

# ACADEMIC PLANNING SHEET

# ATHLETIC TRAINING

NORTH PARK UNIVERSITY • CHICAGO • ILLINOIS

Revised June 2009

	Fall Semester		Spring Semester	
<b>First Year</b>	<ul style="list-style-type: none"> <li>•NPD 1000: Dialogue I</li> <li>•BIOL 1250: Introduction to Human Anatomy</li> <li>•Fine Arts Option</li> <li>•EXS 1000: Personal Health</li> <li>EXS 1610: Introduction to Athletic Training</li> <li>EXS 1600: First Aid/CPR</li> <li><b>TOTAL SEMESTER HOURS</b></li> </ul>	<ul style="list-style-type: none"> <li>4</li> <li>4</li> <li>2</li> <li>2</li> <li>2</li> <li>2</li> <li><b>16</b></li> </ul>	<ul style="list-style-type: none"> <li>•BTS 1850: Introduction to the Bible</li> <li>•Culture and Society Option</li> <li>•Mathematics Option (STAT 1490 is recommended)</li> <li>•Science Quad (Chemistry or Physics)</li> <li>BIOL 2170: General Nutrition</li> <li><b>TOTAL SEMESTER HOURS</b></li> </ul>	<ul style="list-style-type: none"> <li>4</li> <li>4</li> <li>4</li> <li>2</li> <li>2</li> <li><b>16</b></li> </ul>
<b>Second Year</b>	<ul style="list-style-type: none"> <li>EXS 2500: Health and Behavior</li> <li>EXS 2100: Practicum I</li> <li>EXS 2300: Orthopedic Assessment I</li> <li>EXS 2350: Prevention and Care of Athletic Injury</li> <li>EXS 3160: Exercise Physiology</li> <li><b>TOTAL SEMESTER HOURS</b></li> </ul>	<ul style="list-style-type: none"> <li>4</li> <li>2</li> <li>3</li> <li>2</li> <li>4</li> <li><b>15</b></li> </ul>	<ul style="list-style-type: none"> <li>•NPD 2000: Dialogue II</li> <li>EXS 2110: Practicum II</li> <li>EXS 2950: Sports Psychology</li> <li>EXS 2400: Orthopedic Assessment II</li> <li>EXS 3010: Biomechanics</li> <li>Elective</li> <li><b>TOTAL SEMESTER HOURS</b></li> </ul>	<ul style="list-style-type: none"> <li>4</li> <li>2</li> <li>2</li> <li>2</li> <li>4</li> <li>2</li> <li><b>16</b></li> </ul>
<b>Third Year</b>	<ul style="list-style-type: none"> <li>•Foreign Language 1010 Option</li> <li>EXS 3100: Practicum III</li> <li>EXS 3300: Therapeutic Exercise</li> <li>Elective</li> <li>Elective</li> <li><b>TOTAL SEMESTER HOURS</b></li> </ul>	<ul style="list-style-type: none"> <li>4</li> <li>2</li> <li>3</li> <li>4</li> <li>2</li> <li><b>15</b></li> </ul>	<ul style="list-style-type: none"> <li>•Foreign Language 1020 Option</li> <li>BIOL 2930: Advanced Human Physiology</li> <li>EXS 3110: Practicum IV</li> <li>EXS 3400: Therapeutic Modalities</li> <li>Elective</li> <li><b>TOTAL SEMESTER HOURS</b></li> </ul>	<ul style="list-style-type: none"> <li>4</li> <li>4</li> <li>2</li> <li>3</li> <li>3</li> <li><b>16</b></li> </ul>
<b>Fourth Year</b>	<ul style="list-style-type: none"> <li>•Biblical Studies Option</li> <li>EXS 4100: Practicum V</li> <li>EXS 4300: Athletic Training Administration</li> <li>Elective</li> <li>Elective</li> <li><b>TOTAL SEMESTER HOURS</b></li> </ul>	<ul style="list-style-type: none"> <li>4</li> <li>2</li> <li>2</li> <li>4</li> <li>2</li> <li><b>14</b></li> </ul>	<ul style="list-style-type: none"> <li>EXS 4110: Practicum VI</li> <li>EXS 4400: Senior Seminar</li> <li>Elective</li> <li>Elective</li> <li>Elective</li> <li><b>TOTAL SEMESTER HOURS</b></li> </ul>	<ul style="list-style-type: none"> <li>2</li> <li>2</li> <li>4</li> <li>4</li> <li>4</li> <li><b>16</b></li> </ul>

• Course meets a general education requirement

Acceptance to North Park University and/or completion of the application requirements does not guarantee acceptance into the Athletic Training Educational Program. A ratio of 8 students to 1 clinical instructor must be maintained due to accreditation requirements. Students must apply separately to this program. An application packet detailing the application process and materials will be provided to the student while enrolled in EXS 1610: Introduction to Athletic Training. The application must include:

- A completed application form
- Verification by an appropriate health care provider that the student is in good health and has had necessary immunizations.
- Verification that student can meet technical standards.
- Two letters of recommendation
- A passing score on the ATEP entrance examination
- The completion of 50 observation hours in the NPU athletic training room
- A completed clinical proficiencies list
- Successful completion of the following courses taken at NPU with a GPA of 2.5 or better and a 2.67 (B-) or better in EXS 1610:
  - EXS 1000: Personal Health
  - EXS 1610: Introduction to Athletic Training
  - EXS 1600: First Aid and CPR
  - BIOL 1250: Introduction to Human Anatomy
- A transcript from NPU showing a overall GPA of 2.5 or better
- Completion of a formal interview with the selection committee.

The Academic Planning Sheet is designed as a guide for students planning their course selections. The information on this page provides only a suggested schedule. Actual course selections should be made with the advice and consent of an academic advisor. While accurately portraying the information contained in the college catalog, this form is not considered a legal substitute for that document. Students should become familiar with the catalog in effect at the time in which they entered the institution.

**Graduation Requirement:**

120 semester hours, minimum

**General Education Requirements:**

44 semester hours

The North Park Dialogue (12) Students in this professional program are not required to take NPD 3000.

- Dialogue I (4)
- Dialogue II (4)
- Dialogue III (4)
- Culture and Society (4)
- Personal Development (2) Met by major prerequisite course EXS 1000
- Biblical Studies (8)
  - BTS 1850 (4)
  - BTS option (4)
- Foreign Language (8)
  - 1010 Level (4)
  - 1020 Level (4)
- Mathematics (4) STAT 1490 is recommended.
- Fine Arts (2)
- Natural Science (4)
  - Biology (2) Met by major prerequisite course BIOL 1250
  - Chemistry/Physics (2)

See General Education checklist for specific courses that will fulfill each requirement.  
<http://www.northpark.edu/generaleducation>

Some general education courses may meet course requirements for your major.

**Additional Graduation Requirements**

- Total of 120 semester hours, minimum. Additional courses may need to be taken to meet this requirement.
- Grade Point Average
  - Overall cumulative grade point average of 2.00
  - Cumulative grade point average in major of 2.00
- Last 30 semester hours must be taken at North Park
- Acceptance into the major. Students must apply separately to this program. Refer to catalog for application requirements.

**Major Requirements:**

**Required Semester Hours:** BS: 60 semester hours

**Prerequisites Courses:** 10 semester hours

- BIOL 1250: Introduction to Human Anatomy (4)
- EXS 1000: Personal Health (2)
- EXS 1600: First Aid/CPR (2)
- EXS 1610: Introduction to Athletic Training (2)

**Required Core Courses:** 50 semester hours

- BIOL 2170: General Nutrition (2)
- BIOL 2930: Advanced Human Physiology (4)
- EXS 2100: Practicum I (2)
- EXS 2110: Practicum II (2)
- EXS 2950: Sports Psychology (2)
- EXS 2300: Orthopedic Assessment I (3)
- EXS 2350: Prevention and Care of Athletic Injury (2)
- EXS 2400: Orthopedic Assessment II (3)
- EXS 2500: Health and Behavior (4)
- EXS 3010: Biomechanics (4)
- EXS 3100: Practicum III (2)
- EXS 3110: Practicum IV (2)
- EXS 3160: Exercise Physiology (4)
- EXS 3300: Therapeutic Exercise (3)
- EXS 3400: Therapeutic Modalities (3)
- EXS 4100: Practicum V (2)
- EXS 4110: Practicum VI (2)
- EXS 4300: Athletic Training Administration (2)
- EXS 4400: Senior Seminar (2)

**NOTE:** The Athletic Training Program is a selective program. Application to the formal Athletic Training Program is made during the spring semester of the student's first year at North Park University. An application packet detailing the application process and materials will be provided to the student while enrolled in EXS 1610: Introduction to Athletic Training. Refer to the other side for a complete listing of application requirements. Additional Notes and Restrictions can be found in the catalog.

The Academic Planning Sheet is designed as a guide for students planning their course selections. The information on this page provides only a suggested schedule. Actual course selections should be made with the advice and consent of an academic advisor. While accurately portraying the information contained in the college catalog, this form is not considered a legal substitute for that document. Students should become familiar with the catalog in effect at the time in which they entered the institution.