

West Texas A&M University
Advising Services
Degree Checklist
2025-2026

NAME: _____ **WT ID:** _____ **DATE:** _____

Athletic Training
Department of Sports and Exercise Sciences
AC 217 651-2370

CORE CURRICULUM COURSES: 42 HOURS		HRS
Communication (Core 10)		
ENGL 1301 Intro. To Academic Writing & Argumentation OR ENGL 1311 Writing About Ideas	3	
COMM 1315, 1318, or 1321	3	
Mathematics (Core 20)		
MATH 1314*, 1316*, 1324*, 1325*, 1332*/**, 1342*/**, 1350*/**, 2412*, or 2413* (2412 & 2413: fourth hr. moves to Core 90)	3	
Life and Physical Sciences (Core 30)		
Take two courses from: ANSC 1319; BIOL 1406 or 1308, 1407* or 1309*, 1411, 1413; CHEM 1305* or 1411*, 1412*; ENVR 1407*; GEOL 1301 or 1403, 1302, 1404; PHYS 1401*, 1402*, 1311, 1312, 1371, 2425*, 2426*; PSES 1301, 1307 - BIOL 1406, 1407, 1411, 1413; CHEM 1411, 1412; GEOL 1403, 1404; PHYS 1401, 1402, 2425, 2426: 4 th hr. moves to Core 90	6	
Language, Philosophy and Culture (Core 40)		
ANTH 2351, ENGL 2321*, 2326*, 2331*, 2341*, 2343*; HIST 2311, 2323, 2372; MCOM 1307; PHIL 1301, 2374; SPAN 2311*, 2312*/**, 2313*, 2315*, 2371 Choose 1	3	
Creative Arts (Core 50)		
ARTS 1301, 1303, 1304; DANC 2303; MUSI 1306, 1307 (for music majors), 1310; or THRE 1310 Choose 1	3	
American History (Core 60)		
HIST 1301, 1302, 2301, 2381, 2382 Choose 2	6	
Government/Political Science (Core 70)		
POSC 2305 and 2306	6	
Social and Behavioral Sciences (Core 80)		
AGBE 2317*; COMM 2377; CRIJ 1301; ECON 2301, 2302; GEOG 1302; PSYC 2301; SOCI 1301 Choose 1	3	
Component Area Option (Core 90)		
Take six hours from: AGRI 2300; BUSI 1301, 1304; CIDM 1105, CIDM 1301 or 1315; CS 1301; ECON 2331; EDUC 1300; ENGL 1101, 1102, 1302*, 1312*, 2311*; HSCI 2300 (recommended) ; IDS 1071 (1-3 hours); MUSI 1053 (1-2 hours); PHIL 2303; SES 1120; extra 4 th -hour credits from Core 20 and Core 30 (MATH, BIOL, CHEM, ENVR, GEOL, PHYS)	6	
ATHLETIC TRAINING REQUIREMENTS: 74 HOURS A grade of "B" or better is required in ATTR courses, and a grade of "C" or better is required in SES and BIOL 2401/2402 courses.		
DIDACTIC COURSE WORK IN PHYSICAL EDUCATION/ATHLETIC TRAINING: 48 HOURS		
ATTR 2371 Athletic Training I	3	
ATTR 3310 Therapeutic Modalities and Rehabilitation	3	
ATTR 3331* Athletic Training Evaluation I—Lower Extremity	3	
ATTR 3332* Athletic Training Evaluation II—Upper Extremity	3	
ATTR 4312* Advanced Athletic Training	3	
SES 2342 Personal Fitness Concepts	3	
SES 3302 Structural and Mechanical Kinesiology	3	
SES 3304 Measurement and Evaluation Technique	3	

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SES 3316 Drugs, Alcohol and Tobacco	3	
SES 3321 Motor Development	3	
SES 3340 Sport Nutrition	3	
SES 3341* Exercise Physiology	3	
SES 3356* Theory and Practice of Strength Training and Conditioning	3	
SES 4328* Psychology of Injury	3	
SES 4330* Administrative Concepts in Sport and Exercise Sciences	3	
SES 4341* Sport Biomechanics	3	
DIDACTIC COURSE WORK IN OTHER DEPARTMENTS: 8 HOURS		
BIOL 2401*, 2401L Human Anatomy & Physiology I	4	
BIOL 2402*, 2402L Human Anatomy & Physiology II	4	
ATHLETIC TRAINING CLINICAL EXPERIENCE COURSE WORK: 2-8 HRS		
ATTR 2170 Clinical Experience Course Work	2-8	
ELECTIVES: 14-20 HOURS BY ADVISEMENT		
ELECTIVES (ANY LEVEL) ♦	14-20	
MINIMUM HOURS REQUIRED TO COMPLETE DEGREE	120	

*Indicates prerequisites—see catalog for more information.

** While MATH 1332, 1342 and 1350 will fulfill core math requirements, they will NOT prepare students for higher-level math courses such as Plane Trigonometry (MATH 1316) or Pre-Calculus (MATH 2412).

*** Or an equivalent course (second year, second semester) in a foreign language.

NOTE: This is NOT a degree plan. All undergraduate students must request an official degree plan from their academic dean's office by the time they have completed 30 credit hours.

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Major: Athletic Training, B.S.

Major Code: 113

Year 1: Fall		Year 1: Spring	
CORE 10 (Communication) – ENGL 1301 or 1311	3	CORE 30 (Life & Phys. Sci.) – See checklist for options ¹ ; 4th hour lab goes to Core 90 or will need 1 hour Core 90	3,1
CORE 10 (Communication) – COMM 1315, 1318 or 1321	3	CORE 40 (Lang., Phil. & Culture) – See checklist for options ¹	3
CORE 20 (Mathematics) – See checklist for options ¹	3	CORE 50 (Creative Arts) – See checklist for options ¹	3
CORE 30 (Life & Phys. Sci.) – See checklist for options ¹ ; 4th hour lab goes to Core 90 or will need 1 hour Core 90	3,1	ATTR 2371 Athletic Training I	3
CORE 90 (Comp. Area Opt.) – See checklist for options – SES 1120 and HCSI 2300 strongly recommended for 4 of 6 hours	1,3		
Total:	17	Total:	13
Year 2: Fall		Year 2: Spring	
CORE 60 (American History) – See checklist for options ¹	3	CORE 60 (American History) – See checklist for options ¹	3
CORE 70 (Govt./Pol. Sci.) – POSC 2305	3	CORE 70 (Govt./Pol. Sci.) – POSC 2306	3
BIOL 2401/2401L Human Anatomy & Physiology I	4	CORE 80 (Soc. & Behav. Sci.) – See checklist for options ¹	3
SES 2342 Personal Fitness Concepts	3	BIOL 2402/2402L Human Anatomy & Physiology I	4
SES 3302 Structural & Mechanical Kinesiology	3	ATTR 3310 Therapeutic Modalities & Rehabilitation	3
Total:	16	Total:	16
Year 3: Fall		Year 3: Spring	
ATTR 2170 Clinical Experience in Athletic Training ²	1	ATTR 2170 Clinical Experience in Athletic Training ²	1
ATTR 3332 Athletic Training Eval. II – Upper Extremity	3	ATTR 3331 Athletic Training Eval. II – Lower Extremity	3
SES 3304 Measurement & Evaluation Techniques	3	SES 3321 Motor Development	3
SES 3316 Drugs, Alcohol & Tobacco	3	SES 3340 Sport Nutrition	3
SES 3341 Exercise Physiology	3	SES 3356 T & P of Strength Training & Conditioning	3
Elective	3	Elective	3
Total:	16	Total:	16
Year 4: Fall		Year 4: Spring	
ATTR 2170 Clinical Experience in Athletic Training ²	1	ATTR 2170 Clinical Experience in Athletic Training ²	1
SES 4328 Psychology of Injury	3	ATTR 4312 Advanced Athletic Training	3
SES 4341 Sport Biomechanics	3	SES 4330 Administrative Concepts in SES	3
Elective, Elective	3,3	Elective, Elective	3,3
Total:	13	Total:	13

¹ CORE: There is no set order in which core courses must be taken (see degree checklist).

² Must be admitted in Athletic Training Program for ATTR 2170; 2-hours required, 8 hours maximum.

Identified Marketable Skills	Top Three Local Employers or Industries/Professional Programs/Possible Career Opportunities
Oral/Written Communications	Texas licensure as an Athletic Trainer
Career Management	Employment in high school, clinic, or other athletic training practice settings
Teamwork/Collaboration	Preparation for graduate education in Athletic Training or other allied health fields
Professionalism/Work Ethic	

Additional notes:

- The core curriculum must total exactly 42 hours; excess hours must be moved to the major as an elective or a major requirement and stay within the 120-hour requirement or approved total submitted to the Coordinating Board for degree requirements. Some majors specify particular courses to meet core curriculum requirements when options are available.
- At least 36 hours of advanced work (3000- or 4000-level courses) for which tuition is paid must be earned at WTAMU. A maximum of six semester hours in religion (RELI) and six semester hours in physical education (PHED) courses can count toward a baccalaureate degree.
- Completion of degree content, 1,800 clinical hours under direct supervision by an Athletic Trainer, and specified requirements of the TDLR affords graduates eligibility for Texas Athletic Training Licensing. Student may also use content in preparation to apply for an entry-level graduate Athletic Training or other allied health program
- Important sequencing: SES 3302 is the prerequisite for SES 3356 and SES 4341. BIOL 2402 is the prerequisite for SES 3341.
- Fall only courses: ATTR 3332. Spring only courses: ATTR 3310, ATTR 3331, ATTR 4312, SES 3321.

DISCLAIMER: This curriculum guide should be used in conjunction with the corresponding degree checklist for general planning purposes only. The degree checklist (later a student's official degree plan) should be referred to as the comprehensive list of all courses required for the degree. An official degree plan is required after completing 30 hours. Students should always seek the advice of their academic adviser before scheduling classes.