

Combined Degree Program
Exercise Science (BS)* Exercise Science in Health Care
Master of Athletic Training (MAT)

2025-2026
Catalog Year

| 1 st Year ~ Fall | Cr. | 1 st Year ~ Winter | Cr. | 1 st Year Spring/Summer | Cr. |
|--|-------|--|-------|--|-------|
| EXS 195: Introduction to Exercise Science (EXS in Health Care elective) | 3 | BMS 105: Basic Nutrition | 3 | General Education Course Philosophy & Literature | 3 |
| ATH 210: Directed Observation | 1 | ² BMS 250: Anatomy & Physiology I | 4 | Gen Ed. Social/Behavioral Sciences | 3 |
| BIO 120: General Biology I ^{GE Life Science} | 4 | CHM 109: Introductory Chemistry ^{GE Physical Science} | 4 | | |
| MTH 110: Algebra ^{prerequisite to STA 215 & PHY 200} | 4 | WRT 150: Strat. in Writing ^{or WRT 120 & WRT 130} | 4 | | |
| PSY 101: Intro. Psychology ^{GE Social & Behavioral Sciences} | 3 | | | | |
| Total Credit Hours | 15 | Total Credit Hours | 15 | Total Credit Hours | 6 |
| 2 nd Year ~ Fall | Cr. | 2 nd Year ~ Winter | Cr. | 2 nd Year Spring/Summer | Cr. |
| ATH 217: Modern Principles of Athletic Training | 2 | ATH 218: Modern Principles of Ath. Training Lab (EXS in Health Care elective) | 1 | Gen Ed. Historical Analysis | 3 |
| CHM 234: Introduction to Organic & Biochemistry (EXS in Health Care elective) | 4 | EXS 209: Evidence Based Pracice in Exercise Science | 3 | Gen Ed. US Diversity | 3 |
| ² BMS 251: Anatomy & Physiology II | 4 | MOV 300: Kinesiology | 3 | | |
| EXS 220: Instruction and Leadership | 3 | MOV 304: Intro. to Exercise Physiology | 3 | | |
| STA 215: Intro. Applied Statistics ^{GE Math} | 3 | General Education Course ^{Art} | 3 | | |
| | | Exercise Science in Health Care Emphasis Elective | 1 | | |
| Total Credit Hours | 16 | Total Credit Hours | 14 | Total Credit Hours | 6 |
| 3 rd Year ~ Fall (Apply to B.S./M.AT program) | Cr. | 3 rd Year ~ Winter | Cr. | 3 rd Year Spring/Summer | Cr. |
| BMS 223: Infect. Disease <u>or</u> PH 222: Public Health (EXS in Health Care elective) | 3 | BIO 328: Biomedical Ethics SWS ^{Issues} (EXS in Health Care elective) | 3 | EXS 495: Professionalism in Exercise Science ^{Capstone SWS} | 3 |
| EXS 320: Exercise Testing & Prescription | 3 | EXS 470: Exercise for Special Populations | 3 | Free Elective course | 3 |
| EXS 322: Exercise Testing Lab | 2 | MOV 310: Motor Skill Development (EXS in Health Care elective) | 3 | ATH 510: Fnd concepts and tech Athl Trn | 3 |
| PHY 200: Physics for the Life Sciences (EXS in Health Care elective) | 4 | Free Elective course | 3 | | |
| General Education Course ^{Issues} | 3 | General Education Course ^{Global Perspectives} | 3 | | |
| Total Credit Hours | 15 | Total Credit Hours | 15 | Total Credit Hours | 9 |
| 4 th Year ~ Fall (Combined B.S. / M.AT Program Begins) | Cr. | 4 th Year ~ Winter | Cr. | 4 th Year Spring/Summer | Cr. |
| ATH 506 - Intervention and Referral | 2 | ATH 515 – Assessment and Evaluation II | 4 | ATH 575: Therapeutic Intv. | 4 |
| ATH 514 – Assessment and Evaluation I | 4 | ATH 522 – Athletic Training Clinical II | 3 | IPE 507: Int. Team Health Care | 2 |
| ATH 521 – Athletic Training Clinical I | 3 | ATH 523 – Methods of Evid. Based Practice in AT | 3 | STA 610: App. Stats for Hlth Prof. | 3 |
| ATH 525 – Pre-hospital Care of the Injured Patient | 4 | ATH 530 – Gen. Medical Conditions in Athletic Tr. | 4 | ATH 693 - Project in Athletic Training | 1-2 |
| Total Credit Hours | 13 | Total Credit Hours | 14 | Total Credit Hours | 10-11 |
| 5 th Year ~ Fall | Cr. | 5 th Year ~ Winter | Cr. | | |
| ATH 607 – Pharmacology in Athletic Training | 3 | ATH 628 – Athletic Training Clinical IV | 4 | | |
| ATH 626 – Athletic Training Clinical III | 4 | ATH 685 – Adv. Techniques in Athletic Training | 2 | | |
| ATH 675 – Therapeutic Interventions & Lab II | 4 | ATH 689 – Prof. Topics in Athletic Training | 3 | | |
| ATH 693 - Project in Athletic Training | 1-2 | ATH 693 - Project in Athletic Training | 1-2 | | |
| Total Credit Hours | 12-13 | Total Credit Hours | 10-11 | | |

Combined Degree Notes:

- Up to 12 ATH graduate credits in the MAT may applied toward the bachelor's degree requirements (ATH 506, 510, 514, 521)
- To graduate with a bachelor's degree, students need a minimum of 108 undergraduate credits + 12 graduate credits to reach the necessary 120 credits to graduate.
- Students who do not complete the Combined Degree must complete all the MAT prerequisites and may need additional elective credits to meet the minimum 120 credits for undergraduate graduation.

Combined Degree Program Information

Grand Valley State University's (GVSU) Master of Athletic Training (MAT) program utilizes the Athletic Trainers Centralized Application System (ATCAS) for the application process. Please refer to www.atcas.liaisoncas.com to get general information about the ATCAS process. GVSU specific admission requirements are posted within the application on ATCAS. Students may begin their application when ATCAS portal opens in July of their application year.

Application and all supporting documents for ATCAS and GVSU have a receipt *deadline of October 15*. It is strongly recommended that applicants submit application materials 4-6 weeks prior to October 15 to allow for ATCAS processing time. Applications "Verified" by the application date will be given preference. Late applications will be considered until seats in program are filled.

Program Eligibility

- **Completion of Bachelor's Degree** prior to August 15 for students applying to the 2-year stand-alone Master's program. Students applying to the combined degree program (3+2), the Bachelor's degree must be conferred by the end of the first year in the MAT. Applicants can be in process of completing their degree at the time of application submission.
 - **Completion of prerequisite courses:** All prerequisites must be taken for letter grades and completed prior to the start of the MAT. For each course, a grade of C or higher is required. Students can be in process of completing prerequisites at the time of application submission.
 - **Demonstration of effective communication and interpersonal skills.** Applicants will be evaluated throughout the application process for their demonstration of effective communication and interpersonal skills.
 - **Essential Functions:** Ability to perform all Essential Functions ([technical skills](#)) of the athletic training program.
 - **Review of the current GVSU MAT Graduate Student Handbook:** Applicants will be required to review the current [MAT Graduate Student Handbook](#) prior to application.
 - **Submission of the following materials to ATCAS:** includes application fee of \$96.00 for first application and \$55.00 for each additional application)
 - **Official transcripts:** Submit official transcripts from ALL colleges and universities attended to ATCAS
 - Minimum 3.00 cumulative GPA required
 - **Resume/CV:** Submission of current resume.
 - **Personal Statement:** Applicants must submit a personal statement.
 - **Two Evaluator Forms:** Submit *only* two names and email addresses of references on the ATCAS electronic application (under evaluations). References will complete and return the electronic form to ATCAS. A licensed athletic trainer with whom you have worked/job shadowed/volunteered must complete 1 of the 2 recommendations.
 - **Minimum 35 Observation Hours:** Submission of documentation of volunteer/work/job shadow AT hours on the ATCAS application (see [GVSU AT Verification Form](#)). Applicants can be in process of completing hours at time of application.
 - **Writing Samples:** Completion of two writing samples (*located within ATCAS, under Questions*)
 - **Basic Life Support (CPR/AED) and First Aid certifications** (*see approved provider list within ATCAS, under Documents or on the [GVSU MAT Application Process website](#)*)
 - **GVSU Graduate School Application:** In addition to applying to the GVSU MAT Program through ATCAS, all applicants must apply to GVSU Graduate School. To apply to GVSU Graduate School, each applicant will need to complete a Supplemental Form through GVSU. The Supplemental Form cannot be submitted until your ATCAS application is verified. Once verified, you will receive an email from Grand Valley State University containing a link with instructions to submit the form through SLATE. Applications will not be considered complete until this form has been submitted. It is encouraged that applications be submitted by September 1 to allow time for the verification process. Applicants who have never applied to GVSU will have a \$30 application fee (GVSU is a one-time application fee institution).
 - **International Students (ONLY):** In addition to the ATCAS and GVSU Requirements, applicants must submit to GVSU's Admissions Office: proof of English language proficiency, official TOEFL test score (minimum 610 (paper-based) or 253 (computer-based) or 102 (internet-based) score required) or IELTS score of 6.5 or MELAB score of 77 or PTE Academic score of 53, original or certified original transcripts with official credentialed evaluations (e.g., WES, ECE), and statement of financial support.
- Applicants are encouraged to review the full application details by visiting the [Athletic Training website](#)