use your online degree audit to verify your progress, and always confirm your plans with your advisor.*

### GenEd Requirements, Electives, and College Requirements

*In addition to the major requirements listed below, you will need to fill the following General Education (GenEd) categories:*

- WLPL 100, Exploring Movement & Wellness (1 cr)
- 200-level Wellness & Physical (1 cr)
- 300-level Wellness & Physical (1 cr)
- Literary Studies (3 cr)
- Aesthetic Expression (3 cr)
- Historical and Social (3 cr)
- Themed Explorations (9 cr)

*This major typically requires 86 credits to complete. In addition to the GenEd and major requirements listed, you must complete:*

- All your undergraduate requirements (including GenEds, your minor, and any necessary electives) to total 102 credits by May of your third year
- 18 credits from your fourth year will be added to those 102 to total the 120 required for your undergraduate degree
- **4 elective credits or more** (depending on GenEds selected) to total at least 120 credits
- The **residency requirement**—45 credits taken at Springfield College (including 15 of your last 30)

### EXSC-PPAT Major Requirements – Typical First-Year Schedule

**Fall:**

SCSM 101, Springfield College Seminar (GenEd requirement – 3 cr)  
 ENGL 113, College Writing I (GenEd requirement – 3 cr)  
 AEXS 101, Introduction to Applied Exercise Science (3 cr)  
 BIOL 130, Anatomy & Physiology Concepts I (3 cr – also fills Natural Sciences GenEd)  
 BIOL 132, Anatomy & Physiology Concepts I Lab (1 cr – also fills Natural Sciences GenEd)  
 PPAT 100, Introduction to Athletic Training (2 cr)

Plus other GenEds, major requirements with flexible timing, or electives (as applicable) to total 17-18 credits.

**Spring:**

ENGL 114, College Writing II (GenEd requirement – 3 cr)  
 BIOL 131, Anatomy & Physiology Concepts II (3 cr)  
 BIOL 133, Anatomy & Physiology Concepts II Lab (1 cr)  
 CHEM 101, Chemistry Survey (3 cr)  
 CHEM 102, Chemistry Survey Laboratory (1 cr)  
 PPAT 200, Practicum in Athletic Training (1 cr)

Plus other GenEds, major requirements with flexible timing, or electives (as applicable) to total 35-36 credits for the year

**Fall or Spring:**

Quantitative Reasoning GenEd: MATH 115, College Algebra (3 cr) is recommended, as it's a prerequisite for PHYS 205 (or MATH 125, 131, or 140)

### EXSC-PPAT Major Requirements – Typical Second-Year Schedule

**Fall or Spring:**

AEXS 284, On-Campus Practicum (1 cr; This course is only offered in the Fall)  
 AEXS 313, Physiology of Exercise (3 cr– also fills one WAC requirement)  
 AEXS 315, Physiology of Exercise – Lab (0 cr)  
 AEXS 319, Kinesiology/Biomechanics (3 cr) – after meeting prerequisites  
 AEXS 321, Kinesiology/Biomechanics – Lab (0 cr)  
 HSCI 225, Biostatistics (3 cr)  
**OR** MATH 215, Probability and Statistics (3cr)  
 PHYS 205, Physics for Movement Science (3 cr)  
 PHYS 207, Physics for Movement Science Laboratory (1 cr)

Plus GenEds, major requirements with flexible timing or electives (as applicable) to total 35-36 credits for the year

### EXSC-PPAT Major Requirements – Typical Third-Year Schedule

<b>Fall:</b> AEXS 360, Exercise Testing and Prescription (3 cr) AEXS 362, Exercise Testing and Prescription – Lab (0 cr) AEXS 390, Exercise Psychology (3 cr) HSCI 240, Principles of Epidemiology (3 cr) HSCI 260, Human Disease and Chronic Illness (3 cr)	<b>Spring:</b> AEXS 380, Foundations of Training for Health and Performance (3 cr) AEXS 401, Management of Health/Fitness Programs (3 cr) HSCI 420, Evidence-Based Health Care (3 cr)  Plus GenEds, major requirements with flexible timing or electives (as applicable) to total 35-36 credits for the year
<b>Fall or Spring:</b> AEXS 350, Internship I (2 cr)	

### EXSC-PPAT Major Requirements – Summer between 3<sup>rd</sup> & 4<sup>th</sup> Year

PHTH 504, Anatomy of the Musculoskeletal System (3 cr) ATRN 504, Prevention of Injuries and Illness (3 cr) PHTH 605, Applied Anatomy & Musculoskeletal Energy (3 cr) (Count towards Grad) ATRN 616, Foundations of Therapeutic Intervention (2 cr) (Count towards Grad) ATRN 624, Standards of Clinical Practice (1 cr) (Count towards Grad)
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### EXSC-PPAT Major Requirements – Typical Fourth-Year Schedule

<b>Fall:</b> AEXS 540, Sports Nutrition (3 cr) ATRN 628, Principles of Evidence-Based Practice (2 cr) ATRN 630, MSK-ADT-I (4 cr) ATRN 632, MSK-ADT-II (4 cr) ATRN 670, Clinical Practicum I (1 cr) ATRN 672, Clinical Practicum II (1 cr) HLTH 525, Human Disease and Health Literacy (3 cr)	<b>Spring:</b> ATRN 550, Behavioral Health (3 cr) ATRN 634, MSK-ADT-III (4 cr) ATRN 668, GMC-ADT-IV (4 cr) ATRN 674, Clinical Practicum III (1 cr) PSYC 530, Psychology of Sport Injury (3 cr)
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### Additional EXSC-PPAT Major Requirements – Flexible Timing

PUBH 130, Introduction to Public Health (3 cr) HSCI 201, Introduction to Health Care Ethics (3 cr – also fills Spiritual and Ethical GenEd) NUSC 261, Introduction to Nutrition (3 cr) – should be taken 1 <sup>st</sup> or 2 <sup>nd</sup> year PEPC 125, Health Fitness Resistance Training (1 cr)
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### EXSC-PPAT Major – Program Standards

Program standards for the EXSC-PPAT major include, but are not limited to:

Students must maintain 3.0 Cumulative GPA, complete all core coursework with a B- or better, and meet academic and professional standards for matriculation into the Master's degree program. Students in good standing who meet all academic and clinical admission requirements at the conclusion of the third year of the Exercise Science Major/Pre-Professional Athletic Training concentration and **hold current certification in BLS level CPR** are accepted into the MSAT program. Students have an additional 18 credits to complete towards the Bachelors of Science degree during their fourth year.

For more information about these and other program standards, contact your academic advisor or the EXSC-PPAT program coordinator.