

Accelerated B.S. Sport and Exercise Science

Accelerated BS to MS Program

Students accepted into an accelerated undergraduate program may take departmentally approved graduate coursework as part of their undergraduate curriculum. These credits will count towards both their bachelor's and master's degrees and can fulfill major requirements, upper-division requirements, and/or free electives. For details on accelerated programs at Idaho State University, please see (Degree Requirements (<https://coursecat.isu.edu/undergraduate/degreerequirements/>)).

Once accepted into an accelerated degree program, it is strongly recommended for students to stay in close communication with their advisor regarding pursuit of acceptance into the Graduate School and the master's degree program at Idaho State University. Acceptance into an accelerated program during the bachelor's degree program is the first step in the admissions process. A separate application to the Graduate School is necessary for all accelerated programs. For more information regarding application and admission to the Graduate School at Idaho State University, please see the Graduate Admissions section of the graduate catalog (<http://coursecat.isu.edu/graduate/graduateadmissions/>).

Description of the Program

The Exercise Science BS - Athletic Training MS 3+2 provides students the opportunity to complete their BS and MSAT in 5, rather than 6 year.

Admissions Requirements

Students will declare their interest in the 3+2 program by the spring semester of their sophomore year. Applications to the MSAT program will take place in fall of the junior year. Students will follow the same application process as those who are applying for the stand-alone MSAT program.

Graduation Requirement

In order to graduate from the Sport and Exercise Science major, the candidate must achieve the following in addition to completing the course requirements:

1. Minimum grade of "C" (2.0) in professional courses.
2. Minimum overall cumulative GPA of 2.5.
3. Minimum GPA of 2.75 in the major.
4. Current First Aid and CPR certification from a nationally recognized provider.

General Education

Code	Title	Credits
Objective 1		6
Objective 2		3
Objective 3- MATH 1153 ¹		3
Objective 4		6
Objective 5- CHEM 1111/ CHEM 1111L and PHYS 1111/ PHYS 1113		7
Objective 6		6
Students must fulfill Objective 7 or Objective 8		3
Objective 7		
Objective 8		
Objective 9		3
Total Credits		37

¹ "P" courses are equivalent to the original course.

Major Requirements

Code	Title	Credits
PHYSICAL EDUCATION CORE (12 credits)		
HPSS 2222	First Aid CPR and Sport Safety	3
HPSS 2223	Foundations of Physical Education and Sport	3
HPSS 2243	Anatomical Foundations of Human Activity	3
(Note: HPSS 2243 is satisfied by BIOL 3301,3302, and Labs.)		
HPSS 4454	Senior Capstone	3
SPORT AND EXERCISE SCIENCE		
Objective #1: To develop foundational knowledge in the basic sciences (27 credits)		
Biological Cognate (11 credits)		
Select one of the following anatomy and physiology sequences:		8
BIOL 2227 & 2227L	Human Anatomy and Physiology 1 and Human Anatomy and Physiology 1 Lab (Partially satisfies General Education Objective 5)	
and		
BIOL 2228 & 2228L	Human Anatomy and Physiology 2 and Human Anatomy and Physiology 2 Lab	
OR		
BIOL 3301 & 3301L	Advanced Human Anatomy and Physiology 1 and Advanced Human Anatomy and Physiology 1 Lab	
and		
BIOL 3302 & 3302L	Advanced Human Anatomy and Physiology 2 and Advanced Human Anatomy and Physiology 2 Lab	
BIOL 4453	Foundations in Neuroscience	3
Chemistry Cognate (9 credit)		
CHEM 1111 & 1111L	General Chemistry I and General Chemistry I Lab (Partially satisfies General Education Objective 5)	5
CHEM 1112 & 1112L	General Chemistry II and General Chemistry II Lab (Partially satisfies General Education Objective 5)	4
Physics Cognate (4 credits)		
PHYS 1111 & PHYS 1113	General Physics I and General Physics I Laboratory (Partially satisfies General Education Objective 5)	4
Math Cognate (3 credits)		

MATH 1153	Statistical Reasoning (Satisfies General Education Objective 3)	3
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Objective #2: To develop specialized knowledge in human movement activities (14 credits)

HPSS 3300	Movement Theory and Motor Development	3
HPSS 3301 & 3301L	Physiology of Exercise and Physiology of Exercise Laboratory	4
HPSS 3302 & 3302L	Biomechanics and Biomechanics Laboratory	4
HPSS 3322	Introduction to Sport Psychology	3

Objective #3: To develop skills assessing and analyzing human movement activities (12 credits)

HPSS 3370	Care and Prevention of Athletic Injuries	3
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This requirement would be fulfilled by AT 6604 "Continuum of Care I" for students in the 3+2 program

HPSS 4482	Mechanical Analysis of Human Movement	3
HPSS 4484	Exercise Assessment and Prescription	3
HPSS 4490	Practicum in Sport and Exercise Science	3

Objective #4: To develop knowledge and skills in cognate exercise disciplines (15 credits)

HPSS 4414/5514	Athletic Performance Nutrition	3
HPSS 4428	Principles of Strength and Conditioning	3

The HPSS 4414 requirement can be fulfilled by HPSS 5514 "Athletic Performance Nutrition" for students in the Accelerated BS/MSAT program.

Electives, chosen with advisor approval.		9
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Students in the BS/MSAT program must take AT 6600 "Foundations of Athletic Training" and AT 6640 "Research and Writing" to fulfill part of the elective requirement.

Recommended Electives

ANTH 2239	Latino Peoples and Cultures (Satisfies General Education Objective 9)	
ANTH 4407	Anthropology of Global Health	
BIOL 2206	Cell Biology	
BIOL 2229	Introduction to Pathobiology	
BIOL 2233 & 2233L	Principles of Microbiology and Principles of Microbiology Lab	
BIOL 3358	Genetics	
BIOL 4432	Biochemistry	
BIOL 4445	Biochemistry I	
BIOL 4449	Human Physiology I	
BIOL 4451	Immunology	
BIOL 4456	Human Physiology II	
BIOL 4460	Neuroscience	
BIOL 4463	Human Pathophysiology	
BIOL 4464	Lectures in Human Physiology	
BIOL 4470	Cross-Sectional Anatomy	
BIOL 4486	Human Systemic Physiology	
CHEM 3301	Organic Chemistry I	
CHEM 3302	Organic Chemistry II	
CHEM 4445	Biochemistry I	

DHS 4426	Evidence Based Research in Health Sciences	
ECON 4440	Economics of Health Care	
ENGL 3307	Professional and Technical Writing	
HCA/CPH 2210	Medical Terminology and Communication	
HCA 4440	Healthcare Economics and Policy	
CPH 2200	Promoting Wellness	
CPH 3340	Fitness and Wellness Programs	
HPSS 3362	Tests and Measurements in Physical Education	
HPSS 4427	Personal Trainer Certification	
HPSS 4494	Adapted Physical Activity	
NTD 2239	Nutrition	
NTD 3340	Nutrition for Health Professionals	
NTD 3360	Nutrition Through the Lifecycle	
NTD 4439	Sports Nutrition	
OLP 4406	Grantwriting	
PSCI 2205	Drugs in Society	
PSYC 2225	Child Development	
PSYC 3301	Psychopathology	
PSYC 3332	Psychology of Adolescence	
SPAN 2210	Spanish for Health Care I	
SPAN 2211	Spanish for Health Care II	

Total Credits **80**

Degree Totals

Code	Title	Credits
	Program Admission Requirements	0
	General Education	37
	Major Requirements (Required General Education credits removed)	70
	Upper Division Free Electives	0
	Free Electives	13
	Total Credits	120

ISU Degree Requirements (<http://coursecat.isu.edu/undergraduate/degreerequirements/>)

ISU General Education (<http://coursecat.isu.edu/undergraduate/academicinformation/generaleducation/>)

Major Academic Plan (MAP) (<https://www.isu.edu/advising/maps/>)

Master of Science in Athletic Training (<https://coursecat.isu.edu/graduate/college-of-health/physical-therapy-athletic-training/msat-dpt/>)