



Direct-Admit Master of Athletic Training (Exercise Physiology undergraduate major)

Athletic trainers provide “preventative services, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions” (National Athletic Trainers’ Association). Our program prepares you to work as a professional in a variety of settings including high school, collegiate, amateur and professional athletics or working in health clubs/corporate fitness.

Freshman Year

Emergency Care, CPR and AED Introduction to Exercise Science

General Biology 1
General Chemistry 1
MCC Foundations in Rhetoric
MCC Foundations in Theology

Sophomore Year

Principles of Human Physiology Kinesiology/Biomechanics

General Psychology
MCC Foundations in Methods of Inquiry
Statistics
Medical Terminology

Junior Year

Nutrition and Exercise Performance Exercise Testing and Prescription Exercise Physiology Practicum 1 EXPH Elective – Applied

MCC Discovery - Social Sciences
Physics 1

Summer - Begin M.A.T.R. Coursework

Emergency Management Human Anatomy in Athletic Training

Senior Year

Clinical Exercise Physiology for Special Populations

AT Practicum II
Evaluation of the Upper Extremity
Modalities in Rehabilitation
Evaluation of the Lower Extremity
Medical Ethics Cognate

Summer

AT Practicum IV and V Diagnostic Imaging/Testing

M.A.T.R. Year

Rehabilitation of the Upper Extremity and Spine
Systemic Medical Disorders
Pharmacology in Athletic Training
Biomechanics of Injury in Sport
AT Practicum VI

Functional Anatomy of Exercise Personal Health and Wellness

Principles of Human Anatomy
General Chemistry 2
MCC Foundations in Philosophy
MCC Engaging Social Systems and Values

Professional Development in Exercise Physiology

Exercise Physiology Scientific Principles of Strength and Conditioning

General Biology 2
MCC Discovery – Humanities
MCC Discovery – Natural Science and Math

Clinical Exercise Physiology Health Behavior

EXPH Elective – Theory EXPH Elective – Applied

MCC Discovery - Elective
MCC Culminating Course

Athletic Training Principles AT Practicum 1

Evidence-Based Decision Making in AT Practice

Neurological Disorders and Disease
Rehabilitation of the Lower Extremity
Psychology in Performance and Rehabilitation
AT Administration and Management
AT Practicum III
Evaluation of the Spine

August: Completion of B.S. Degree with major in Exercise Physiology

AT Immersion Clinical
Capstone Project in Athletic Training
May: Completion of M.A.T.R. Degree Program

Freshmen applicants to the direct-entry Masters of Athletic Training (MATR) program apply using the “Special Programs” section of the freshman application. Accepted applicants to the direct-entry MATR program will pursue an undergraduate major in Exercise Physiology for the first three years, followed by the 2-year Master of Athletic Training program starting in the summer after junior year.