

Department of Sports and Exercise Sciences

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The Department of Sports and Exercise Sciences is responsible for offering classes meeting West Texas A&M University core requirements in physical education, certification of physical education teachers for public schools in Texas, and preparation of students in sports and exercise sciences. The department is housed in the Virgil Henson Activities Center, a multi-purpose building which provides outstanding facilities for various programs the department offers.

Classes offered by the department are designed to create interest and develop skills in lifelong sports and to enable persons to use leisure time to benefit physical and mental health. Emphasis is placed on both individual and small-group recreational sports with portions of each class devoted to understanding the relationship of personal physical fitness to lifetime participation in vigorous activity.

A program leading to teacher certification is available in all-level physical education, as well as certification in physical education plus a second teaching field for secondary level.

University Core Curriculum Requirements

Refer to the “University Core Curriculum” section of this catalog.

Discipline	Course Prefix
Athletic Training	ATTR
Physical Education	PHED
Sports and Exercise Sciences	SES

NOTE: See the “Academic Courses and Abbreviations” and “Course Descriptions” sections of this catalog for a complete list of courses offered by the University.

Bachelor of Arts (B.A.)/ Bachelor of Science (B.S.) Degree

(May be either depending on option selected.)

Major in Sports and Exercise Sciences (All Levels PE) (Major Code: 462)

- SES 2342, 2355, 3304, 3311, 3320, 3321, 3325, 3356, 4302, 4322.
- Professional Education Core (21 hours plus six hours additional requirements).

NOTE: For teacher certification requirements, refer to the Division of Education section of this catalog.

*Students must contact the Division of Education for teacher certification requirements.

Curriculum Guide (suggested course sequence)			
Major in Sports and Exercise Sciences—All Levels PE Bachelor of Arts Degree or Bachelor of Science Degree			
First Year		Second Year	
Semester 1	Semester 2	Semester 1	Semester 2
ENGL 13013 hrs. MATH 13143 hrs. BIOL 14064 hrs. SCOM 1315 or 1321 3 hrs. 13 hrs.	ENGL 13023 hrs. BIOL 14074 hrs. HIST 13013 hrs. PHED 11111 hr. SES 23423 hrs. SES 2355 3 hrs. 17 hrs.	B.A./B.S. requirement4 hrs. PSYC 23013 hrs. Visual/Performing arts core3 hrs. POSC 2305 3 hrs. 13 hrs.	B.A./B.S. requirement4 hrs. ENGL 2332, 2333, 2371, HIST 2372, PHIL 1301, SPAN 23123 hrs. POSC 23063 hrs. HIST 1301 or 13023 hrs. ACCT 2302 3 hrs. 13 hrs.
Summer Session I			
Semester 1			
Elective3 hrs. Elective 3 hrs. 6 hrs.			
Third Year		Fourth Year	
Semester 1	Semester 2	Semester 1	Semester 2
SES 33213 hrs. SES 33563 hrs. SES 33113 hrs. SES 43023 hrs. EDPD 3340* 3 hrs. 15 hrs.	SES 33253 hrs. SES 33043 hrs. SES 33203 hrs. EPSY 33413 hrs. EPSY 3350 3 hrs. 15 hrs.	SES 43223 hrs. EDSE 43203 hrs. EDRD 4304 or 43863 hrs. Elective 3 hrs. 12 hrs.	EDT 33433 hrs. EDPD 43406 hrs. EDEL 43403 hrs. EDSE 4341 3 hrs. 12 hrs.
*Must be taken after completing 54 hours. NOTES: EPSY 3341-3350 must be taken in the same semester. EDSE 4320 and EDRD 4304/4386 must be taken in the semester prior to student teaching and are only offered in fall and spring semesters due to field experiences.			

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Major in Sports and Exercise Sciences (Major Code: 117)

Exercise Science Emphasis

Students are required to attain a grade of no less than a “C” in all PHED/SES prefix coursework.

- PHED/SES core: 1301, 3302, 3304, 3340, 3341.
- Bachelor of arts/bachelor of science degree additional requirements.
- Additional requirements: BIOL 2401 and BIOL 2402.
- SES 1306, ATTR 2371, SES 2342, 3316, 3356, 4325, 4326, 4340, 4341, ATTR 3308, MGT 3330.
- 25 hours of electives.
- Maximum of 19 hours of PHED/SES to assure a maximum of 60 hours in the PHED/SES major.

Curriculum Guide (suggested course sequence)			
Major in Sports and Exercise Sciences Exercise Science Emphasis			
First Year		Second Year	
Semester 1	Semester 2	Semester 1	Semester 2
ENGL 13013 hrs. MATH 13143 hrs. BIOL 14064 hrs. SES 13063 hrs. SCOM 1315 or 13213 hrs. 16 hrs.	ENGL 13023 hrs. BIOL 14074 hrs. HIST 1301 or 13023 hrs. PHED 11111 hr. SES 13013 hrs. ATTR 23713 hrs. 17 hrs.	BIOL 24014 hrs. PSYC 23013 hrs. Visual/Performing arts core3 hrs. POSC 23053 hrs. 13 hrs.	BIOL 24024 hrs. ENGL 2332, 2333, 2371, HIST 2372, PHIL 1301, SPAN 23123 hrs. POSC 23063 hrs. SES 23423 hrs. HIST 1301 or 13023 hrs. 16 hrs.
Third Year		Fourth Year	
Semester 1	Semester 2	Semester 1	Semester 2
SES 33023 hrs. MGT 33303 hrs. ATTR 33084 hrs. Elective3 hrs. Elective3 hrs. 16 hrs.	SES 33413 hrs. SES 33213 hrs. SES 43413 hrs. Elective3 hrs. Elective3 hrs. 15 hrs.	SES 43263 hrs. SES 33563 hrs. SES 43404 hrs. SES 33163 hrs. Elective3 hrs. 16 hrs.	SES 43253 hrs. SES 33043 hrs. SES 33403 hrs. Elective3 hrs. Elective3 hrs. 15 hrs.

Sport and Fitness Emphasis

Students are required to attain a grade of no less than a “C” in all physical education/sports and exercise sciences coursework.

- PHED/SES core: 1301, 3302, 3304, 3340, 3341.
- Bachelor of arts/bachelor of science degree requirements (see adviser for course listing).
- SES 1306, 2342, 2355, 3316, 3356, 4301, 4325, 4326, 4340.
- 27 hours of electives.
- Maximum of 16 hours of PHED/SES to assure a maximum of 60 hours in the PHED/SES major.

For information about the master of science (M.S.) degree in sports and exercise sciences, refer to the “Graduate school” section of this catalog.

Curriculum Guide (suggested course sequence)			
Major in Sports and Exercise Sciences Sport and Fitness Emphasis			
First Year		Second Year	
Semester 1	Semester 2	Semester 1	Semester 2
ENGL 13013 hrs. MATH 13143 hrs. BIOL 14064 hrs. SCOM 1315 or 13213 hrs. 13 hrs.	ENGL 13023 hrs. BIOL 14074 hrs. HIST 1301 or 13023 hrs. PHED 11111 hr. SES 13013 hrs. SES 13063 hrs. 17 hrs.	B.A. or B.S. requirements3 hrs. PSYC 23013 hrs. SES 13063 hrs. Visual/Performing arts core3 hrs. POSC 23053 hrs. 16 hrs.	B.A. or B.S. requirement3 hrs. ENGL 2332, 2333, 2371, HIST 2372, PHIL 1301, POSC 23063 hrs. HIST 1301 or 13023 hrs. 9 hrs.
Third Year		Fourth Year	
Semester 1	Semester 2	Semester 1	Semester 2
SES 33023 hrs. SES 23423 hrs. SES 33404 hrs. Elective3 hrs. Elective3 hrs. 13 hrs.	SES 33413 hrs. SES 33213 hrs. SES 23553 hrs. Elective3 hrs. Elective3 hrs. 15 hrs.	SES 43403 hrs. SES 33563 hrs. SES 43013 hrs. SES 33163 hrs. Elective3 hrs. 18 hrs.	SES 43253 hrs. SES 33043 hrs. SES 43263 hrs. Elective3 hrs. Elective3 hrs. 16 hrs.

Minor Options

- Coaching (18 hours)—ATTR 2371, SES 2333–2339 (choose two), 3350–3354 (choose two), 3356.
- Exercise Science (18 hours)—SES 3302, 3304, 3321, 3341, 3340, 4340.
- Health/Wellness (18 hours)—SES 3303, 3306, 3316, 3340, 2342, 3345.
- Pedagogy (18 hours)—SES 4302, 3311, 3320, 3325 or 2355, 4301, 4322.
- Sport/Fitness (18 hours)—SES 1301, 3321, 3340, 2342, 3356, 4325 or 4326.

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Bachelor of Science (B.S.) Degree

Major in Athletic Training (Major Code: 113)

The Athletic Training Education Program (ATEP) is a selective and competitive admissions allied-health program. Students successfully completing the 123-hour program, including both didactic and clinical education courses, will receive bachelor of science degrees in athletic training. The ATEP faculty is dedicated to provide all students with academic and clinical experiences that meet requirements of the Competencies In Athletic Training and prepare students for the profession of athletic training and meeting health-care needs of the physically active.

The primary goal of the bachelor of science degree in athletic training program at WTAMU is to prepare the student in instructional and clinical settings to utilize current and emerging health-care skills for athletic training. This program is designed to prepare professionals in:

- Development of specified health-care skills in risk management and injury prevention,
- Development of specified health-care skills in pathology of injury and illnesses, recognition and evaluation of athletic injuries/problems,
- Development of specified health-care skills in implementation of acute care, therapeutic modalities, therapeutic exercise,
- Development of specified health-care knowledge of pharmacology and nutrition as related to athletic performance,
- Development of organizational and administrative skills for operation of athletic facilities,
- Development of educational and counseling skills and knowledge of professional development for athletic trainers, and
- Preparation for application of state licensure and the Board of Certification Inc. (BOC) certification.

Basic Program Requirements

Admission Requirements

Athletic Training Education Program (ATEP) Admission

Admission to the undergraduate Athletic Training Education Program (ATEP) is selective and competitive. Preference is given to WTAMU pre-athletic training students. Applications are due by April 1 for admission into the following fall ATEP class. One class is admitted each year. An interview will be scheduled for finalists with the Athletic Training Admissions Committee prior to May 1. The student completes 50 hours of observation experience in the WTAMU athletic training clinical education facility. Student

acceptance will be confirmed by June 15. Prerequisite ATEP admission courses include PHED 1111 and ATTR 2371.

Minimum admission criteria include:

- Minimum cumulative grade point average of 2.5.
- Completion with a minimum grade of “B” in PHED 1111 and ATTR 2371.
- Complete application.
- Complete minimum of 50 hours observation experience in the WTAMU ATEP Clinical Education Facility.
- Complete formal interview.
- Meet the criteria of minimal technical standards.

Application materials may be requested from the director of the ATEP in the Virgil Henson Activities Center, Room 217, or by calling (806)651-2370.

The completed application and an official copy of *all* college transcripts must be returned prior to April 1 for consideration. Official copies of college transcripts documenting all college work completed must be sent to the curriculum director of the ATEP. Incomplete applications will not be considered. Return all items to:

Lorna Strong, M.S., A.T.C., L.A.T.
Program Director, Athletic Training Education Program
West Texas A&M University
WTAMU Box 60216
Canyon, Texas 79016-0001

Upon return of the application form and official transcripts of all college coursework, applicants will be eligible for consideration to be admitted into the ATEP. Applicants are accepted for admission by ranked order using the formula listed below.

Academic performance—cumulative GPA	
and prerequisite GPA	40%
Athletic training observation evaluation	10%
Application and committee review	50%
	Total 100%

All applicants must complete a formal personal interview. An interview will be scheduled with the ATEP Admissions Committee prior to May 1. Preference is given to applicants who will complete all required prerequisite courses and requirements at the completion of the admission semester. All prerequisite courses and requirements must be completed prior to the fall semester of admission to the ATEP. Student acceptance will be confirmed by June 15. Applicants to the ATEP may be admitted under the following conditions:

- Full Acceptance—A student may be accepted to the ATEP upon completion of all stated WTAMU ATEP admission requirements without any deficiencies.
- Provisional Acceptance—A transfer student may be accepted to the ATEP having met all admissions requirements and documenting previous athletic training experience not at WTAMU. Provisional acceptance allows the student to complete the required 50-hour observation prior to the beginning of the academic year.

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- Probationary Acceptance—A student applying to the ATEP with a cumulative GPA of 2.0 to 2.49 may be accepted into the ATEP on a probationary admissions status if all other application requirements have been met. A student accepted under probationary admission will have one academic year to improve the GPA to the required level. Failure to correct the GPA after one academic year will lead to suspension from the ATEP.

Applicants not selected may reapply for admission the following year.

Transfer Student Policy

The WTAMU Athletic Training Education Program (ATEP) encourages the application of transfer students. Transfer students are encouraged to visit the WTAMU campus and meet with the program director. The transfer student must meet all admissions criteria of the University.

The ATEP program can only grant transfer credit for ATTR 2371—Athletic Training, PHED 1111—Lifetime Wellness, BIOL 2401—Anatomy and Physiology I, and BIOL 2402—Anatomy and Physiology II, provided the coursework is equivalent to the WTAMU course. A transfer student with prior collegiate athletic training experience under the supervision of a certified athletic trainer can be provisionally admitted to the ATEP and complete the required 50 hours of observation in the program prior to the beginning of the academic year. The transfer student must provide signed documentation of the experience and hours completed from his or her supervising certified athletic trainer. Upon successful completion of the required hours and evaluation by WTAMU ACI, the transfer student will be granted full admission status to the ATEP. The student will have a minimum of six required semesters prior to eligibility for graduation from the ATEP.

Course sequencing for a transfer student will be developed on an individual bases with consideration of coursework transferred into the University. All transfer students will follow the course sequencing for all athletic training (ATTR) and sports and exercise sciences (SES) courses as outlined for the athletic training major once admitted into the ATEP.

Pre-Athletic Training Program (directly from high school and transfer students not meeting AT)

The Pre-Athletic Training Program is for students attending West Texas A&M University who are pursuing a degree in athletic training but not admitted into the Athletic Training Education Program. All students entering the Pre-Athletic Training Program directly from high school and all transfer students are subject to admission procedures and standards of WTAMU. All students entering the Pre-Athletic Training Program must meet with either the program director or clinical coordinator and submit an application for selection into the Pre-Athletic Training Program. Pre-Athletic Training Program application materials are available by request from the program director by calling (806)651-2370.

A completed application and meeting must take place prior to beginning any observational experience. Students in the Pre-Athletic Training Program will be provided academic advising from ATEP faculty to ensure compliance with ATEP admissions standards. Pre-athletic training students will be assigned to a clinical supervisor but will not be allowed to complete tasks that take opportunities away from students in the undergraduate ATEP program and are not guaranteed admission into the ATEP. Selection and participation in the Pre-Athletic Training Program does not guarantee admission into the ATEP.

Minimum admission criteria include:

- Admitted fully to WTAMU.
- A meeting with either the ATEP program director or clinical coordinator beginning any observational experiences with the WTAMU ATEP.
- Completed Pre-Athletic Training Application prior to beginning any observational experiences with the WTAMU ATEP.

Course Requirements

General Education (42 hours)

Athletic Training Major Requirements

- ATTR Core (15 hours)—ATTR 2371, SES 3302, 3304, 3321, 3341.

Athletic Training Didactic Coursework in Physical Education/Athletic Training (40 hours)

- ATTR 2372, 3308, 3309, 3331, 3332, 4412.
- SES 3316, 3340, 3356, 4325, 4330, 4340, 4341.

Didactic Coursework in Other Departments (8 hours)

- BIOL 2401, 2402.

Athletic Training Clinical Experience Coursework (13 hours)

- ATTR 2170, 2271, 2272, 3263, 3264, 4265, 4266.

Electives (5 hours)

ATEP Technical Standards for Admission

The WTAMU Athletic Training Education Program (ATEP) is a rigorous and intense program that places specific requirements and demands on students enrolled in the program. An objective of this program is to prepare graduates to enter a variety of employment settings and to render care to a wide spectrum of individuals engaged in physical activity. Technical standards set forth by the ATEP establish essential qualities considered necessary for students admitted to this program to achieve the knowledge, skills and competencies of an entry-level athletic trainer, as well as meet the expectations of the program's accrediting agency (Commission on Accreditation of Allied Health Education Programs [CAAHEP]).

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All students admitted to the ATEP must meet the following abilities and expectations. In the event a student is unable to fulfill these technical standards, with or without reasonable accommodation, the student will not be admitted into the program. Compliance with the program's technical standards does not guarantee a student's eligibility for the NATABOC certification exam.

Candidates for selection to the ATEP must demonstrate:

1. Mental capacity to assimilate, analyze, synthesize, integrate concepts and problem solve to formulate assessment and therapeutic judgments and to be able to distinguish deviations from the norm.
2. Sufficient postural and neuromuscular control, sensory function and coordination to perform appropriate physical examinations using accepted techniques, and accurately, safely and efficiently use equipment and materials during assessment and treatment of patients.
3. Ability to communicate effectively and sensitively with patients and colleagues, including individuals from different cultural and social backgrounds; this includes, but is not limited to, the ability to establish rapport with patients and communicate judgments and treatment information effectively. Students must be able to understand and speak the English language at a level consistent with competent professional practice.
4. Ability to record physical examination results and treatment plan clearly and accurately.
5. Capacity to maintain composure and continue to function well during periods of high stress.
6. Perseverance, diligence and commitment to complete the athletic training education program as outlined and sequenced.
7. Flexibility and the ability to adjust to changing situations and uncertainty in clinical situations.
8. Affective skills and appropriate demeanor and rapport that relate to professional education and quality patient care.

Candidates for selection to the ATEP will be required to verify they understand and meet these technical standards or that they believe that, with certain accommodations, they can meet the standards.

The WTAMU Disabled Students Services will evaluate a student who states he or she could meet the program's technical standards with accommodation and confirm that the stated condition qualifies as a disability under applicable laws.

If a student states he or she can meet the technical standards with accommodation, then the University will determine whether it agrees that the student can meet the technical standards with reasonable accommodation; this includes a review of whether the accommodations requested are reasonable, taking into account whether accommodation would jeopardize clinician/patient safety, or the educational process of the student or the institution, including all coursework, clinical experiences and internships deemed essential to graduation.

Post-Admission Requirement for ATEP Students

Upon acceptance into the ATEP, students are to present a completed medical history and physical completed by a physician, documentation of the first and second of the series of three hepatitis-B vaccinations and a signed Technical Standards Agreement. The third of the hepatitis-B vaccination series may be completed after the start of the academic year. If a student declines the hepatitis-B vaccination series, a signed Declination Statement must be on file with the curriculum director. Students are to annually present documentation each August of (1) CPR for professional rescuer certification from the American Heart Association or American Red Cross valid throughout the school year, and (2) negative-TB skin-test results valid through the academic year.

Students admitted to the ATEP will be required to purchase a student name badge and annual student professional liability insurance. Details can be obtained from the program director.

Upon acceptance into the ATEP, students are to present a completed medical history and physical completed by a physician, documentation of the first and second of the series of three hepatitis-B vaccinations, and signed Technical Standards Agreement. The third of the hepatitis-B vaccination series may be completed after the start of the academic year. If a student declines the hepatitis-B vaccination series, a signed declination statement must be on file with the curriculum director. Students are to annually present documentation each August of (1) CPR for the Professional Rescuer certification from the American Heart Association or American Red Cross valid throughout the school year, and (2) negative-TB skin-test results valid through the academic year.

Students admitted to the Athletic Training Education Program will be required to purchase a student name badge and annual student professional liability insurance. Details can be obtained from the program director. Athletic training students involved in off-campus clinical experiences or clinical observations will have the responsibility to provide his/her own transportation to any placement and will be responsible for any costs incurred.

Retention, Probation and Suspension Policies

Retention Policy—Retention in the WTAMU Athletic Training Educational Program (ATEP) for all athletic training students is based on the following criteria:

1. Minimum cumulative GPA of 2.5 on a 4.0 scale.
2. Minimum GPA of 2.5 on a 4.0 scale required in major. Minimum grade of "B" in all athletic training didactic and clinical education coursework and a minimum grade of "C" in all athletic training related coursework.
3. All required ATEP course competencies and proficiencies must be evaluated and successful completion documented prior to completion of the semester. The ATS not completing all competencies will be given an incomplete for the semester and will not be allowed to progress in the

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ATEP until the competencies are completed and proper documentation is on file with the ATEP program director and University registrar.

4. Minimum semester clinical experience performance evaluation score of 2.5 on a 4.0 scale.
5. Provide annual updated documentation each August of (1) CPR for Professional Rescuer Certification from the American Heart Association or American Red Cross valid throughout the school year, (2) negative TB skin-test results valid through the academic year and (3) student professional liability insurance valid through the academic year.
6. Adherence to codes of moral/ethical conduct as outlined in the *Code of Ethics of the National Athletic Trainers' Association*.

Probation Policy—An ATS will be placed on probation if he or she fails to meet any of the retention standards. The ATS will receive written notification from the program director indicating the probationary status. The ATS must meet with the program director where a written contact will be developed and signed with a time line and specific requirements that must be made to remove the probationary status.

Suspension Policy—An ATS will be suspended from the ATEP if he or she fails to meet each of the assigned probationary requirements. A student on suspension from the program will not be allowed to take any athletic training courses other than to repeat courses in which he or she earned less than a “B.” In addition, a student on suspension will not be assigned clinical experiences or responsibilities within the program. The student may reapply for admission to the ATEP.

Curriculum Guide (suggested course sequence)			
Major in Athletic Training			
First Year		Second Year	
Semester 1	Semester 2	Semester 1	Semester 2
ENGL 13013 hrs. MATH 13143 hrs. BIOL 14064 hrs. ATTR 23723 hrs. SCOM 1315 or 1321 3 hrs. 16 hrs.	ENGL 13023 hrs. BIOL 14074 hrs. HIST 1301 or 13023 hrs. PHED 11111 hr. Visual/Performing arts core3 hrs. ATTR 2371 3 hrs. 17 hrs.	ENGL 2332, 2333, 2371, HIST 2372, PHIL 1301, SPAN 23123 hrs. BIOL 24014 hrs. PSYC 23013 hrs. POSC 23053 hrs. ATTR 2170 1 hr. 14 hrs.	BIOL 24024 hrs. POSC 23063 hrs. ATTR 33093 hrs. ATTR 2271 2 hrs. 12 hrs.
Summer Session			
Session 2			
ATTR 22722 hrs. SES 3302 3 hrs. 5 hrs.			
Third Year		Fourth Year	
Semester 1	Semester 2	Semester 1	Semester 2
HIST 1301 or 13023 hrs. ATTR 33313 hrs. ATTR 32632 hrs. ATTR 33083 hrs. SES 3340 3 hrs. 14 hrs.	SES 33413 hrs. SES 33213 hrs. ATTR 33323 hrs. ATTR 32642 hrs. SES 33563 hrs. Elective 3 hrs. 17 hrs.	SES 43303 hrs. SES 43413 hrs. ATTR 44124 hrs. ATTR 42652 hrs. Elective 3 hrs. 15 hrs.	SES 43253 hrs. SES 33043 hrs. SES 33163 hrs. ATTR 42662 hrs. SES 4340 3 hrs. 14 hrs.