



LORAS COLLEGE

RECOMMENDED FOUR-YEAR PLAN FOR KINESIOLOGY/ATHLETIC TRAINING DUAL DEGREE 5 – YEAR PLAN

Updated: June 2023

MAY TERMS	
Students are required to complete a minimum of two May terms. Transfer students who transfer in 40 credits or more are required to complete at least one May term.	CR
Specialty Elective	3
Explorations Course (EC, ES or EI) or Catholic Traditions Course (CT)	3

FIRST YEAR FALL SEMESTER		FIRST YEAR SPRING SEMESTER	
Title	CR	Title	CR
LIB 102 Engaging Communities (FC)	3	LIB 101 Engaging Differences (FD)	3
ENG 105 College Writing (WC)	3	MAT 115 Statistics (QR)	4
PSY 121 Lifespan Development	3	KIN 145 Nutrition	3
BIO 115 Biology I	4	KIN 050 Personal Fitness	1
KIN 101 Introduction to Kinesiology	3	Explorations Course (EC, ES or EI), Oral Communications, or Elective	3

SOPHOMORE YEAR FALL SEMESTER		SOPHOMORE YEAR SPRING SEMESTER	
Title	CR	Title	CR
Catholic Traditions (CT)	3	Explorations Course (EC, ES or EI)	3-4
Explorations Course (EC, ES or EI)	3-4	KIN 250 Research Methods in Kinesiology	3
CHEM 111 Chemistry I	4	BIO 226 Anatomy/Physiology II	4
BIO 225 Anatomy/Physiology I	4	KIN 232 Biomechanics & Kinesiology	3
ATR 275 Athletic Training Skills	3	ATR 250 Medical Terminology	1

JUNIOR YEAR FALL SEMESTER		JUNIOR YEAR SPRING SEMESTER	
Title	CR	Title	CR
Values in Action (VX) or Explorations Course (EC, ES or EI)	6	KIN 370 Fitness Assessment & Prescription	3
KIN 344 Theory of Strength and Conditioning	3	BIO 365 Human Anatomy	4
KIN 322 Exercise Physiology	3	KIN 439 Exercise Psychology	3
PHY 210 Physics I (Pre-calc may be a Pre-Requisite Course)	4	Explorations Course (EC, ES, or EI) or Elective	3

Applications for Admittance to Master's Program due December 1st. See ATCAS or program website for application and admission requirements.

* Please note that summer semester 1 begins in July, and summer semester 2 begins in May.

SUMMER SEMESTER 1*	CR
ATR 570 Foundations of Athletic Training (4 weeks)	2

FALL SEMESTER 1	CR	SPRING SEMESTER 1	CR
ATR 601 Clinical Experience I (16 WEEKS)	4	ATR 602 Clinical Experience II (16 WEEKS)	3
QUARTER 1 (8 WEEKS)		QUARTER 1 (8 WEEKS)	
ATR 575 Advanced Care of Athletic Illness & Injury	1	ATR 530 Evidence Based Practice of Athletic Training	3
ATR 510 Evaluation of Injuries I	3	ATR 521 Therapeutic Interventions II	3
QUARTER 2 (8 WEEKS)		QUARTER 2 (8 WEEKS)	
ATR 511 Evaluation of Injuries II	3	ATR 580 Pathophysiology	3
ATR 520 Therapeutic Interventions I	3	Call to Participation Course (CP)	

SUMMER SEMESTER 2*	CR
ATR 540 Epidemiology & Public Health (4 weeks)	3
ATR 603 Clinical Experience III (6 weeks)	3

FALL SEMESTER 2	CR	SPRING SEMESTER 2	CR
QUARTER 1 (8 WEEKS)		QUARTER 1 (8 WEEKS)	
ATR 604 Clinical Experience IV	6	ATR 605 Clinical Experience V	6
QUARTER 2 (8 WEEKS)		QUARTER 2 (8 WEEKS)	
ATR 610 Advanced Psychology of Injuries	3	ATR 680 Research in Athletic Training	3
ATR 542 Health and Wellness Promotion	3	ATR 611 Topics in AT	2
ATR 640 Healthcare Administration	3		