

Accelerated Graduate Program in ESS: Kinesiology Emphasis (BS) and Athletic Training (MS)

The Accelerated Graduate Program in ESS: Kinesiology and Athletic Training enables a student to receive both a Bachelor of Science degree in the exercise and sport science major: kinesiology emphasis and a Master of Science degree in athletic training. Students apply for admission to the Athletic Training Graduate Program after completing at least 60 undergraduate credits. 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

The Exercise and Sport Science: Kinesiology Program (B.S.) does not have an admission process, but application to the Athletic Training (AT) Graduate Program (M.S) is required.

Declaring the undergraduate program

Students may declare the accelerated graduate kinesiology and AT major with a minimum resident cumulative GPA of 3.0. The student must maintain a minimum resident cumulative GPA and major GPA of 3.0 to be retained in the program and to graduate with the undergraduate Bachelor of Science degree.

Applying to the graduate program

Students are selected into the Athletic Training Graduate Program through a competitive application process. Declaring the accelerated graduate kinesiology and AT major or an ESS-kinesiology major does not guarantee admission to the Athletic Training Graduate Program.

To be considered for admission to the graduate program, the student must:

1. Be a current student with a declared accelerated graduate kinesiology and AT major who has completed at least 60 undergraduate credits.
2. Have a minimum cumulative UWL GPA of 3.0.

Specific information about application requirements, due dates, and procedures can be found on the Athletic Training Graduate Program website (<https://www.uwlax.edu/academics/grad/athletic-training/admission-requirements/>). Accelerated graduate kinesiology and AT majors must also submit a form through the Athletic Training Central Application System (ATCAS). (<https://atcas.liaisoncas.com/applicant-ux/#/login>)

Continuing in program

Students admitted into the Athletic Training Graduate Program must maintain a minimum 3.0 cumulative GPA in all course work (4.0 scale) and demonstrate clinical progression. 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 an admitted accelerated graduate student does not successfully complete the graduate program's Year 1 Summer and/or Fall courses, a maximum of nine graduate credits can be utilized to complete an undergraduate degree. Accelerated graduate students who leave - or are dismissed from - the graduate program during the graduate Year 1 Summer or Fall terms must complete additional courses to finish the undergraduate ESS-Kinesiology Program.

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: kinesiology portion of the Accelerated Graduate Kinesiology and AT Program must be passed with a minimum grade of "C" or better with a minimum cumulative GPA of 3.0 or better (4.0 scale).
- All undergraduate program and university requirements (<https://catalog.uwlax.edu/undergraduate/degree-requirements/#baccalaureate-degree>) must be met.
- The 25 credits from the Athletic Training Graduate Program's Year 1 Summer and Fall terms apply to both the bachelor's and master's degree credit totals, which includes the following graduate courses: ATS 700, ATS 701, ATS 702, ATS 710, ATS 712, ATS 731, and ATS 740. Qualifying students will be awarded the Bachelor of Science degree after satisfactory completion of the graduate program's Year 1 Summer and Fall terms.
- It is recommended that students submit their intent to graduate after enrolling for graduate Year 1 Fall classes.

Master of Science

- All graduate-level courses must be completed with a "C" or better in each course.
- 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)

77-79 credits, excluding general education credits

Required courses that may also fulfill core general education requirements

Code	Title	Credits
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

Kinesiology major requirements

Code	Title	Credits
ESS 100	Physical Activities (4 credits, may include ESS 116)	4
ESS 201	Safety, First Aid and CPR	1
ESS 205	Human Anatomy and Physiology for Exercise and Sport Science I	3
or BIO 312	Human Anatomy and Physiology I	
ESS 206	Human Anatomy and Physiology for Exercise and Sport Science II	3
or BIO 313	Human Anatomy and Physiology II	
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 328	Field Experience in Kinesiology	3
ESS 446	Current Research and Trends in Kinesiology	3
Select one of the following:		1-3
ESS 317	Medical Terminology and Documentation	
CHE 220	Medical Terminology for Health Education	
RTH 355	Medical Language and Digital Competencies for Allied Health Professionals	
Total Credits		29-31

Courses taken after admission to the graduate program:

Code	Title	Credits
ATS 700	Professional Practice and Athletic Training Healthcare ²	3
ATS 701	Athletic Training Clinical Evaluation Techniques ²	3
ATS 702	Functional Anatomy and Medical Physiology ²	3
ATS 704	Applied Neuroscience in Athletic Training	3
ATS 710	Emergency Care Principles in Healthcare ²	4
ATS 712	Diagnosis and Therapeutic Interventions I ²	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 740	Introduction to Research Methods and Statistics in Athletic Training ²	3
ATS 750	Athletic Training Readings	2
ATS 750	Athletic Training Readings	2
Clinical requirements (22 credits)		
ATS 731	Athletic Training Clinical I ²	4
ATS 732	Athletic Training Clinical II	4
ATS 733	Athletic Training Clinical III	4-10
ATS 734	Athletic Training Clinical IV	4-10
Total Credits		68

¹ Students pursuing entry into the Athletic Training Graduate Program should complete ESS 205 and ESS 206; the sequence of BIO 312 and BIO 313 is acceptable as well. Students pursuing careers in other health profession fields should

complete BIO 312 and BIO 313. BIO 105 and CHM 103 are prerequisites for BIO 312. Students with prior credit in BIO 312 and BIO 313 may not earn credit in ESS 205 and ESS 206.
² 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 to qualify for a degree. All enrolled students have access to a degree audit to track all of these requirements.

- General education (<https://catalog.uwlax.edu/undergraduate/generaleducation/>)
- Baccalaureate degree requirements (p. 2)
- Master of Science in athletic training requirements (<https://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 Core General Education Requirements (CGER) (<https://catalog.uwlax.edu/undergraduate/generaleducation/#generaleducationrequirements>).
2. Complete the courses prescribed by the Undergraduate Curriculum Committee for the degree desired in the respective school or college.
3. Earn a minimum of 120 semester credits with at least a 2.00 cumulative GPA.^{1,2}
4. 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.
5. 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).
6. A minimum of 30 semester credits in residence at UWL is required for graduation. (See undergraduate resident requirement (<https://catalog.uwlax.edu/undergraduate/academicpolicies/graduation/#undergraduate-residence-requirement>)).
7. Submit an application for graduation via the "Submit Intent to Graduate" 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 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 their degree audit and work closely with their advisor(s) and college dean's office to ensure declaration and completion of all requirements in a timely manner.

Core General Education Program

The Core General Education Requirement (CGER) is the common educational experience for all undergraduates at UWL. Sample degree plans include CGER placeholders to ensure completion of the core general education requirements. The CGER category listed in parentheses indicated the recommended course to help complete CGER and the program requirements. Transferred courses may alter the plan. Courses may be rearranged to fit the needs or recommendations of the student's program of study. CGER 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 Core General Education Requirements (<https://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 less than 12 credits earned are required to take The Eagle Advantage for College Success (UWL 100, 2 cr.) or 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 (CGER NSWL-ES Natural Science & Wellness: Experiential Science)	4 ESS 201	1
ENG 110 (CGER CL-WL Communication & Literacy: Written Literacy)	3 CHM 103	5

HPR 105 (CGER NSW-MBP Natural Science & Wellness: Mind, Body, & Planet)	3 STAT 145 (CGER MQR-QR Mathematics & Quantitative Reasoning: Quantitative Reasoning)	4
UWL 100 or FYS 100 (CGER SBS-FS Social & Behavioral Science: Social Foundation for Success)	2 CST 110 (CGER CL-SL Communication & Literacy: Spoken Literacy)	3
CGER HA-AA Humanities & Arts: Arts & Aesthetics	3 CGER CP-CW Civics & Perspective: Cultures of Our World	3

Meet with faculty advisor to discuss requirements for admission to the ESS-Exercise Science program.

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Year 2	Credits Spring	Credits	
ESS 205 or BIO 312	3 ESS 206 or BIO 313	3	
PHY 103	4 ESS 100	1	
CGER CP-CU Civics & Perspective: Communities of the United States	3 ESS 281	2	
CGER HA-PDU Humanities & Arts: Past that Define Us	3 ESS 303	3	
ESS 100	1 University Elective	3	
University Elective	3 University Elective	4	

Apply for admission to ESS-Exercise Science program—see WINGS advisement report and ESS-Exercise Science website for details.

17		16	
Year 3	Credits Spring	Credits Summer	Credits
ESS 100	1 PSY 100 (CGER SBS-BS Social & Behavioral Science: Social & Behavioral Studies)	3 ATS 700	3
ESS 207	3 ESS 100	1 ATS 701	3
ESS 302	3 ESS 317, CHE 220, or RTH 355	1-3 ATS 710	4
ESS 328	3 ESS 323	3 ATS 740	3

CGER CL-SWT Communication & Literacy: Stories We Tell	3 ESS 446	3	
University Elective	3 University Elective	4	
Apply for admission to ESS-Exercise Science & AT Dual Degree Program program-- see WINGS advisement report and ESS-Exercise Science website for details.	Apply for "full graduate status" for next term		
	16	15	13
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
	12	12	10
Additional year			
Fall	Credits Spring	Credits	
ATS 718	3 ATS 734	4-10	
ATS 733	4-10 ATS 750	2	
ATS 750	2		
	12	9	
Total Credits: 163			