

BACHELOR OF SCIENCE IN APPLIED SCIENCE EXERCISE SCIENCE - MAT TRACK

Program Director: Garrett Kellar (gkellar@ysu.edu)

Standard Curriculum:

COURSE	TITLE	S.H.
FIRST YEAR REQUIREMENT - STUDENT SUCCESS		
YSU 1500	Success Seminar	1-2
or SS 1500	Strong Start Success Seminar	
or HONR 1500	Intro to Honors	
General Education Requirements		9
ENGL 1550	Writing 1	
ENGL 1551	Writing 2	
CMST 1545	Communication Foundations	
Mathematics Requirement		
MATH 1513	Algebra and Transcendental Function	5-7
or MATH 1510 & MATH 1511	College Algebra and Trigonometry	
Arts and Humanities (2 courses)		
CHEM 1515 & 1515L	General Chemistry 1 and General Chemistry 1 Laboratory	4
PHYS 1501	Fundamentals of Physics 1	4
Social Science (1 course)		
PSYC 1560	General Psychology	3
Social and Personal Awareness (1 course)		
FNUT 1551	Normal Nutrition	3
KSS 1595	Introduction to Kinesiology and Sport Science (FYE Course)	2
Major Required Courses		
KSS 1559	Aerobic Conditioning Activities	2
KSS 1560	Resistance Training	2
KSS 15XX	Activity Elective	1
KSS 2605	Sports First Aid and Injury Prevention	3
KSS 2625	Pedagogical Aspects of Exercise Science	3
KSS 3700	Exercise Testing and Prescription 1	4
KSS 3705	Statistics Research in Exercise Science	3
KSS 3710	Physiology of Exercise	4
KSS 3710L	Physiology of Exercise Laboratory	1
KSS 3720	Kinesiology and Applied Anatomy	4
KSS 3730	Exercise Testing and Prescription 2	4
KSS 3760	Strength Training and Conditioning	3
KSS 4805	Administration of Exercise Programs	3
KSS 4810	Exercise Testing and Prescription 3	4
KSS 4875	Exercise Counseling and Behavioral Strategies	4
KSS 4880	Internship	8
Required additional courses. Credit hours do not count as part of the major. Hrs do count toward degree (13 s.h.)		
BIOL 2601 & 2601L	General Biology: Molecules and Cells and General Biology: Molecules and Cells Laboratory	4
BIOL 2602 & 2602L	General Biology: Organisms and Ecology and General Biology: Organisms and Ecology Laboratory	4
BIOL 3705	Introduction to Human Gross Anatomy	4

BIOL 3705L	Introduction to Human Gross Anatomy Laboratory	0
BIOL 3730	Human Physiology	4
BIOL 3730L	Human Physiology Laboratory	1
Additional courses to meet 120 hours		7

Requires an additional 60 credit hours during the senior year upon acceptance to the MAT program

Total Semester Hours 120-123

MAT Accelerated Program

CIM Four-Year Plan

MAT Accelerated Program

Course	Title	S.H.
Year 1		
Fall		
KSS 1500	Level Activity Elective	1
MATH 1513	Algebra and Transcendental Function	5
ENGL 1550	Writing 1	3
CMST 1545	Communication Foundations	3
KSS 1595	Introduction to Kinesiology and Sport Science	2
KSS 1559	Aerobic Conditioning Activities	2
Semester Hours		16
Spring		
KSS 1560	Resistance Training	2
KSS 2625	Pedagogical Aspects of Exercise Science	3
CHEM 1515L & CHEM 1515	General Chemistry 1 Laboratory and General Chemistry 1	4
ENGL 1551	Writing 2	3
BIOL 2601 & 2601L	General Biology: Molecules and Cells and General Biology: Molecules and Cells Laboratory	4
Semester Hours		16
Year 2		
Fall		
BIOL 2602 & 2602L	General Biology: Organisms and Ecology and General Biology: Organisms and Ecology Laboratory	4
PHYS 1501	Fundamentals of Physics 1	4
PHYS 1501L	Fundamentals of Physics Laboratory 1	1
KSS 3700	Exercise Testing and Prescription 1	4
PSYC 1560	General Psychology	3
A&H Elective		3
Semester Hours		19
Spring		
BIOL 3730	Human Physiology	4
BIOL 3730L	Human Physiology Laboratory	1
FNUT 1551	Normal Nutrition	3
KSS 3720	Kinesiology and Applied Anatomy	4
KSS 2605	Sports First Aid and Injury Prevention	3
KSS 3705	Statistics Research in Exercise Science	3
Semester Hours		18
Year 3		
Fall		
A&H Elective		3
KSS 3710	Physiology of Exercise	4
KSS 3710L	Physiology of Exercise Laboratory	1
KSS 3730	Exercise Testing and Prescription 2	4

KSS 4875	Exercise Counseling and Behavioral Strategies	4
Semester Hours		16
Spring		
KSS 3760	Strength Training and Conditioning	3
KSS 4810	Exercise Testing and Prescription 3	4
BIOL 3705 & 3705L	Introduction to Human Gross Anatomy and Introduction to Human Gross Anatomy Laboratory	4
SS Elective		3
SPA Elective		3
Semester Hours		17
Year 4		
Fall		
Graduate level courses will begin in year four		
MAT 6908	Functional Human Gross Anatomy	4
MAT 6900	Basic Athletic Training Laboratory	1
MAT 6910	Clinical Practicum 1	1
MAT 6915	Evaluation and Management of Lower Extremity Injuries	4
Semester Hours		10
Spring		
MAT 6920	Therapeutic Modalities	4
MAT 6925	Evaluation and Management of Upper Extremity Injuries	4
MAT 6930	Clinical Practicum 2	2
MAT 6935	Athletic Training Organization and Administration	3
Students receive BSAS at end of year four.		
Semester Hours		13
Year 5		
Summer		
MAT 6905	Psychosocial Aspects of Athletic Injuries	2
MAT 6950	Evidence-Based Practice/Research	3
MAT 6965	Advanced Perspectives	2
Semester Hours		7
Fall		
MAT 6940	Therapeutic Exercise	4
MAT 6945	General Medical Conditions	3
MAT 6960	Clinical Practicum 3	4
MAT 6985	Capstone Project 1	2
Semester Hours		13
Spring		
MAT 6970	Pharmacology	3
MAT 6975	Advanced Seminar	3
MAT 6980	Clinical Practicum 4	4
MAT 6990	Capstone Project 2	2
Students receive MAT at end of year five		
Semester Hours		12
Total Semester Hours		157