

Exercise Science/Athletic Training Combined Degree BS-MAT

2022-2023

(Including Summers)

THIS IS A GENERAL CURRICULUM GUIDE AND IS NOT APPLICABLE TO EVERY STUDENT. IT IS IMPORTANT TO MEET WITH YOUR ADVISOR

Year One				
FALL Semester		WINTER Semester		
ATH 210 – Directed Observation Prerequisite: None	1	BMS 105 – Basic Nutrition Prerequisite: None		3
BIO 120 – General Biology I (Gen Ed) Prerequisite: None	4	BMS 250 – Anatomy and Physiology I Prerequisite: BIO 120		4
MOV 101 – Foundations of Human Movement Science Prerequisite: None	3	(Gen Ed) CHM 109 – Introductory Chemistry Prerequisite: None		4
MTH 110 – Algebra Prerequisite: MTH 097 or GVSU placement test	4	WRT 150* – Strategies in Writing (Gen Ed) Prerequisite: None		4
(Gen Ed) PSY 101 – Introductory Psychology Prerequisite: None	3			
Total	15	Total		15
SPRING/SUMMER Semester				
(Gen Ed) <i>Philosophy and Literature</i>	3	(Gen Ed) <i>Social and Behavioral Science</i>		3
		Total		6
Year Two				
ATH 217 – Modern Principles of Athletic Training Prerequisite: None	2	ATH 218 – Modern Principles of Athletic Training Lab Prerequisite: ATH 217 or co-req ATH 217		1
(Gen Ed) <i>Art</i> Prerequisite: None	3	EXS 209 – Research Methods in Exercise and Health Sciences Prerequisite: STA 215		3
BMS 251 – Anatomy and Physiology II Prerequisite: BMS 250	4	MOV 300 – Kinesiology Prerequisite: BMS 202 or BMS 208 or BMS 250		3
CHM 230 – Introduction to Organic and Biochemistry Prerequisite: CHM 109 or equivalent	4	MOV 304 – Introduction to Exercise Physiology Prerequisite: None BMS 202 or BMS 251 or BMS 290		3
(Gen Ed) STA 215 – Introductory Applied Statistics Prerequisite: MTH 110 or Equivalent	3	PHY 200 – Physics for the Life Sciences Prerequisite: None		4
Total	16	Total		14
SPRING/SUMMER Semester				
(Gen Ed) <i>Historical Perspectives</i>	3	(Gen Ed) <i>U.S. Diversity</i>		3
		Total		6
Year Three				
BMS 223 – Infectious Human Diseases: Prevention and Control or PH 222 Public Health Concepts Prerequisite: None	3	EXS 465 Cardiac Rehab for Exerc Physio (or BMS 310) Prerequisite: EXS 320 and EXS 321		3
EXS 320 – Exercise Testing and Prescription Prerequisite: MOV 304; Co-Req: EXS 320 and 321	3	EXS 470 – Exercise for Special Populations Prerequisite: EXS 320 and EXS 321		3
EXS 321 – Exercise Testing and Prescription Prerequisite: MOV 304; Co-Req: EXS 320 and 321	1	**Ex Sci Elective (#3) (Gen Ed) <i>Global Perspectives</i>		3
**MOV 310 – Motor Skill Development (#1 Ex Sci Elective) Prerequisite: None	3	(Gen Ed) <i>Issues</i>		3
**Ex Sci Elective (#2) (Gen Ed) <i>Issues</i>	3			
Apply to MAT this semester	16	Notification of Acceptance into MAT this semester		15
SPRING/SUMMER Semester				
*Electives (Student may choose any course(s) of interest and must total 6 credits worth)				6
Year Four – Combined BS - MAT				
ATH 523 – Methods of Evidence Based Practice in Athletic Training	3	***12 Credits, in the first semester of the MAT, dual count for both BS and MAT Degrees See Two Year MAT Course Sequence Guide for MAT coursework completion		
ATH 514 – Assessment and Evaluation 1	4			
ATH 521 – Athletic Training Clinical 1	3			
ATH 525 – Pre-hospital Care of the Injured Patient	4			
Total	14			

WRT 150*: Need WRT 120 & 130 (3 credits each) or WRT 150 (4 credits)
 -Students who self-place into WRT 120 should take this course in the fall semester and then take WRT 130 in the winter semester of their first year
 -Students who self-place into WRT 150 should normally take this course in the winter semester of their first year
 -Students will not need to take these courses if they have earned credit for the course through AP/Dual Enrollment
 -A grade of C or better is required in WRT 130 or WRT 150 in order to satisfy the WRT requirement at GVSU

** Must Choose 3 (total) Exercise Science Electives: MOV 310 counts as one of the electives. The remaining two electives can be chosen from this list: BIO 355, BMS 375, EXS 460, MOV 350, 480, PSY 364, and STA 345

*** For 12 Credits to count for both Bachelor and Master Degrees students must:
 • Be admitted to MAT (recommend 108 credits at end of third year)
 • Declare Ex. Sci. as major and with Clinical Exercise Science/Athletic Training emphasis
 • Block tuition rate is for 12-15 credits. You will pay additional tuition for any credits over 15

Combine Degree Substitutions in Clinical Exercise Science with an emphasis in Clinical Exercise Science/Athletic Training

ATH 210 + ATH 218 will sub for EXS 390

ATH 514 will sub for EXS 420

ATH 521 will sub for EXS 490

ATH 523 will sub for EXS 495

BMS 223 **or** PH 222 will sub for PSY 310

BMS 310 will sub for EXS 465

If students choose not to pursue MAT degree or is unsuccessful in the pursuit of the Combined Degree, students are **required** to complete the BS degree in Ex Sci.
 Students will need to register for: EXS 420, EXS 490, EXS 495, and PSY 310

Master of Athletic Training (MAT)

Admissions Process

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 requirements is posted within the application on ATCAS and at www.gvsu.edu/athletictraining/application-process-7.htm. 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. Those submitted after will be considered, upon availability). Additional information regarding deadlines can be found www.gvsu.edu/athletictraining/application-process-7.htm.

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. You can be in process of completing your degree at the time of application submission.
- **Completion of prerequisite courses:** All prerequisites must be equivalent to GVSU prerequisite course list, taken for letter grades, and completed by August 15. For each course, a grade of C or higher is required. You can be in process of completing your 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 Athletic Training Centralized Application Service (ATCAS @ <https://atcas.liaisoncas.com/applicant-ux/#/login>)
 - **ATCAS online application:** complete and pay application fee (\$90.00 for first application and \$55.00 for each additional application)
 - **Official transcripts:** Submit official transcripts from ALL colleges and universities attended; minimum 3.00 cumulative GPA required. For further information on transcript(s) submission, please go to [ATCAS Applicant Help Center](#).
 - **Resume/CV:** Submission of current resume.
 - **Personal Statement:** Applicants must submit a personal statement.
 - **Two Evaluator Forms:** Submit *only* two names and email addresses for applicants two 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.
 - **Observation Hours:** Documentation of volunteer/work/job shadow AT hours on the ATCAS application – minimum of 35 hours post-secondary school are required; '[GVSU AT Verification Form](#)'. This not required by/for GVSU admissions. You can be in process of completing your hours at the time of application submission.
 - **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 GVSU MAT Program through ATCAS, all applicants must apply to GVSU Graduate School by completing the [GVSU Athletic Training Supplemental Form](#). Applicants who have never applied to GVSU will have a \$30 application fee (GVSU is a one-time application fee institution)
- International Student (ONLY), in addition to the ATCAS and GVSU Requirements, 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.