Name _____ NUID _____

Requirements for a Bachelor of Science Degree in Education and Human Sciences UNL Option Sheet
Department: Nutrition and Health Sciences

Option: **Athletic Training**

Total Hours Required for Degree: 120
Bulletin Year 2012-2013

I. ACHIEVEMENT CENTERED EDUCATION (ACE)

ACE #1 Written Tests
(Any) (3 hrs)____

ACE #2 Communication Skills
(Any) (3 hrs)____

ACE #3 Mathematical, Computational, Statistical, or Formal Reasoning Skills
STAT 218 or EDPS 330 or EDPS 459 (3 hrs) ✓

ACE #4 Study of Scientific Methods & Knowledge of Natural & Physical World
CHEM 109 (4 hrs) ✓

ACE #5 Study of Humanities ____
(Any) (3 hrs)____

ACE #6 Study of Social Sciences
PSYC 181 (4 hrs) ✓

ACE #7 Study of the Arts ____
(Any) (3 hrs)____

ACE #8 Ethical Principles, Civics, Stewardship & Their Importance to Society
(Any) (3 hrs)____

ACE #9 Global Awareness, Knowledge of Human Diversity through Analysis of an Issue
(Any) (3 hrs)

ACE #10 Integration of Abilities, Capacity in a Creative or Scholarly Product ____
ATHT 445 (3 hrs) ✓
_____ ____

II. Professional Requirements (85-89)

Athletic Training (35 hrs)

A grade of C+ or higher and an overall GPA of 3.0 is required in all ATHT courses unless otherwise indicated.

ATHT 145 Intro to Athletic Training (3 hrs) ____
(grade of B- or higher is required)
ATHT 146 First Aid, Treatment, & Mgnt. of Athletic Injuries *(grade of B- or higher is required)* (3 hrs) ____
ATHT 245 Org. & Admin. of Athletic Training (3 hrs) ____
ATHT 246 Prevention & Care of Athletic Injuries (3 hrs) ____
ATHT 249 Therapeutic Modalities (3 hrs) ____
ATHT 345 Evaluation of Athletic Injuries (4 hrs) ____
ATHT 346 Rehabilitation & Reconditioning (4 hrs) ____
ATHT 445 Advanced Studies in Athletic Training (3 hrs) ____
ATHT 446 Medical Aspects of Athletic Training (3 hrs) ____
ATHT 247 Clinical Education I (1 hr) ____
ATHT 248 Clinical Education II (1 hr) ____
ATHT 347 Clinical Education III (1 hr) ____
ATHT 348 Clinical Education IV (1 hr) ____
ATHT 447 Clinical Education V (1 hr) ____
ATHT 448 Clinical Education VI (1 hr) ____

Nutrition & Health Sciences (13 hrs)

Only grades of C or above count towards graduation requirements for NUTR courses

NUTR 100 Nutrition, Fitness & Health (3 hrs) ____
(grade of C+ or higher is required)
NUTR 150 Found. in Nutr. & Health Promotion (1 hr) ____
NUTR 250 Human Nutrition & Metabolism (3 hrs) ____
(grade of C+ or higher is required)
NUTR 384 Biomechanics of Human Movement (3 hrs) ____
(grade of C+ or higher is required)
NUTR 484 Physiology of Exercise (3 hrs) ____
(grade of C+ or higher is required)

III. Supporting Courses (12-15)

ATHT 279 Coaching Effectiveness & Psychological Components of Sports Performance (3 hrs)____
(grade of C+ or higher is required)
EDPS 330 Measurement & Evaluation in Nutrition, Fitness & Health Promotion or EDPS 459 Stat. Methods or STAT 218 Intro. to Statistics (3 hrs)____
(grade of C or higher is required)
MATH 102 Trigonometry or MATH 103 College Algebra & Trig. or MATH 106 Analytic Geometry & Calc. I (2-5 hrs)____
(grade of C or higher is required)
PSYC 181 Intro. to Psychology (4 hrs)____
(grade of C+ or higher is required)

IV. Supporting Sciences (25-26)

BIOS 101 & BIOS 101L or BIOS 102 or BIOS 103 & BIOS 103L General Biology & Lab or Cell Structure & Function or Organismic Biology & Lab (4 hrs)____
(grade of C or higher is required)
BIOS 213 and BIOS 213L Human Physiology & Lab (4 hrs)____
(grade of C+ or higher is required)
BIOS 214 Human Anatomy (5 hrs)____
(grade of C+ or higher is required)
CHEM 109 General Chemistry I (4 hrs)____
CHEM 110 General Chemistry II (4 hrs)____
PHYS 141 or PHYS 151 Elementary General Physics or Elements of Physics (4-5 hrs)____

VI. Electives (13-17)

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