

**UNIVERSITY OF WISCONSIN-LA CROSSE
DEPARTMENT OF EXERCISE AND SPORT SCIENCE
ATHLETIC TRAINING PROGRAM**

Required Courses

<u>Course #</u>	<u>Title</u>	<u>Cr.</u>	<u>Prerequisites</u>
HPR 105	Creating a Healthy, Active Lifestyle ♦	3	
ESS 181	Introduction to Sports Medicine	3	Application/Selection as observational student
ESS 182	Prevention and Emergency Care for Athletic Trainers	3	ESS 181
ESS 205	Human A & P for Exercise Science I	3	BIO 105 ♦
ESS 206	Human A & P for Exercise Science II	3	ESS 205
ESS 207	Human Motor Behavior	3	
ESS 286	Athletic Training Clinical I	2	ESS 181
ESS 287	Athletic Training Clinical II	2	ESS 286
ESS 302	Physiology of Exercise	3	ESS 206
ESS 303	Biomechanics	3	ESS 205
ESS 323	Nutrition and Sport	3	ESS 302 or NUT 200
ESS 349	Psychology of Coaching Competitive Athletics	2	Junior status
ESS 368	Strength Training Techniques and Programs	3	ESS 205, 206
ESS 378	Musculoskeletal Assessment of the Lower Body	4	ESS 286, 379
ESS 379	Musculoskeletal Assessment of the Upper Body	4	ESS 181
ESS 383	Clinical Pathology for Exercise Science	3	
ESS 386	Athletic Training Clinical III	2	ESS 287
ESS 387	Athletic Training Clinical IV	2	ESS 386
ESS 400	Pharmacology in Athletic Training	3	
ESS 450	Exercise and Sport Science Internship	8	ESS 484
ESS 481	Therapeutic Modalities for Athletic Training	4	ESS 287, 378
ESS 483	Administration of Athletic Training Programs	3	ESS 387, 484
ESS 484	Rehabilitation Techniques for Athletic Trainers	4	ESS 386, 481
ESS 485	Current Readings & Research in Athletic Training	3	ESS 483, 486
ESS 486	Athletic Training Clinical V	2	ESS 387
TOTAL CREDITS		78	

♦ These courses may satisfy some of the General Education Requirements.

**ENTRANCE INTO THE ATHLETIC TRAINING PROGRAM REQUIRES AN
APPLICATION/SELECTION PROCESS**

Students admitted to the Athletic Training Program must maintain a 2.75 cumulative GPA, a 3.0 in the courses listed above, and complete 1,200 supervised laboratory hours during athletic training clinicals

All application materials and selection/retention policies can be found on the Athletic Training
Program website

Contact the Director of the Athletic Training Program/Department of Exercise Sport Science for
additional information