LORAS COLLEGE

SAMPLE FOUR-YEAR PLAN FOR ATHLETIC TRAINING

Updated: March 2010

JANUARY TERM	
Students admitted Fall 2007 or later are required to complete a minimum of two January terms. **Transfer students who transfer in 40 credits or more are required to complete at least one January term.**	**CR**
Elective	3
Elective	3

FIRST YEAR FALL SEMESTER		FIRST YEAR SPRING SEMESTER	
Title	**CR**	**Title**	**CR**
LIB 100 Modes of Inquiry	3	Catholic tradition (LIB 130 or 135)	3
Writing requirement (LIB 105 or ENG 111) or speaking requirement (LIB 110)	3	Writing requirement (LIB 105 or ENG 111) or speaking requirement (LIB 110)	3
Math Modeling (115, or 117)	4	PSY 121 Developmental Psychology	3
BIO 115 Principles of Biology	4	ATR 131 Care and Prevention of Athletic Injuries/First Aid	3
PHE 121 Personal & Community Health Education	3	ATR 131L Care & Prevention Lab	1
		General elective	3

SOPHOMORE YEAR FALL SEMESTER		SOPHOMORE YEAR SPRING SEMESTER	
Title	**CR**	**Title**	**CR**
LIB 220 Democracy & Global Diversity	3	BIO 260 Human Biology (AH)	4
CHE 111 General Chemistry I	4	ATR 281 Athletic Training Clinical II	1
SSC 230 Musculoskeletal Anatomy	3	ATR 291 Evaluation II	3
ATR 280 Athletic Training Clinical I	1	SSC 145 Nutrition	3
ATR 290 Evaluation I	3	General Elective	3

JUNIOR YEAR FALL SEMESTER		JUNIOR YEAR SPRING SEMESTER	
Title	**CR**	**Title**	**CR**
ATR 380 Athletic Training Clinical III	1	ATR 381 Athletic Training Clinical IV	1
ATR 382 Therapeutic Modalities	3	ATR 383 Therapeutic Exercise	3
ATR 390 Evaluation III	3	Advanced General Education	3
SSC 322 Exercise Physiology	3	Advanced General Education	3
SSC 344 Theory of Strength Training & Conditioning	3	General Elective	3
Advanced General Education	3		

SENIOR YEAR FALL SEMESTER		SENIOR YEAR SPRING SEMESTER	
Title	**CR**	**Title**	**CR**
ATR 455 Advanced Care and Prevention	3	BIO 365 Human Anatomy	4
ATR 480 Organization and Administration of Athletic Training	3	ATR 483 Athletic Training Clinical VI	1
ATR 482 Athletic Training Clinical V	1	Advanced General Education	3
Advanced General Education Cluster	6-7	LIB 305 Portfolio II	1
General Elective	3	General Elective	3

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