

# HEALTH AND HUMAN PERFORMANCE BACHELOR OF SCIENCE/ATHLETIC TRAINING MASTER OF SCIENCE 3+2 OPTION

The 3+2 between Health and Human Performance and Athletic Training Program (ATP) allows students to obtain both a Bachelor's degree in Health and Human Performance (HHP) and Master's degree in Athletic Training (AT) within five years, which is extremely beneficial to the student financially and effectively decreases time spent working towards a degree. Students are required to complete three years in the undergraduate HHP major, obtaining general education requirements as well as prerequisite courses for the ATP. During the third year, the student applies for acceptance into the ATP. If not accepted, the student may reapply to the ATP and continue to work on coursework for the HHP degree. If accepted, the student will begin specific ATP coursework in the beginning of the fourth year, with coursework beginning in June. After successful completion of the fourth year, students are eligible for graduation with the bachelor's degree. At the successful completion of the fifth year, students are eligible for graduation with the master's degree as well as eligible to take the Board of Certification (BOC) examination.

The Student Learning Outcomes include:

- Students will meet or exceed minimal requirements for professional certification.
- Students will ascertain and demonstrate the required skills for all NATA Athletic Training Education competencies and clinical integration proficiencies.
- Students will display critical thinking skills and formulate sound clinical decisions in their Clinical field experiences.
- Students will establish professional relationships with medical and allied health care providers.
- Students will develop, design, and execute independent research projects.

## Admission Requirements

1. Undergraduate GPA of at least 3.0. However a GPA below a 3.0 may be considered.
2. A standardized graduate admission test (GRE or equivalent) must be on record.
3. Three letters of recommendation from academic and professional references concerning the candidate's potential to succeed in graduate school. At least one letter must be from a certified athletic trainer.
4. It is recommended but not required to obtain a minimum of 25-50 contact hours with a Certified athletic trainer.
5. Official transcripts from each institution attended.
6. An essay stating why the student wants to be an athletic trainer, career goals, and the attributes possessed that will make the student successful in life and athletic training.
7. Completed application form and submission of application fee. The application deadline is February 1.

Students will be required to participate in an internet or phone based interview with faculty from the ATP.

## Provisional Acceptance

Once a student has met all admission criteria and is admitted into the ATP, that student will receive provisional acceptance. In order to gain full acceptance the student will have to successfully complete the following:

1. Technical Standards
2. Criminal Background Check
3. Prerequisite Courses. If a student does not have all the prerequisite courses and has met all other criteria for admission into the ATP, a student will be allowed one (1) year to successfully complete prerequisite courses and to gain admission.

Code	Title	Credits
<b>General Education Requirements</b> ( <a href="https://catalog.msbillings.edu/undergraduate/general-education-requirements">https://catalog.msbillings.edu/undergraduate/general-education-requirements</a> )		31
Students should consult with an academic advisor before registering for General Education courses in order to minimize the number of courses needed to satisfy the requirements of the major.		
<b>Interdisciplinary Core</b>		
BIOB 101	Discover Biology *	3
BIOB 102	Discover Biology Lab *	1
CHMY 121	Intro to General Chemistry *	3
CHMY 122	Intro to Gen Chem Lab *	1
PSYX 100	Intro to Psychology *	3
STAT 216	Introduction to Statistics *	4
Subtotal		15
<b>Bachelor Requirements</b>		
ACT 498	Internship/Cooperative Educ	3
AHAT 210	Prev & Care Athletic Injuries	3
AHMS 144	Medical Terminology	3
BIOH 301	Human Anatomy & Physiology I	3
BIOH 302	Human Anatomy & Phys I Lab	1
BIOH 311	Human Anatomy & Physiology II	3
BIOH 312	Human Anatomy & Phys II Lab	1
CHTH 317	Health Behavior Theories	3
ECP 120	Emergency Medical Responder	3
HTH 411	Alcohol, Tobacco, Drug Prevent	3
HTH 435	Hlth & Wllnss Acrss the Lfspn	3
KIN 105	Fnd of Exercise Science	3
KIN 106	Fndtns of Exercise Science Lab	1
KIN 320	Exercise Physiology	3
KIN 321	Exercise Physiology Lab	1
KIN 322	Kinesiology	3
KIN 323	Anatomical Kinesiology Lab	1
KIN 325	Biomechanics	3
KIN 328	Biomechanics Lab	1
KIN 330	Motor Learning and Control	3
KIN 331	Motor Learning and Control Lab	1
KIN 364	Rsrch Meths in Hlth Hmn Prfrm	3
KIN 415	Adv Exercise Test & Prescrip	3
KIN 462	Evidence Based Assessment	3
NUTR 221	Basic Human Nutrition	3
WRIT 201	College Writing II *	3
Elective selected in consultation with advisor		3

Select an ACT or REC elective in consultation with advisor. Suggested electives below

ACT 110	Beginning Weight Training	2
ACT 150	Beginning Yoga	
ACT 155	Beginning Judo	
ACT 294	Seminar/Workshop	
REC 155	Rappelling/Belaying	
REC 285	Scuba Diving I	
<b>Subtotal</b>		<b>69</b>

**Master Requirements**

ATEP 534	Athletic Training Techniques I	3
ATEP 535	Athletic Trng Techniques II	3
ATEP 540	Practicum in Athletic Trng I	1
ATEP 541	Practicum in Athletic Trng II	1
ATEP 542	Lower Extremety Assessment	3
ATEP 544	Upper Extremity Assessment	3
ATEP 546	General Medical Assessment	3
ATEP 550	Practicum in Athletic Trng III	1
ATEP 551	Practicum in Athletic Trng IV	1
ATEP 566	Therapeutic Modalities	3
ATEP 572	Therapeutic Exercise	3
ATEP 574	Manual Therapy Techniques	3
ATEP 578	Org and Admin in Athletic Trng	3
ATEP 580	Pharmacology for Hlthcare Prof	3
HHP 502	Rsrch in Exercise & Sport Sci	3
HHP 550	Psychological Principles	3
NUTR 411	Nutrition for Sprts & Exercise	3
Elective selected in consultation with advisor		3
HHP 598	Research Project	3-6
or HHP 599	Thesis	
<b>Subtotal</b>		<b>49-52</b>
<b>Total Minimum Credits</b>		<b>151</b>

\* May satisfy General Education requirements.

Certain courses in this program have prerequisites; students should check the course descriptions for required prerequisites.

## Plan of Study

This sample schedule is a suggested plan for students to follow in completing the Bachelor of Science Degree Major in Health and Human Performance/Master of Science in Athletic Training 3+2 Option. Due to course schedule changes and staff assignments, students may not be able to follow the plan exactly. Students should consult with their advisors to plan classes before registering each term.

Code	Title	Credits
<b>First Year</b>		
<b>Fall</b>		
BIOB 101 & BIOB 102	Discover Biology and Discover Biology Lab	4
WRIT 101	College Writing I	3
PSYX 100	Intro to Psychology	3
Gen Ed History/Cultural Diversity		3
Gen Ed Arts & Humanities		3
<b>Total</b>		<b>16</b>

<b>Spring</b>		
CHMY 121 & CHMY 122	Intro to General Chemistry and Intro to Gen Chem Lab	4
KIN 105 & KIN 106	Fnd of Exercise Science and Fndtns of Exercise Science Lab	4
AHMS 144	Medical Terminology	3
Gen Ed Communication & Information Literacy		3
Gen Ed History/Cultural Diversity		3
<b>Total</b>		<b>17</b>

<b>Second Year</b>		
<b>Fall</b>		
BIOH 301 & BIOH 302	Human Anatomy & Physiology I and Human Anatomy & Phys I Lab	4
ECP 120	Emergency Medical Responder	3
NUTR 221	Basic Human Nutrition	3
AHAT 210	Prev & Care Athletic Injuries	3
Gen Ed Arts & Humanities		3
ACT/REC Elective		2
<b>Total</b>		<b>18</b>

<b>Spring</b>		
BIOH 311 & BIOH 312	Human Anatomy & Physiology II and Human Anatomy & Phys II Lab	4
WRIT 201	College Writing II	3
STAT 216	Introduction to Statistics	4
CHTH 317	Health Behavior Theories	3
Elective		3
<b>Total</b>		<b>17</b>

<b>Third Year</b>		
<b>Fall</b>		
KIN 322	Kinesiology	3
KIN 323	Anatomical Kinesiology Lab	1
KIN 320	Exercise Physiology	3
KIN 321	Exercise Physiology Lab	1
KIN 330	Motor Learning and Control	3
KIN 331	Motor Learning and Control Lab	1
HTH 435	Hlth & Wllnss Acrss the Lfspn	3
ACT 498	Internship/Cooperative Educ	3
<b>Total</b>		<b>18</b>

<b>Spring</b>		
KIN 364	Rsrch Meths in Hlth Hmn Prfrm	3
KIN 325	Biomechanics	3
KIN 328	Biomechanics Lab	1
KIN 462	Evidence Based Assessment	3
KIN 415	Adv Exercise Test & Prescrip	3
HTH 411	Alcohol, Tobacco, Drug Prevent	3
<b>Total</b>		<b>16</b>

<b>Fourth Year</b>		
<b>Summer</b>		
ATEP 534	Athletic Training Techniques I	3
ATEP 542	Lower Extremety Assessment	3
<b>Total</b>		<b>6</b>
<b>Fall</b>		
ATEP 544	Upper Extremity Assessment	3

ATEP 540	Practicum in Athletic Trng I	1
ATEP 566	Therapeutic Modalities	3
NUTR 411	Nutrition for Spts & Exercise	3
Total		10
Spring		
HHP 502	Rsrch in Exercise & Sport Sci	3
ATEP 572	Therapeutic Exercise	3
ATEP 541	Practicum in Athletic Trng II	1
ATEP 580	Pharmacology for Hlthcare Prof	3
Total		10
Graduate with B.S. at 128 credits.		
Fifth Year		
Summer		
ATEP 546	General Medical Assessment	3
ATEP 574	Manual Therapy Techniques	3
Total		6
Fall		
HHP 599	Thesis ( or Elective)	3
ATEP 550	Practicum in Athletic Trng III	1
ATEP 578	Org and Admin in Athletic Trng	3
ATEP 535	Athletic Trng Techniques II	3
Total		10
Spring		
HHP 599	Thesis	3
or HHP 598	Research Project	
HHP 550	Psychological Principles	3
ATEP 551	Practicum in Athletic Trng IV	1
Total		7