**UNIVERSITY OF WISCONSIN-LA CROSSE**

**DEPARTMENT OF EXERCISE AND SPORTS SCIENCE**

**ATHLETIC TRAINING PROGRAM**

**Required prerequisites and course sequencing suggestions**

**FALL SEMESTER** **OBSERVATIONAL YEAR** **SPRING SEMESTER**

Freshman Year Freshman Year

BIO 105 – General Biology (4) ESS 182 – Prevention & Emergency Care for Athletic Trainers (3) \*\*(SP)

HPR 105 – Creating a Healthy, Active Lifestyle (3) ESS 205 – Human A & P for Exercise Science I (3)

ESS 181 – Introduction to Sports Medicine (3) \*(F)

Sophomore Year **ENROLLED IN ATP** Sophomore Year

ESS 206 – Human A & P for Exercise Science II (3) ESS 383 – Clinical Pathology for Exercise Science (3)

ESS 286 – Athletic Training Clinical I (2) \*(F) ESS 287 – Athletic Training Clinical II (2) \*\*(SP)

ESS 379 – Musculoskeletal Assessment of the Upper Body (4) \*(F) ESS 302 – Physiology of Exercise (3)

 ESS 378 – Musculoskeletal Assessment of the Lower Body \*\*(SP)

Junior Year Junior Year

ESS 303 – Biomechanics (3) ESS 207 – Human Motor Behavior (3)

ESS 323 – Nutrition and Sport (3) ESS 400 – Pharmacology in Athletic Training (3) \*\*(SP)

ESS 368 – Strength Training Techniques and Programs (3) ESS 387 – Athletic Training Clinical IV (2) \*\*(SP)

ESS 386 – Athletic Training Clinical III (2) \*(F) ESS 484 – Rehabilitation Techniques for Athletic Trainers (4) \*\*(SP)

ESS 481 – Therapeutic Modalities for Athletic Training (4) \*(F)

# SUMMER SEMESTER

ESS 450 – Exercise and Sport Science Internship (8)

Senior Year Senior Year

ESS 349 – Psychology of Coaching Competitive Athletics (2) ESS 485 – Current Readings/Research in Athletic Training (3) \*\*(SP)

ESS 483 – Administration of Athletic Training Programs (3) \*(F)

ESS 486 – Athletic Training Clinical V (2) \*(F)

\*(F)—taught only during Fall Semester

\*\*(SP)—taught only during Spring Semester