

# Exercise Science/Athletic Training Combined Degree BS-MAT

2021-2022

(Not Including Summers)

THIS IS A GENERAL CURRICULUM GUIDE AND IS NOT APPLICABLE TO EVERY STUDENT. IT IS IMPORTANT TO MEET WITH YOUR ADVISOR

Year One			
BIO 120 – General Biology I (Gen Ed) Prerequisite: None	4	BMS 105 – Basic Nutrition Prerequisite: None	3
MOV 101 – Foundations of Human Movement Science Prerequisite: None	3	BMS 250 – Anatomy and Physiology I Prerequisite: BIO 120	4
MTH 110 – Algebra Prerequisite: MTH 097 or GVSU placement test	4	(Gen Ed) CHM 109 – Introductory Chemistry Prerequisite: None	4
(Gen Ed) PSY 101 – Introductory Psychology Prerequisite: None	3	WRT 150* – Strategies in Writing (GenEd) Prerequisite: None	4
<b>Total</b>	<b>14</b>	<b>Total</b>	<b>15</b>
Year Two			
BMS 251 – Anatomy and Physiology II Prerequisite: BMS 250	4	ATH 217 – Modern Principles of Athletic Training Prerequisite: None	2
CHM 230 – Introduction to Organic and Biochemistry Prerequisite: CHM 109 or equivalent	4	ATH 218 – Modern Principles of Athletic Training Lab Prerequisite: ATH 217 or co-req ATH 217	1
(Gen Ed) STA 215 – Introductory Applied Statistics Prerequisite: MTH 110 or Equivalent	3	EXS 209 – Research Methods in Exercise and Health Sciences Prerequisite: STA 215	3
(Gen Ed) <i>Art</i>	3	MOV 304 – Introduction to Exercise Physiology Prerequisite: None BMS 202 or BMS 251 or BMS 290	3
<b>Total</b>	<b>14</b>	<b>Total</b>	<b>12</b>
Year Three			
ATH 210 – Directed Observation Prerequisite: MOV 101	1	BMS 223 – Infectious Human Diseases: Prevention and Control <b>or</b> PH 222 Public Health Concepts Prerequisite: None	3
EXS 320 – Exercise Testing and Prescription Prerequisite: MOV 304; Co-Req: EXS 320 and 321	3	**Ex Sci Elective (#2)	3
EXS 321 – Exercise Testing and Prescription Prerequisite: MOV 304; Co-Req: EXS 320 and 321	1	**Ex Sci Elective (#3)	3
MOV 300 – Kinesiology Prerequisite: BMS 202 or BMS 208 or BMS 250	3	(Gen Ed) <i>Global Perspectives</i>	3
**MOV 310 – Motor Skill Development (#1 Ex Sci Elective) Prerequisite: None	3	(Gen Ed) <i>Issues</i>	3
(Gen Ed) <i>Issues</i>	3		
<b>Total</b>	<b>14</b>	<b>Total</b>	<b>15</b>
Year Four			
EXS 470 – Exercise for Special Populations Prerequisite: EXS 320 and EXS 321	3	BMS 310 – Basic Pathophysiology Prerequisite: BMS 251 or BMS 290	3
PHY 200 – Physics for the Life Sciences Prerequisite: None	4	(Gen Ed) <i>Historical Perspectives</i>	3
(Gen Ed) <i>Philosophy and Literature</i>	3	(Gen Ed) <i>U.S. Diversity</i>	3
<i>*Elective</i>	3	<i>*Elective</i>	3
<b>Total</b>	<b>13</b>	<b>Total</b>	<b>12</b>
Apply to MAT this semester			
Year Five – Combined BS - MAT			
ATH 523 – Methods of Evidence Based Practice in Athletic Training	3	<b>***12 Credits, in the first semester only, dual count for both Bachelor and Master Degrees (Must be admitted to MAT for dual credits and have 108 credits at end of fourth year)</b>  See Two Year MAT Course Sequence Guide for MAT coursework completion	
ATH 514 – Assessment and Evaluation 1	4		
ATH 521 – Athletic Training Clinical 1	3		
ATH 525 – Pre-hospital Care of the Injured Patient	4		
<b>Total</b>	<b>14</b>		

WRT 150\*: Need WRT 120 & 130 (3 credits each) or WRT 150 (4 credits)  
 -Students who self-place into WRT 120 should take this course in the fall semester and then take WRT 130 in the winter semester of their first year  
 -Students who self-place into WRT 150 should normally take this course in the winter semester of their first year  
 -Students will not need to take these courses if they have earned credit for the course through AP/Dual Enrollment  
 -A grade of C or better is required in WRT 130 or WRT 150 in order to satisfy the WRT requirement at GVSU

\*\* Must Choose 3 (total) Exercise Science Electives: MOV 310 counts as one of the electives. The remaining two electives can be chosen from this list: BIO 355, BMS 375, EXS 460, MOV 350, 480, PSY 364, and STA 345

\*\*\* 12 Credits dual count for both Bachelor and Master Degrees must

- Be admitted to MAT and have 108 credits at end of fourth year
- Declare Ex. Sci. as major and with Clinical Exercise Science/Athletic Training emphasis
- Must have two SWS classes which can be Gen Ed's
- Block tuition rate is for 12-15 credits. You will pay additional tuition for any credits over 15

\*Electives: Student may choose any course(s) of interest and must total 6 credits worth.

### Combine Degree Substitutions in Clinical Exercise Science with an emphasis in Clinical Exercise Science/Athletic Training

ATH 210 + ATH 218 will sub for EXS 390	BMS 223 <b>or</b> PH 222 will sub for PSY 310
ATH 514 will sub for EXS 420	BMS 310 will sub for EXS 465
ATH 521 will sub for EXS 490	MOV 310 will sub for 1 EXS elective course credits
ATH 523 will sub for EXS 495	

**If students choose not to pursue MAT degree or is unsuccessful in the pursuit of the Combined Degree, students are required to complete the BS degree in Ex Sci. Students will need to register for: EXS 420, EXS 490, EXS 495, and PSY 310**

# Master of Athletic Training (MAT)

## Admissions Process

Grand Valley State University's (GVSU) Master of Athletic Training (MAT) program utilizes the Athletic Trainers Centralized Application System (ATCAS) for the application process. Please refer to [www.atcas.liasoncas.com](http://www.atcas.liasoncas.com) to get general information about the ATCAS process. GVSU specific requirements is posted within the application on ATCAS and at [www.gvsu.edu/athletictraining/application-process-7.htm](http://www.gvsu.edu/athletictraining/application-process-7.htm). Students may begin their application when ATCAS portal opens in July of their application year.

Application and all supporting documents for ATCAS and GVSU have a receipt *deadline of October 15*. It is strongly recommended that applicants submit application materials 4-6 weeks prior to October 15 to allow for ATCAS processing time. (Applications verified by the application date will be given preference. Those submitted after will be considered, upon availability). Additional information regarding deadlines can be found [www.gvsu.edu/athletictraining/application-process-7.htm](http://www.gvsu.edu/athletictraining/application-process-7.htm).

## Program Eligibility

- **Completion of Bachelor's Degree** prior to August 15 for students applying to the 2-year stand-alone Master's program. Students applying to the combined degree program (3+2), the Bachelor's degree must be conferred by the end of the first year in the MAT. You can be in process of completing your degree at the time of application submission.
- **Completion of prerequisite courses:** All prerequisites must be equivalent to GVSU prerequisite course list, taken for letter grades, and completed by August 15. For each course, a grade of C or higher is required with an average of a 3.0 in all required prerequisite coursework. You can be in process of completing your prerequisites at the time of application submission.
- **Demonstration of effective communication and interpersonal skills.** Applicants will be evaluated throughout the application process for their demonstration of effective communication and interpersonal skills.
- **Essential Functions:** Ability to perform all Essential Functions ([technical skills](#)) of the athletic training program.
- **Review of the current GVSU MAT Graduate Student Handbook:** Applicants will be required to review the current [MAT Graduate Student Handbook](#) prior to application.
- Submission of the following materials to Athletic Training Centralized Application Service (ATCAS @ <https://atcas.liasoncas.com/applicant-ux/#/login>)
  - **ATCAS online application:** complete and pay application fee (\$90.00 for first application and \$55.00 for each additional application)
  - **Official transcripts:** Submit official transcripts from ALL colleges and universities attended; minimum 3.00 cumulative & prerequisite GPA required. For further information on transcript(s) submission, please go to [ATCAS Applicant Help Center](#).
  - **Resume/CV:** Submission of current resume.
  - **Personal Statement:** Applicants must submit a personal statement.
  - **Two Evaluator Forms:** Submit *only* two names and email addresses for applicants two references on the ATCAS electronic application (under evaluations). References will complete and return the electronic form to ATCAS. A licensed athletic trainer with whom you have worked/job shadowed/volunteered must complete 1 of the 2 recommendations.
  - **Observation Hours:** Documentation of volunteer/work/job shadow AT hours on the ATCAS application – minimum of 35 hours post-secondary school are required; '[GVSU AT Verification Form](#)'. This not required by/for GVSU admissions. You can be in process of completing your hours at the time of application submission.
  - **Writing Samples:** Completion of two writing samples (*located within ATCAS, under Questions*)
  - **Basic Life Support (CPR/AED) and First Aid certifications** (*see approved provider list within ATCAS, under Documents or on the [GVSU MAT Application Process website](#)*)
  - **GVSU Graduate School Application:** In addition to applying to GVSU MAT Program through ATCAS, all applicants must apply to GVSU Graduate School by completing the [GVSU Athletic Training Supplemental Form](#). Applicants who have never applied to GVSU will have a \$30 application fee (GVSU is a one-time application fee institution)
- International Student (ONLY), in addition to the ATCAS and GVSU Requirements, must submit to GVSU's Admissions Office: proof of English language proficiency, official TOEFL test score (minimum 610 (paper-based) or 253 (computer-based) or 102 (internet-based) score required) or IELTS score of 6.5 or MELAB score of 77 or PTE Academic score of 53, original or certified original transcripts with official credentialed evaluations (e.g., WES, ECE), and statement of financial support.



# Prerequisite Advising Worksheet

## Master of Athletic Training (MAT)

2021 - 2022  
Application Year

Student Name: \_\_\_\_\_

G#: \_\_\_\_\_ (if applicable)

Student Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Cumulative GPA: \_\_\_\_\_ Prerequisite GPA: \_\_\_\_\_

Date: \_\_\_\_\_

Prerequisite Courses	School	Course Code / Title	Grade	# of Credits
<b>ATH 217 &amp; ATH 218</b> Intro to Athletic Training & Lab				
<b>BIO 120</b> General Biology I ( <i>with a lab</i> ) (GV recommended prerequisites CHM 109 or CHM 115)				
<b>BMS 105</b> Basic Nutrition				
<b>BMS 223</b> Infectious Human Diseases or <b>PH 222</b> Public Health Concepts				
Complete Option A <u>OR</u> B: <i>Option A:</i> <b>BMS 250</b> Anatomy and Physiology I (GV prereq BIO 120) <u>and</u> <b>BMS 251</b> Anatomy & Physiology II (GV prereq BMS 250)				
<i>Option B:</i> <b>BMS 208</b> Human Anatomy (GV prerequisite BIO 120) <u>and</u> <b>BMS 309</b> Human Anatomy Lab (GV prerequisite BMS 208) <u>and</u> <b>BMS 290 &amp; 291</b> Human Physiology with lab (GV prerequisites BMS 208 & 2 semesters of chemistry)				
<b>BMS 310</b> Basic Pathophysiology (GV prerequisites BMS 290 or BMS 251)				
<b>CHM 109</b> Introductory Chemistry or <b>CHM 115 &amp; CHM 116</b> Principles of Chemistry I & II (GV prerequisite MTH 110 & MTH 122 or 124 or 125)				
<b>CHM 230</b> Organic & Biochemistry (GV prerequisite CHM 109) OR <b>CHM 231 &amp; CHM 232</b> Intro to Organic CHM (GV prereq CHM 109 or 116) & Intro to Biochemistry (GV prereq CHM 231)				
<b>MOV 304</b> Introduction to Exercise Physiology (GV prerequisites BMS 251 or BMS 290)				
<b>MOV 310</b> Motor Skill Development				
<b>MOV 300</b> Kinesiology or <b>PHY 216</b> Physics of Sports (GV prerequisite MTH 110) OR Basic Biomechanics Course				
<b>PHY 200</b> Physics for Life Sciences (GV prerequisite MTH 110) OR <b>PHY 220 &amp; PHY 221</b> (GV prerequisite MTH 122 & 123)				
<b>PSY 101</b> Introductory Psychology				
<b>STA 215</b> Introductory Applied Statistics (GV prerequisite MTH 110)				

**Athletic Training Program**  
College of Health Professions  
**Department of Physical Therapy and Athletic Training**  
301 Michigan Street NE  
200 Center for Health Sciences  
Grand Rapids, MI 49503

**Exercise Science Program**  
College of Liberal Arts and Sciences  
**Department of Movement Science**  
10807 N Campus Drive  
4400 Kindschi Hall of Science  
Allendale, MI 49401