

Athletic Training program admission requirements vary greatly by school. You are encouraged to research the prerequisites for your desired schools. Many schools will expect applicants to take GRE and to complete the following courses. For school-specific requirements, visit school websites or the CAATE Directory at <https://caate.net/search-for-accredited-program/> We recommend majoring in **Exercise Science** if interested in Athletic Training

**Typical Athletic Training School Prerequisite Requirements**

Subject	# of Semesters	Simmons Courses to Satisfy Prerequisites
<b>Biology</b>	1	BIO113: General Biology (SCI)  Or  BIO115: Advanced General Biology (SCI)
<b>Chemistry</b>	1-2	CHEM 113: General Chemistry I  Or  *CHEM 216: General Chemistry II & Quantitative Analysis (SCI)  Or  CHEM 224: Organic Chemistry I (SCI)
<b>Anatomy &amp; Physiology</b>	2	BIOL 231: Anatomy & Physiology I (SCI)  BIOL 232: Anatomy & Physiology II (SCI)
<b>Psychology</b>	1	PSYC 101: Introduction to Psychological Science (or higher)

<b>Human Movement/Biomechanics</b>	1	BIO362: Kinesiology
<b>Nutrition</b>	1	NUTR112: Introduction to Nutrition Science (or higher)
<b>Statistics</b>	1	STAT 118: Introductory Statistics and/or higher level (QL)
<b>Exercise Physiology</b>	1	BIO/EXSC332: Exercise Physiology
<b>Physics</b>	1-2	PHYS110: Introductory Physics  *PHYS111: Introductory Physics II
<b>Medical Terminology*</b>	1	Can be completed via certificate via free online course

Notes

- \* Not required at all MSAT programs, although encouraged
- Students are required to complete 68 credits for the Exercise Science major. Simmons requires that all undergraduates complete a minimum of 128 credits of coursework, fulfill PLAN and major/program requirements, and submit a senior audit form to graduate.
- You may declare a major after you have earned 32 credits and must declare prior to earning 80 credits.
- All majors must submit CPR/AED and First Aid Certifications by March 1 of the senior year.

### First Year

Course #	Course Title	Credits	Completed
BIOL 113 or 115	General Biology or Advanced General Biology & Lab (prereq for BIOL 231, Fall or Spring)	4	
CHEM 111 or 113*	Principles of General Chemistry & Lab or General Chemistry & Lab (Fall, prereq for BIOL 231)	4	
CHEM 112	Principles of Organic Chemistry & Lab (Spring)	4	

\*A grade of C- or higher is required in **all** chemistry prerequisite courses

### First Year or Sophomore Year

Course #	Course Title	Credits	Completed
STAT 118 (or higher)	Introductory Statistics (prereq for BIOL 246)	4	
PSYC 101	Introduction to Psychological Science	4	
NUTR 112	Introduction to Nutrition Science	4	
EXSC 100	Introduction to Exercise Science	2	
EXSC 110	Form and Function in Resistance Exercise	2	

### Sophomore Year

Course #	Course Title	Credits	Completed
BIOL 231	Anatomy and Physiology I & Lab (Fall)	4	
BIOL 232	Anatomy and Physiology II & Lab (Spring)	4	
BIOL 246	Foundations in Exercise and Health & Lab (Spring)	4	

### Junior Year

Course #	Course Title	Credits	Completed
BIOL 332	Exercise Physiology & Lab (prereq for EXSC 361) (Fall)	4	
EXSC 361	Exercise Assessment and Prescription & Lab (Spring) <b>Note:</b> First Aid Training- Completed during EXSC 361	4	
PSYC 232	Health Psychology	4	

### Senior Year

Course #	Course Title	Credits	Completed
BIOL 362	Kinesiology & Lab (Fall)	4	
CPR with AED Certification at Healthcare Provider Level*	On your own – certification submitted to <a href="mailto:michael.welch@simmons.edu">michael.welch@simmons.edu</a> by March 1		

**Exercise Science Electives**

Choose One course from the following list.

Course Selected	Credits	Completed
	4	

- AST/SOCI/WGST232- Race, Gender, and Health
- BIO221- Microbiology
- BIO233- Strength and Conditioning
- BIO334- Neurobiology
- BIO336- Genetics
- BIO337- Molecular Biology
- BIO347- Human Development and Genetics
- CHEM224- Organic Chemistry I
- CHEM225- Organic Chemistry II
- CHEM345- Biochemistry
- MCPHS- BEH405A- Mind-Body Medicine
- NUTR110- Sociocultural Implications of Nutrition
- NUTR215- Sports Nutrition
- NUT311- Nutrient Metabolism
- NUTR360- Lifestyle Rx
- PHIL130- Ethics
- PHYS110- Introductory Physics I and Lab
- PHYS111- Introductory Physics II and Lab
- PSYC231- Psychopathology and Mental Health
- PSYC235- Developmental Psychology
- PSYC236- Psychology of Adolescence
- SOCI231- Sociology of Childhood
- SOCI241- Health, Illness and Society
- SOCI245- Global Health
- SOCI345- Health Care Systems and Policy
- SOCI 266- Sociology of Sports
- SNHS415- Sport Psychology

**Capstone**

Complete 8 credit hours to fulfill the Capstone Requirement in BIOL 370- Internship.

Course #	Course Title	Credits	Completed
BIOL 370	Internship, Exercise Science section, if available	4	
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\*All Exercise Science majors (4-year and 3+3) must have proof of CPR and have completed the First Aid Skill Labs in EXSC361 by March 1st of the year that they receive their BS in Exercise Science. This is a graduation requirement. Here are a few details about this certifications:

- In lieu of completing First Aid Skills in EXSC361, you may take any First Aid course (Red Cross, Wilderness First Aid, Lifeguard First Aid, etc.) as long as it has a face to face hands-on component
- Your CPR course must be at the healthcare provider level or above and must include a face to face hands on component.
- The certification must be valid at least through the month of your graduation. For example, if you graduate in May, then the earliest expiration must be June 1 of your graduation year.
- cprboston.org offers weekly alternating CPR and First Aid courses at the Carney Hospital in Dorchester. In Spring 2021, CPR courses cost 45\$ and First Aid courses cost 35\$. Check the website for dates and times.  
<https://www.cprboston.org/>

Link to the Exercise Science Student Information Center for additional information:

<https://drive.google.com/drive/folders/0B2ro-MTjBanZU2ZCZVI1WVJ6czA?resourcekey=0-GLPLLpkNQu3ALCIm9G4odQ&usp=sharing>

### PLAN Requirements

The Simmons PLAN is the undergraduate general education program. Some PLAN courses will be fulfilled with courses required for this major, as indicated below. Additional PLAN requirements may be fulfilled through electives, courses in minors, or other course offerings. Work closely with your advisor(s) to choose courses.

Year/ Semester	PLAN Course Requirements	Completed
One/ Summer	<b>Math:</b> 1) Prior to first year, pass Math Placement Exam or 2) In first year, enroll in MATH 101 (4 credits)	
One/ Fall	BOS 101: The Boston Course (4 credits)	
	SIM 101: The Simmons Course: Explore (2 credits)	
One/ Spring	LDR 101: The Leadership Course (4 credits)	
Two	Integrative Learning Course (4 credits)	
	SIM 201: The Simmons Course: Experience (1 credit)	
Three	SIM 301: The Simmons Course: Excel (1 credit)	
Other PLAN Requirements		Completed
<b>Language:</b> (8 credits) Successful completion of the 102 level in any modern language or the equivalent determined through approved channels as outlined below. <ul style="list-style-type: none"> <li>● Complete the 102 level in any modern language at Simmons University or another accredited academic institution with <b>pre-approval</b> from the Department of Modern Languages and Literatures.</li> <li>● Place above the 102 level on the placement exam administered by Simmons University.</li> <li>● Received a 3 or above on an AP modern language exam. If students have taken or wish to take other equivalent exams, they should consult with the MLL Department.</li> </ul>		Courses Used to Fulfill

	<b>Quantitative Literacy (QL)</b>	STAT 118	
<b>Key Content Areas (KCAs):</b> May be met by major, minor or Integrative Learning courses.	Aesthetic, Literary and Artistic (ALA)		
	Global Cultural (GC)	BIOL 246	
	Scientific Inquiry (SCI)	BIOL 113	
	Social and Historical (SH)		

**Program Contact**

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