

make the accommodation which is why it is important to meet with SSD and get this process started early in your academic career.

SSD is located in G-664 Haven Hall. They have tremendous web resources located at <https://ssd.umich.edu/> and their phone number is (734) 763-3000; (734) 615-4461 (TDD); (734) 619-6661 (VP).

Athletic Training Major

Overview

The mission of the Athletic Training Program is to develop entry-level allied health professionals who will be contributing members to the field of athletic training. The Bachelor of Science degree includes courses in clinical evaluation, rehabilitation, prevention, and care of athletic injuries in addition to a comprehensive clinical experience.

Athletic Training has a secondary application that students complete during second semester freshman year. Once accepted into the Athletic Training Program, students will be required to complete a three-year competency-based education program. The three-year, six-semester program design is consistent with a “learning over time” model whereby students will continually increase their knowledge base and clinical skills. The curriculum is designed to meet certification and accreditation standards set forth by the Board of Certification (BOC) and the Commission on Accreditation of Athletic Training Education (CAATE). The program is currently accredited by CAATE.

Students earning this degree will meet the requirements to sit for the BOC examination. This program will prepare students for entry-level work in secondary schools, colleges and universities, sports medicine clinics, professional sports programs, industrial settings, and other healthcare environments. Certification is required to practice athletic training in most states.

Secondary Admission

Admission into the Athletic Training Program is selective. The program admits students into the program for the Fall semester only. The following are the minimum requirements for admission:

1. Submission of an application packet. (Applications are due April 1st of freshman year)
2. Hold sophomore standing (25 credits or more) by Fall term following admission.
3. Completion of **AT 115** (Prevention and Care of Athletic Injuries), **AT 117** (Prevention and Care of Athletic Injuries Laboratory), **AT/AES 220** (Applied Human Anatomy and Physiology), **AT/AES 221** (Applied Human Anatomy Lab), **AT/AES 218** (Emergency Response), and **CHEM 130** (General Chemistry) *with no less than a "B" earned in each class to be competitive for admission.*
4. Earn a cumulative grade point average of no less than 2.5 at the completion of two semesters of college coursework.

5. Completion of a clinical observation experience under the supervision of the university's athletic training staff.
6. Completion of an admission interview.
7. Meet the University of Michigan Athletic Training Program Technical Standards for Admission.

The **AT Program Application** and **ATEP Handbook**, including technical standards, is available on the **Policies and Procedures** page of the Kinesiology website (<http://www.kines.umich.edu/student-life/policies-procedures>).

Transfer students may be admitted to the program provided they fulfill all program admissions requirements in addition to cross-campus transfer requirements. Coursework completed at another institution will be evaluated to determine whether the course objectives completed coincide closely with the course objectives of the courses required for admission into the ATEP.

The number of vacancies limits the number of students admitted into the program. The top students are chosen based on the application packet, academic performance, and performance in the admission interview. Students are informed of their status by May 31.

Requirements

Athletic Training students must complete a minimum of 120 credit hours.

Required Courses in the Athletic Training Major (52 Credits)

- **AT 115** – Prevention and Care of Athletic Injuries (3 cr.)
- **AT 117** – Prevention & Care of Athletic Injuries Laboratory (2 cr.)
- **AT 200** – Clinical Experiences in Athletic Training – A (3 cr.)
- **AT 205** – Clinical Experiences in Athletic Training – B (3 cr.)
- **AT 210** – Clinical Evaluation of Upper Extremity Athletic Injuries (3 cr.)
- **AT 212** – Clinical Evaluation of Upper Extremity Athletic Injuries Laboratory (1 cr.)
- **AT 215** – Clinical Evaluation of Lower Extremity Athletic Injuries (3 cr.)
- **AT 217** – Clinical Evaluation of Lower Extremity Athletic Injuries Laboratory (1 cr.)
- **AT/AES 218** – Emergency Response (3 cr.)
- **AT 300** – Clinical Experiences in Athletic Training – C (3 cr.)
- **AT 305** – Clinical Experiences in Athletic Training – D (3 cr.)
- **AT/AES 220** – Applied Human Anatomy and Physiology (3 cr.)
- **AT/AES 221** – Applied Human Anatomy Lab (1 cr.)
- **AT/PHYSED 326** – Fundamentals of Strength and Conditioning (3cr.)
- **AT 350** – Therapeutic Modalities (3 cr.)
- **AT 352** – Therapeutic Modalities Laboratory (1 cr.)
- **AT 360** – Rehabilitation of Athletic Injuries (3 cr.)
- **AT 362** – Rehabilitation of Athletic Injuries Lab (1 cr.)
- **AT 375** – Pathophysiology for the Allied Health Professions (2 cr.)

- **AT 400** – Clinical Experiences in Athletic Training – E (3 cr.)
- **AT 405** – Clinical Experiences in Athletic Training – F (3 cr.)
- **AT 410** – Athletic Training Administration (3 cr.)
- **AT 420** – Pharmacology for the Allied Health Professions (2 cr.)

Supporting Courses in Kinesiology (30 Credits)

- **MOVESCI/AES 241** – Exercise, Nutrition, and Weight Control (3 cr.)
- **MOVESCI 250** – Research Methods and Statistics in Movement Science (3 cr.)
- **MOVESCI 320** – Motor Control (4 cr.)
- **MOVESCI 330** – Biomechanics of Human Movement (4 cr.)
- **MOVESCI 340** – Exercise Physiology (4 cr.)
- **SM 101** – Public and Small Group Communication (3 cr.)
- **SM/AES 437** – Psychological Aspects of Sport and Exercise (3 cr.)

Courses Required Outside of Kinesiology (23 Credits)

- **CHEM 130** – General Chemistry. *For students who do not take CHEM 130, successful completion of CHEM 210 will fulfill this requirement.* (3 cr.)
- **FYWR** – College Writing or equivalent (4 cr.) (with a C or better)
- **ENGLISH 225** – Argumentative Writing (4 cr.)
- **PSYCH 111** – Introduction to Psychology or equivalent (4 cr.)
- **MATH 115** – Calculus I (4 cr.)
- **PHYSICS 135** – Physics for the Life Sciences I (4 cr.)

Clinical Education Experience Requirements

Each athletic training student is required to complete six, semester-long clinical education experiences under the supervision of a clinical instructor. Clinical education experiences are completed at both on-campus and off-campus clinical sites. During the course of the program, students will have exposure to a variety of preceptors, clinical settings, patient populations, and health care professions. The University of Michigan's Department of Intercollegiate Athletics provides numerous on-campus clinical sites. All facilities are fully equipped with state-of-the-art equipment. In addition, students complete clinical experiences at our off-campus affiliated sites. Affiliated sites include local high schools, sports medicine clinics, and occupational/industrial clinics.

Distribution Requirements

Athletic Training students must also complete 11 credits of Humanities, 12 credits of Natural Science, and 11 credits of Social Science distribution.

To see which required courses count toward distribution, students should refer to page 2 of the **AT Record Sheet**, found on the [Policies and Procedures page](#). For general distribution information, go to the Appendix at the end of this document.

Athletic Training Retention Requirements

In order to successfully progress in the Athletic Training education program students must meet the following retention requirements:

1. Maintain a minimum overall grade point average of 2.5.
2. Maintain a minimum grade point average of 3.0 in all athletic training core courses.
3. Receive “satisfactory” grade for all clinical experiences.
4. Adhere to the University of Michigan Athletic Training Education Program policies and procedures.
5. Continue to meet the University of Michigan Athletic Training Program Technical Standards for Admission.

Applied Exercise Science Major (Health and Fitness)

Overview

Note: Effective Fall 2019, the School of Kinesiology will no longer offer the Health and Fitness undergraduate major for new students. All current students pursuing the Health and Fitness major will be able to complete their degree(s). Please consult the **Bulletin** and/or **Record Sheet** (refer to the **HF Record Sheet** from the appropriate year for detailed requirements and procedures) on the **Policies and Procedures** page of the Kinesiology website (<http://www.kines.umich.edu/student-life/policies-procedures>). Search for “Applied Exercise Science” and the HF documents will also appear.

The Applied Exercise Science (AES) program provides a science-based curriculum, focusing on physical activity across the lifespan. Our program prepares students for careers and advanced learning in health promotion, while addressing the health and wellness need for people of all ages and abilities.

The Applied Exercise Science major offers students the knowledge and skills required for successfully entering the growing field of Applied Exercise Science. Physical activity/inactivity and obesity have become a national focus. The School of Kinesiology has adapted to better accommodate this trend in physical awareness by providing knowledge of activity across the lifespan. Students majoring in Applied Exercise Science learn how to communicate to members of the public of varying ages, abilities, and backgrounds, behaviors that can prevent diseases, injuries, and other health problems by encouraging healthy lifestyles and wellness. The Applied Exercise Science curriculum includes courses required for American College of Sports Medicine (ACSM) Certifications as well as business and legal courses necessary for those wishing to establish new businesses or work in corporate settings.