Nebraska Wesleyan University

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

Catalog

2026-2027

Program Description

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

The Athletic Training Program at Nebraska Wesleyan University prepares students for a career in athletic training by providing them the skills and knowledge to practice in a variety of settings while allowing opportunities for intellectual and personal growth within the framework of a liberal arts education.

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 be high impact health care professionals.
3. Develop students who act as ethical and responsible health care professionals.
4. Create a holistic learning experience to prepare students for a variety of job settings.
5. Support professional development through networking and volunteer opportunities.

Learning Outcomes

1. Demonstrate mastery of the knowledge, skills and abilities required of an entry-level athletic trainer.
2. Prepare students for interprofessional collaboration and employment in a variety of healthcare settings.
3. Employ skills and communication techniques appropriate for serving diverse patient populations.
4. Develop networking skills through involvement in professional organizations and outside volunteering.
5. Appraise current literature to justify evidence-based practice in athletic training.

Departments

1. Health and Human Performance (Undergraduate)

Exercise Science (Pre-AT) Major (B.S., 48-49 hours)

Requirements	29 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 3850 Biomechanics	3 hours
HHP 3970 Internship	1 hour
HHP 3990 Professional Engagement	1 hour
HHP 4150 Physiology of Exercise	3 hours
HHP 4250 Exercise Testing and Programming	3 hours
HHP 4990 Senior Capstone	1 hour
ATTR 5010X Athletic Training Clinical Experience I	1 hours
ATTR 5020X Athletic Training Clinic Experience II	2 hours
ATTR 5330X Health Assessment	4 hours
ATTR 5450X Therapeutic Modalities	4 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