



## Springfield College Sequencing Guidelines Exercise Science/Pre-Professional AT (PPAT) ▼ 2023-2024

*Requirements are subject to change and may not be offered when listed. Use your online degree audit to verify your progress with your advisor.*

### Core Curriculum Requirements, Electives, and College Requirements

In addition to the major requirements listed below, you will need to fill the following Core Curriculum categories:

- |  |                                |                              |
|--|--------------------------------|------------------------------|
| • 100-level Wellness & Physical (1 cr) | • Literature (3 cr)            | • Themed Explorations (9 cr) |
| • 300-level Wellness & Physical (1 cr) | • Aesthetic Expression (3 cr)  | ➢ 3 different prefixes       |
|  | • Historical and Social (3 cr) | ➢ 1 Global course            |

This major typically requires 84 credits to complete. In addition to the Core Curriculum and major requirements listed, you must complete:

- All your undergraduate requirements 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
- **3 elective credits or more** to total at least 120 credits
- The **residency requirement**—45 credits taken at Springfield College (including 15 of your last 30)

### Wellness Passport Stamps

All students must complete **24 stamps** upon successful completion of a WLPL 300-level course. Students must complete a minimum of 8 stamps in each of the following domains:

- Mental Wellness   
  Physical Wellness   
  Meaning and Purpose Wellness

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

**Fall:**

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

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

**Spring:**

ENGL 114, College Writing II (Core 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 Core Curriculums, major requirements with flexible timing, or electives (as applicable) to total 35-36 credits for the year

**Fall or Spring:**

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

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

**Fall or Spring:**

AEXS 284, On-Campus Practicum (1 cr; course 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 – PHYS 205/207 is a pre-requisite)  
 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 – MATH 115 is a pre-requisite; can be taken spring of first-year)  
 PHYS 207, Physics for Movement Science Laboratory (1 cr)

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

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

**Fall:**

AEXS 360, Exercise Testing and Prescription (3 cr)  
AEXS 362, Exercise Testing and Prescription – Lab (0 cr)  
AEXS 270, Exercise Psychology (3 cr)  
HSCI 240, Principles of Epidemiology (3 cr)  
HSCI 260, Human Disease and Chronic Illness (3 cr)

**Spring:**

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)  
PPAT 300, Seminar in Athletic Training (1 cr)  
Plus Core Curriculums, major requirements with flexible timing or electives (as applicable) to total 35-36 credits for the year

**Fall or Spring:**

AEXS 350, Internship I (2 cr)

### 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 and Acute Care of Injury and Illness (3 cr)  
PHTH 605, Applied Anatomy & Musculoskeletal Imaging (3 cr – Counts toward graduate degree)  
ATRN 616, Foundations of Therapeutic Intervention (2 cr – Counts toward graduate degree)  
ATRN 624, Standards of Clinical Practice (1 cr – Counts toward graduate degree)

### PPAT Major Requirements – Typical Fourth-Year Schedule

**Fall:**

AEXS 540, Sports Nutrition (3 cr)  
ATRN 628, Principles of Evidence-Based Practice (2 cr – Counts toward graduate degree)  
ATRN 630, MSK-ADT-I (4 cr – Counts toward graduate degree)  
ATRN 631, MSK-ADT-I Laboratory (0 cr)  
ATRN 632, MSK-ADT-II (4 cr – Counts toward graduate degree)  
ATRN 633, MSK-ADT-II Laboratory (0 cr)  
ATRN 670, Clinical Practicum I (1 cr – Counts toward graduate degree)  
ATRN 672, Clinical Practicum II (1 cr – Counts toward graduate degree)  
HLTH 525, Human Disease and Health Literacy (3 cr)

**Spring:**

ATRN 550, Behavioral Health (3 cr)  
ATRN 634, MSK-ADT-III (4 cr – Counts toward graduate degree)  
ATRN 635, MSK-ADT-III Laboratory (0 cr)  
ATRN 668, GMC-ADT-IV (4 cr – Counts toward graduate degree)  
ATRN 669, GMC-ADT-IV Laboratory (0 cr)  
ATRN 674, Clinical Practicum III (1 cr – Counts toward graduate degree)  
PSYC 530, Psychology of Sport Injury (3 cr)

### Additional PPAT Major Requirements – Flexible Timing in Years 1-3

PUBH 130, Introduction to Public Health (3 cr)  
HSCI 201, Introduction to Health Care Ethics (3 cr – also fills Spiritual and Ethical Core)  
NUSC 261, Introduction to Nutrition (3 cr)  
WLPL 225, Exploring Movement & Wellness through Strength and Conditioning (1 cr – also fills 200-level Wellness and Physical Core)

### PPAT Major – Program Standards

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

Students must maintain 3.0 Cumulative GPA, complete all core coursework with a C 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 major 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 PPAT program coordinator.