



2025-2026

## EXERCISE SCIENCE – PRE-ATHLETIC TRAINING MAJOR, B.A.

Science & Health Department; Shaw School of Sciences

*To graduate must complete all major requirements, foundational requirements, and additional electives needed for 124 hour minimum degree requirement. This program may require more than 124 credits for a degree due to specific requirements.*

### **MAJOR REQUIREMENTS (80)**

Continuing to athletic training program requires grade of "C" or better in all BIO, CHE, & EXS courses, minimum science GPA of 3.00, and cumulative GPA of 3.00.

*[Please indicate with (T) if requirement met by transfer course]*

|      |     |     |                                |        |
|------|-----|-----|--------------------------------|--------|
| __ 3 | BIO | 100 | Biological Science             |        |
| __ 1 | BIO | 101 | Biological Science Lab         |        |
| __ 3 | BIO | 252 | Nutrition                      |        |
| __ 3 | BIO | 262 | Human Physiology               |        |
| __ 3 | BIO | 280 | Scientific/Medical Terminology |        |
| __ 3 | BIO | 331 | Human Anatomy                  |        |
| __ 1 | BIO | 333 | Human Anatomy lab              |        |
| __ 1 | BIO | 399 | Intro to Bio Research          |        |
|      |     |     |                                |        |
| __ 3 | CHE | 121 | Gen College Chemistry I        |        |
| __ 1 | CHE | 123 | Gen College Chemistry I Lab    |        |
|      |     |     |                                |        |
| __ 3 | EXS | 200 | Foundations of Health & EXS    |        |
| __ 1 | EXS | 228 | Practicum I                    |        |
| __ 1 | EXS | 229 | Practicum II                   |        |
| __ 3 | EXS | 350 | Phys Fit Assess/Prescription   |        |
| __ 3 | EXS | 371 | Motor Learn/Develop            |        |
| __ 4 | EXS | 420 | Physiology Exercise            | __ Lab |
| __ 3 | EXS | 428 | Human Functional Anatomy       |        |
| __ 4 | EXS | 431 | Kinesiology/Biomechanics       | __ Lab |
|      |     |     |                                |        |
| __ 3 | PSY | 101 | Psych & Everyday Life          |        |
| __ 3 | PSY | 315 | Stats for Behavioral Science   |        |

Complete 30 Athletic Training Transfer hours:

\_\_ 30+ T-ATH courses

Credits transferred from an accredited two-year professional athletic training program

### **PLUS FOUNDATIONS REQUIREMENTS (49)**

(3 hours Social Science and 4 hours Science satisfied by required major courses.)

### **Plus electives if needed for the 124 hour degree requirement**

#### Exercise Science - Pre-Athletic Training Program restrictions

1. EXT Student completes the major requirements at Asbury. EXT majors transfer to an accredited 2-year program in athletic training to complete the major and the AU degree by finishing one full-time year (30.0 hours) of athletic training courses. These credits must be officially transferred back to Asbury University to receive an AU degree. Students must have 124.0 total hours to receive an AU degree.
2. EXT Student may not have a double major. If completing any other Asbury major the Exercise Science – Pre-Athletic Training major will not be listed. Student will complete and graduate from Asbury University in the other major only. However, any student who is preparing to apply for graduate programs in athletic training should contact the Exercise Science advisor about taking required pre-athletic training courses outside their declared major.
3. ^Transfer course restrictions: 50% of the EXT major must be completed at Asbury University (minimum 38.0 major hours at Asbury), as the transferred athletic training hours account for a large portion of the major. If more than 7 credits of the listed major courses are taken at other schools, the student will be required to take additional Asbury University course hours in BIO, CHE, EXS, or PSY to account for the 50% needed at Asbury.
4. The 75.0 hours maximum transfer rule applies and includes the 30.0 athletic training credits which limits all other transfer and institutional credit to 45 credits.
5. All Exercise Science - Pre-Athletic Training students are reviewed at the end of the sophomore year (60.0 cumulative hours). After 2 years, students should have no grade below a "C" in all BIO, CHE, EXS, and PSY courses, a minimum science GPA of 3.00, and a cumulative GPA of 3.00, in order to continue in the program.
6. Changing out of the EXT major - A student who decides not to pursue athletic training needs to make this decision by their junior year to allow sufficient time to complete the courses needed for another major. Discuss major changes with the Exercise Science advisor.

#### Exercise Science - Pre-Athletic Training Completion

1. Students may complete an Asbury University degree by transferring to and completing credits at an approved graduate program in athletic training in their fourth year. Students take a prescribed course of study (EXT) and the AU Foundations courses at Asbury University. The EXT major must transfer to an accredited 2-year program in athletic training. Upon completing a full-time (30 hours) year of professional athletic training courses the credits must be transferred back to Asbury University to complete the Bachelor of Arts degree in Exercise Science - Pre-Athletic Training. Students must complete a Degree Application and be listed in an Asbury Commencement in order to receive their Asbury degree. Asbury has an arrangement only with UK-Athletic Training for accepting qualified Asbury students, but other programs may be used.

A. University of Kentucky - College of Health Sciences Program in Athletic Training - Students can complete two degrees by successfully completing this program, a Bachelor of Arts in Pre-Athletic Training from Asbury University and a Master of Science in Athletic Training from the University of Kentucky. Participating students take the prescribed course of study at Asbury, including the Foundations courses, and then transfer to University of Kentucky - College of Health Sciences. To complete the Asbury University degree in Pre-Athletic Training, the first 30 credits of athletic training courses at UK must be officially transferred to Asbury University upon completion. Students will need to meet all UK admissions requirements prior to transferring to UK, including any required vaccinations.

B. Other graduate programs in athletic training - students may transfer to other approved graduate programs although there is no agreement on admission or programs at other schools. The Asbury degree is completed by the official transfer of the first 30 credits of athletic training courses. Degrees and requirements for the other athletic training graduate programs vary. The school must be approved for use in the Pre-Athletic Training degree program.

2. Students may complete the pre-athletic training requirements and seek admission to an athletic training program without completing the Asbury three-year pre-athletic training curriculum and the Foundations requirements. This option will not lead to a degree from Asbury. No transfer of athletic training courses would be needed.
3. Students with other Asbury majors may complete pre-athletic training requirements without declaring the EXT major. Contact the Exercise Science advisor if you are interested in any health-related field.