

Dual Degree Program in ESS: Pre-Professional Track and Athletic Training

The ES/AT Dual Degree Program enables a student to receive both a Bachelor of Science degree in the ESS: exercise science pre-professional major and a Master of Science degree in athletic training. Students apply for admission to the ESS: exercise science pre-professional major first, and then later, to the Athletic Training Graduate Program. Students typically complete the undergraduate requirements in three years followed by 23 months in the Athletic Training Graduate Program.

Major requirements

Admission to the program

Students are selected into the Athletic Training Graduate Program through a competitive application process. Participation in the undergraduate ES/AT Dual Degree Program does not guarantee admission to the Athletic Training Graduate Program.

To be considered for admission to the ES/AT Dual Degree Program, the student must:

1. Be a current student accepted into the ESS: Exercise Science Pre-Professional Track Program and who has completed at least 60 undergraduate credits.
2. Have a minimum cumulative UWL GPA of 3.0.

Priority application deadline for enrollment in the graduate program is December 1. After December 1, rolling admissions will follow. Application is through Athletic Training Central Application System (ATCAS). (<https://atcas.liaisoncas.com/applicant-ux/#/login>)

Students admitted into the Athletic Training Graduate Program must maintain a minimum 3.0 cumulative GPA in all course work (4.0 scale) and have a clinical evaluation score of 3.0 or above (5.0 scale). Failure to meet any one of these retention criteria requires the student to be on probationary status. If the student does not meet all criteria in two consecutive terms, the student will be removed from the program.

If a student is accepted into the Athletic Training Graduate Program and chooses not to continue, a maximum of nine credit hours can be utilized to complete the ESS: Exercise Science Pre-Professional Track Program. Additional courses to complete the ESS: Exercise Science Pre-Professional Track Program include CHM 104, ESS 383, and a BIO or MIC course (excluding BIO 105, BIO 312, and BIO 313).

If a student chooses to leave the program and wants to re-enter later, they must seek the approval from the Athletic Training Program Committee. Courses are taught once per academic year and therefore, the student should resume when the next needed course is offered.

Graduation requirements

Bachelor of Science

- All courses required in the undergraduate ESS: exercise science pre-professional track portion of the ES/AT Dual Degree Program must

be passed with a minimum grade of "C" or better with a cumulative GPA of 3.0 or better (4.0 scale).

- All program and university requirements must be met (120 credits total).

Master of Science

- All graduate-level courses must be completed with a "C" or better in each course. This includes the graduate courses used to fulfill the undergraduate degree: ATS 700, ATS 702, ATS 710, ATS 712, ATS 731, ATS 741, ATS 740, ATS 745. Credits in these courses count towards both undergraduate and graduate degrees.
- A cumulative GPA of 3.0 (4.0 scale) in all graduate courses is required for graduation from graduate school.

Curriculum

(College of Science and Health)

111-113 credits, excluding general education credits

Code	Title	Credits
General education courses		
BIO 105	General Biology	4
CHM 103	General Chemistry I	5
HPR 105	Creating A Healthy, Active Lifestyle	3
PHY 103	Fundamental Physics I	4
PSY 100	General Psychology	3
STAT 145	Elementary Statistics	4

Total Credits **23**

Code	Title	Credits
ESS major requirements		
ESS 100	Physical Activities (6 credits, may include ESS 116)	6
ESS 201	Safety, First Aid and CPR	1
ESS 207	Human Motor Behavior	3
ESS 281	Prevention and Care of Athletic Injuries	2
ESS 302	Physiology of Exercise	3
ESS 303	Biomechanics	3
ESS 323	Nutrition and Sport	3
ESS 328	Field Experience in Exercise Science	3
ESS 368	Strength Training Techniques and Programs	3
ESS 446	Current Research and Trends in Exercise Science	3
BIO 312	Human Anatomy and Physiology I	4
BIO 313	Human Anatomy and Physiology II	4
PHY 104	Fundamental Physics II	4
Select one of the following:		1-3
CHE 220	Medical Terminology for Health Education	
RTH 355	Medical Language and Digital Competencies for Allied Health Professionals	

Total Credits **43-45**

Code	Title	Credits
Courses taken after admission to ES/AT Dual Degree Program		
ATS 700	Professional Practice and Athletic Training Healthcare ¹	4
ATS 702	Functional Anatomy and Medical Physiology ¹	3
ATS 704	Applied Neuroscience in Athletic Training	3

ATS 710	Emergency Care Principles in Healthcare ¹	4
ATS 712	Diagnosis and Therapeutic Interventions I ¹	5
ATS 714	Diagnosis and Therapeutic Interventions II	5
ATS 716	Pathophysiology of General Medical Conditions	3
ATS 718	Healthcare Administration in Athletic Training	3
ATS 720	Lifespan Wellness and Conditions	5
ATS 722	Rehabilitation Psychology and Healthcare Sociology in Athletic Training	2
ATS 731	Athletic Training Clinical I ¹	4
ATS 732	Athletic Training Clinical II	4
ATS 733	Athletic Training Clinical III	3
ATS 734	Athletic Training Clinical IV	6
ATS 740	Research Methods in Athletic Training ¹	2
ATS 741	Athletic Training Research I ¹	1
ATS 742	Athletic Training Research II	1
ATS 743	Athletic Training Research III	2
ATS 744	Athletic Training Research IV	2
ATS 745	Statistics for Athletic Trainers ¹	2
ATS 750	Athletic Training Readings (two credits, repeated twice)	4
Total Credits		68

¹ Credits in these courses count toward both the undergraduate and graduate degrees. Once these courses are completed, students are eligible to receive their bachelor's degree.

Degree requirements

All students must complete the general education, college core, major/minor, and university degree requirements in order to qualify for a degree. The easiest way to track all of these requirements is to refer to the Advisement Report (AR) found in the Student Information System (WINGS) Student Center. All enrolled students have access to the AR.

- General education (<http://catalog.uwlax.edu/undergraduate/generaleducation/>)
- Baccalaureate degree requirements (p. 2)
- Master of Science in athletic training requirements (<http://catalog.uwlax.edu/graduate/programrequirements/athletictraining/athletic-training-ms/>)

Baccalaureate degree requirements

Candidates for the Bachelor of Arts or the Bachelor of Science degrees must accomplish the following:

1. Fulfill the general education requirements.
2. Complete at least one ethnic studies (diversity) course.
3. Complete the courses prescribed by the Undergraduate Curriculum Committee for the degree desired in the respective school or college.
4. Earn a minimum of 120 semester credits with at least a 2.00 cumulative GPA.^{1,2}
5. At least 40 credits must be earned in 300/400 level courses. Transfer courses earned or transferred at the 300/400 level apply to this requirement.

6. Complete major and minor requirements with at least a 2.00 GPA^{1,2} in each major and minor (and concentration or emphasis, if selected).
7. A minimum of 30 semester credits in residence at UWL is required for graduation. (See undergraduate resident requirement (<http://catalog.uwlax.edu/undergraduate/academicpolicies/graduation/#undergraduate-residence-requirement>)).
8. Submit an application for graduation via the "Apply for Graduation" link in the WINGS Student Center as soon as the student has registered for his or her final semester or summer term in residence. December and winter intersession graduates should apply by May 1. May and summer graduates should apply by December 1.

¹ Grade point average requirements for some programs will be considerably higher than 2.00. Re-entering students may be required to earn credits in excess of the 120 needed for graduation in any curriculum in order to replace credits earned in courses in which the content has changed substantially in recent years. Each case will be judged on its own merit.

² The grade point average recorded at the time the degree is awarded will not be affected by future enrollment.

No degree will be awarded unless all requirements are fulfilled and recorded within 30 days after the official ending date of each term.

Sample degree plan

Below is a sample degree plan that can be used as a guide to identify courses required to fulfill the major and other requirements needed for degree completion. A student's actual degree plan may differ depending on the course of study selected (second major, minor, etc.). Also, this sample plan assumes readiness for each course and/or major plan, and some courses may not be offered every term. Review the course descriptions or the class timetable (<http://www.uwlax.edu/Records/registration/>) for course offering information.

The sample degree plans represented in this catalog are intended for first-year students entering UWL in the fall term. Students should use the Advisement Report (AR) in WINGS (<https://wings.uwlax.edu>) and work closely with their faculty advisor(s) and college dean's office to ensure declaration and completion of all requirements in a timely manner.

General Education Program

The general education curriculum (Gen Ed) is the common educational experience for all undergraduates at UWL. Sample degree plans include Gen Ed placeholders to ensure completion of the general education requirements. Courses may be rearranged to fit the needs or recommendations of the student's program of study. Gen Ed courses may be taken during winter term (January between the semesters) and summer to reduce the course load during regular terms (fall and spring). Students should consult with their advisor and/or the college academic services director in their college/school for assistance with course and schedule planning. Refer to the general education requirements (<http://catalog.uwlax.edu/undergraduate/generaleducation/>) for more specific details.

At least 40 credits of the 120 credits required must be earned at the 300/400-level.

Note: New students and transfer students with 15 or fewer credits earned are required to take FYS 100 First-Year Seminar (3 cr.) during one of their first two semesters at UWL.

This sample degree plan does not establish a contractual agreement. It identifies the minimum requirements a student must successfully complete, to qualify for a degree, in a format intended to assist the student in planning their academic career. Actual degree plans may differ.

This major is exempt from the CSH College Core requirement.

Year 1			
Fall	Credits	Spring	Credits
BIO 105 (Gen Ed Natural Lab Science)	4	CHM 103 (Gen Ed Natural Lab Science)	5
ENG 110 or 112 (Gen Ed Literacy-Written)	3	STAT 145 (Gen Ed Math/Logical Systems)	4
HPR 105 (Gen Ed Health & Well-Being)	3	ESS 100	1
Gen Ed Math	3-4	CST 110 (Gen Ed Literacy-Oral)	3
FYS 100 (Gen Ed First-Year Seminar)	3	ESS 201 ¹	1
Meet with faculty advisor to discuss requirements for admission to the ESS-Exercise Science program.		CHE 220 or RTH 355 ²	1-3
		16	15

Year 2			
Fall	Credits	Spring	Credits
BIO 312	4	BIO 313	4
PHY 103 (Gen Ed Natural Lab Science)	4	PHY 104	4
Gen Ed Minority Cultures	3	Gen Ed Arts	2-3
Gen Ed Arts	2-3	ESS 100	1
Gen Ed World History	3	ESS 281	2
ESS 100	1	ESS 303	3
Apply for admission to ESS-Exercise Science program—see WINGS advisement report and ESS-Exercise Science website for details.			
		17	16

Year 3					
Fall	Credits	Spring	Credits	Summer	Credits
Gen Ed Humanistic Studies	3	PSY 100 (Gen Ed Self & Society)	3	ATS 700	4
Gen Ed Global Studies	3	ESS 100	1	ATS 710	4
ESS 100	1	ESS 100	1	ATS 740	2
ESS 207	3	ESS 323	3	ATS 745	2
ESS 302	3	ESS 368	3		
ESS 328	3	ESS 446	3		

Apply for admission to ESS-Exercise Science & AT Dual Degree Program—see WINGS advisement report and ESS-Exercise Science website for details.

Apply for "full graduate status" for next term

Year 4					
Fall	Credits	Spring	Credits	Summer	Credits
ATS 702	3	ATS 704	3	ATS 716	3
ATS 712	5	ATS 714	5	ATS 720	5
ATS 731	4	ATS 732	4	ATS 722	2
ATS 741	1	ATS 742	1		
		13	13		10
Additional year					
Fall	Credits	Spring	Credits		
ATS 718	3	ATS 734	6		
ATS 733	3	ATS 744	2		
ATS 743	2	ATS 750	2		
ATS 750	2				
		10	10		

Total Credits: 162

- ¹ Students may earn credit by examination for ESS 201. Interested students should check with the ESS department and the CSH Dean's Office to make arrangements for taking the test.
- ² The most efficient way to satisfy the CSH college core upper level course requirement is to choose the individualized program option. With that option, BIO 312, BIO 313, and RTH 355 apply, along with 1 additional credit of 300/400-level coursework from any department. Students who select CHE 220 instead of RTH 355 need 4 additional credits of 300/400-level coursework. See CSH BS Core Requirements (<http://catalog.uwlax.edu/undergraduate/scienceandhealth/#Core>) for information on completing the individualized option. 300/400 requirements for graduation may be impacted.