



## Direct-Admit Master of Athletic Training (Exercise Physiology undergraduate major)

Athletic trainers provide “preventative services, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions” (National Athletic Trainers’ Association). Our program prepares you to work as a professional in a variety of settings including high school, collegiate, amateur and professional athletics or working in health clubs/corporate fitness.

### Freshman Year

#### Emergency Care, CPR and AED Introduction to Exercise Science

General Biology 1  
General Chemistry 1  
MCC Foundations in Rhetoric  
MCC Foundations in Theology

### Sophomore Year

#### Exercise Biochemistry and Physiology

Introduction to General Psychology  
MCC Engaging Social Systems and Values 1  
MCC Discovery - Humanities  
MCC Discovery - Social Sciences

### Junior Year

#### Nutrition and Exercise Performance

General Physics I  
Exercise Leadership  
EXPH Practicum I  
MCC Discovery - Elective  
Medical Ethics

### Summer - Begin M.A.T.R. Coursework

Emergency Management  
Human Anatomy in Athletic Training

### Senior Year

Advanced Ex. Physiology and Lab  
Exercise Physiology Special Populations  
AT Practicum II  
Evaluation of the Upper Extremity  
Modalities in Rehabilitation  
Evaluation of the Lower Extremity  
Exercise and Sports Nutrition

### Summer

AT Practicum IV and V  
Diagnostic Imaging/Testing

### M.A.T.R. Year

Rehabilitation of the Upper Extremity and Spine  
Systemic Medical Disorder  
Pharmacology in Athletic Training  
Biomechanics of Injury in Sport  
AT Practicum VI

#### Principles of Human Anatomy and Physiology 1 Principles of Human Anatomy and Physiology 2

General Chemistry 2  
MCC Foundations in Philosophy  
MCC Foundations in Methods of Inquiry

#### Kinesiology/Biomechanics

#### Principles of Strength and Conditioning

General Biology 2  
MCC Discovery – Natural Science and Math  
Statistics

#### Cognitive and Motor Learning

#### Exercise Testing and Prescription and EKG Advanced Electives in EXPH

General Physics 2  
Medical Terminology  
MCC Culminating Course

#### Athletic Training Principles AT Practicum 1

Evidence Based Decision Making  
Neurological Disorders and Disease  
Rehabilitation of the Lower Extremity  
Psychology in Performance and Rehabilitation  
AT Administration and Management  
AT Practicum III  
Evaluation of the Spine

August: Completion of B.S. Degree with major in Exercise Physiology

AT Immersion Clinical  
Capstone Project in Athletic Training  
May: Completion of M.A.T.R. Degree Program

Freshmen applicants to the direct-entry Masters of Athletic Training (MATR) program apply using the “Special Programs” section of the freshman application. Accepted applicants to the direct-entry MATR program will pursue an undergraduate major in Exercise Physiology for the first three years, followed by the 2-year Master of Athletic Training program starting in the summer after junior year.