Summary of Requirements for Major in Athletic Training

Major

1. KINE Courses: (75 hours)
   - HEED 103 Foundations of Exercise & Sport Science
   - HEED 200 Nutrition
   - HEED 206 Introduction to Athletic Training
   - HEED 210 Athletic Taping and Bracing Techniques
   - HEED 222 Emergency Medical Techniques in Athletic Training
   - HEED 223 Clinical Experiences in Athletic Training I
   - HEED 318 Orthopedic Assessment I Upper Extremity
   - HEED 319 Orthopedic Assessment II Lower Extremity
   - HEED 320 Pharmacology and General Medical Conditions
   - HEED 322 Clinical Experiences in Athletic Training II
   - HEED 323 Clinical Experiences in Athletic Training III
   - HEED 340 Organization and Administration of Athletic Training
   - HEED 408 Therapeutic Modalities in Sports Medicine
   - HEED 413 Rehabilitation Techniques in Sports Medicine
   - HEED 414 Advanced Rehabilitation Techniques in Athletic Training
   - HEED 422 Clinical Experiences in Athletic Training IV (Capstone)
   - HEED 423 Clinical Experiences in Athletic Training V (Capstone)
   - HEED 450 Evidence-Based Practice in Athletic Training
   - HEED 480 Capstone I in Athletic Training
   - HEED 485 Capstone II in Athletic Training
   - PHEC 175 Foundations of Resistance Training
   - PHEC 303 Biomechanics for Exercise and Sport Science
   - PHEC 341 Psychology of Physical Activity
   - PHEC 401 Physiology of Exercise
   - PHEC 410 Advanced Strength Training
   - PHEC 411 Evaluation and Prescription in Fitness
   - PHEC 435 Lifespan Health and Fitness

2. Courses in Other Departments: (18 hours)
   - BIOL 149 General Biology (GEP Group C)
   - BIOL 321 Anatomy & Physiology I
   - BIOL 322 Anatomy & Physiology II
   - MATH 109 Elements of Applied Probability and Statistics (Core Skill 3)
   - PSYC 150 General Psychology (GEP Group D)

Frostburg State University - from 2015-2017 Undergraduate Catalog

Coaching

Minor

Coordinator:
Troy Strieby, Assistant Professor, Department of Kinesiology

Professor:
R. Lewis

Assistant Professors:
Strieby, Wright

Field experience required in school program. Recommended during senior year.

You cannot major in coaching.

Summary of Requirements for Minor in Coaching

Minor

All of the following: (16 hours)
   - HEED 305 Care and Prevention of Athletic Injuries
   - PHEC 175 Foundations of Resistance Training
   - PHEC 405 Psycho-Social Foundations of Sport
   - PHEC 412 Principles of Coaching
   - PHEC 420 Sports Law and Ethics
   - PHEC 481 Field Experience in Coaching

Two from among: (6 hours)
   - PHEC 360 Theory of Track & Field
   - PHEC 361 Theory of Football
   - PHEC 362 Theory of Baseball
   - PHEC 364 Theory of Basketball
   - PHEC 365 Theory of Volleyball
   - PHEC 366 Theory of Soccer
   - PHEC 369 Theory of Softball