**Nebraska Wesleyan University**

# Exercise Science (Pre-AT) (B.S.)

## Catalog

2025-2026

## Program Description

The Master of Athletic Training two-year program will begin May 2025. This 3+2 program features three years in a relevant undergraduate degree followed by two years of master's study. This Exercise Science (Pre-AT) major is for students who have been accepted into the 3+2 Master of Athletic Training degree to allow students to finish an undergraduate Exercise Science major and transition into the graduate Athletic Training program during their final year of the undergraduate program.

### Admission

The program leads to a Bachelor of Science degree with a major in Exercise Science for students who have been formally admitted into the Master of Athletic Training program. Acceptance into the program is based on the admission material completed and submitted to the Program Director on or before January 15. To see all admissions requirements and to obtain admission materials, visit the Athletic Training Program page.

The Nebraska Wesleyan University Athletic Training program is accredited by the Commission on Accreditation of Athletic Training Education.

### Mission Statement

To develop students' knowledge, critical thinking skills, and values to serve and perform successfully in a diverse array of allied health and wellness professions.

### Program Goals

NWU's Athletic Training Program will:

1. Provide students diverse classroom and clinical experiences that allow them to be active learners.

2. Prepare students to pass the BOC exam. (Our goal is to have at least an 80% first-time pass rate.)

3. Develop students who act as ethical and responsible athletic training professionals.

### Learning Outcomes

1. Gain factual knowledge, analyze, and apply concepts in human nutrition, exercise physiology, biomechanics, and kinesiology.
2. Assess health, fitness, and well-being and develop programs to achieve goals in a safe and effective environment.
3. Apply knowledge and ethical decision making in an appropriately supervised organizational setting.
4. Analyze and effectively communicate (oral and written) scholarly work in health and human performance.
5. Demonstrate purpose and contribution in their personal, professional, and civic lives.

## Departments

1. Health and Human Performance (Undergraduate)

### Exercise Science (Pre-AT) Major (B.S., 52-53 hours)

| Requirements | 33 hours |
|---|---|
| HHP 1270 Advanced Emergency Care | 1 hour |
| HHP 1320 Introduction to Allied Health | 1 hour |
| HHP 1910 Medical Terminology | 1 hour |
| HHP 2500 Basic Human Nutrition | 2 hours |
| HHP 2850 Structural Kinesiology | 1 hour |
| HHP 2970 Internship | 1 hour |
| HHP 3850 Biomechanics | 3 hours |
| HHP 3990 Professional Engagement | 1 hour |
| HHP 4150 Physiology of Exercise | 4 hours |
| HHP 4250 Exercise Testing and Programming | 3 hours |
| HHP 4990 Senior Capstone | 1 hour |
| ATTR 5010X Athletic Training Clinical Experience I | 1 hour |
| ATTR 5020X Athletic Training Clinic Experience Ii | 2 hours |
| ATTR 5330X Health Assessment | 4 hours |
| ATTR 5450X Therapeutic Modalities | 4 hours |
| ATTR 5510X Research & Stats Evidence-based Pract | 2 hours |
| **Supporting Program** | **19-20 hours** |
| BIO 1090 Introduction to Human Anatomy and Physiology I/BIO 1090L or BIO 3200 Advanced Human Anatomy and Physiology I/BIO 3200L | 4 hours |
| BIO 1100 Introduction to Human Anatomy and Physiology II/BIO 1100L or BIO 3210 Advanced Human Anatomy and Physiology II/BIO 3210L | 4 hours |
| CHEM 1110 Chemical Principles I /CHEM 1110L | 4 hours |
| PSYCH 1010FYW Introduction to Psychological Science or PSYCH 1010 | 3-4 hours |
| Electives: (choose one course) BIO 1010 Perspectives in Biological Science or BIO 1400FYW Introduction to Biological Inquiry or BIO 1080 Microbiology/BIO 1080L | 4 hours |