

# B.S. IN SPORTS MEDICINE STUDIES

College of Health Sciences

## Curriculum

Code	Title	Credits
<b>GENERAL EDUCATION REQUIREMENTS</b> ( <a href="http://catalog.wcupa.edu/undergraduate/general-education-requirements/">http://catalog.wcupa.edu/undergraduate/general-education-requirements/</a> )		
<b>Academic Foundations</b>		
First Year Experience requirement		4
English Composition requirement		6-7
Mathematics requirement		3-4
MAT 121	Introduction to Statistics I	
Interdisciplinary requirement		3
SMD 210	Psychosocial Perspectives of Sports/Recreational Injuries	
Diverse Communities requirement		3
HEA 110	Transcultural Health: Principles and Practice <sup>1</sup>	
Ethics requirement		3
<b>Distributed Disciplinary Foundations</b>		
Science requirement		6-8
BIO 110	General Biology I	
PHY 100	Elements of Physical Science	
Behavioral & Social Science requirement		6
PSY 100	Introduction to Psychology	
Humanities requirement		6
Arts requirement		3
<b>ADDITIONAL BACCALAUREATE REQUIREMENTS</b> ( <a href="http://catalog.wcupa.edu/undergraduate/general-education-requirements/">http://catalog.wcupa.edu/undergraduate/general-education-requirements/</a> )		
<b>University Requirements</b>		
Writing Emphasis requirement		9
SMD 210	Psychosocial Perspectives of Sports/Recreational Injuries	
Speaking Emphasis requirement		9
SMD 450	Capstone in Sports Medicine	
<b>Degree Requirements</b>		
Capstone requirement		1-15
<b>MAJOR REQUIREMENTS</b>		
<b>Core Courses</b>		
SMD 100	Foundations of Sports Medicine	3
SMD 204	First Aid for Health Professionals <sup>2</sup>	3
SMD 210	Psychosocial Perspectives of Sports/Recreational Injuries <sup>2</sup>	3
SMD 261	Surface Anatomy <sup>2</sup>	3
SMD 361	Kinesiology <sup>2</sup>	3
SMD 400	Special Topics in Athletic Training <sup>2</sup>	3
SMD 420	Sports Medicine 1 <sup>2</sup>	3
SMD 430	Sports Medicine 2 <sup>2</sup>	3
SMD 490	Applied Clinical Anatomy <sup>2</sup>	3
<b>Related/Cognate Requirements</b>		
BIO 110	General Biology I	4
BIO 259	Human Anatomy and Physiology I <sup>2</sup>	4
BIO 269	Human Anatomy and Physiology II <sup>2</sup>	4
EXS 380	Exercise Physiology <sup>2</sup>	3

EXL 380	Exercise Physiology Lab	1
MAT 121	Introduction to Statistics I	3
HEA 377	Pharmacology	2
NTD 303	Introductory Principles Human Nutrition <sup>2</sup>	3
NTD 422	Nutrition for Health, Fitness & Sport <sup>2</sup>	3
CHE 107	General Chemistry for Allied Health Sciences	4
CRL 107	General Chemistry Lab for Allied Health Sciences	1
PHY 100	Elements of Physical Science	3
PSY 100	Introduction to Psychology	3
Other courses in chemistry, physics, mathematics, and biology may be substituted with approval of program director.		
<b>Capstone Requirement</b>		
SMD 450	Capstone in Sports Medicine <sup>2,3</sup>	3
<b>Total Minimum Credits Required</b>		<b>120</b>

## Accelerated B.S. in Sports Medicine Studies to M.S. in Athletic Training Program

Beginning in Summer I after Year 3, the 24 credits below from the M.S. in Athletic Training will be used to satisfy the final 23 credits for the B.S. in Sports Medicine Studies.

Code	Title	Credits
SMD 501	Human Cadaver Dissection	4
SMD 502	Prevention & Care of Injury and Illness	3
SMD 505	Evidence Based Practice in Sports Medicine	3
SMD 511	Principles of Rehabilitation	3
SMD 512	Orthopedic Assessment 1	3
SMD 513	Orthopedic Assessment 2	3
SMD 515	Athletic Training Clinical Experience <sup>1</sup>	3
SML 511	Principles of Rehabilitation Lab	2

<sup>1</sup> The course is recommended to fulfill this requirement.

<sup>2</sup> Students must earn a minimum grade of C in this course.

<sup>3</sup> This course fulfills the Capstone requirement.

## Sample Course Plan

To track their individual degree progress, students are advised to access their Degree Progress Report (DPR) via myWCU regularly. For more information, visit [wcupa.edu/DegreeProgressReport](http://wcupa.edu/DegreeProgressReport) (<http://wcupa.edu/degreeprogressreport/>).

The following is a sample suggested course sequence for this program; course offerings and availability are not guaranteed. Students should consult their academic advisor with any questions.

## Accelerated B.S. in Sports Medicine Studies to M.S. in Athletic Training

Course	Title	Credits
<b>Year One</b>		
<b>Fall</b>		
SMD 100	Foundations of Sports Medicine	3
BIO 110	General Biology I	4
WRT 120	Effective Writing I	3

PSY 100	Introduction to Psychology	3
FYE 100X	First Year Experience	4
<b>Credits</b>		<b>17</b>
<b>Spring</b>		
BIO 259	Human Anatomy and Physiology I	4
SMD 204	First Aid for Health Professionals	3
SPK 208	Public Speaking	3
	or Arts Gen Ed	
WRT 2XX	200-Level WRT Course	3
	Diverse Communities Gen Ed <sup>1</sup>	3
<b>Credits</b>		<b>16</b>
<b>Year Two</b>		
<b>Fall</b>		
SMD 361	Kinesiology	3
SMD 210	Psychosocial Perspectives of Sports/ Recreational Injuries	3
MAT 121	Introduction to Statistics I	3
	or SMD 261	
BIO 269	Human Anatomy and Physiology II	4
	Speaking Emphasis Gen Ed	3
<b>Credits</b>		<b>16</b>
<b>Spring</b>		
SMD 261	Surface Anatomy	3
	or Introduction to Statistics I	
	or MAT 121	
NTD 303	Introductory Principles Human Nutrition	3
PHY 100	Elements of Physical Science	3
	Arts Gen Ed	3
	or SPK 208	
	Humanities Gen Ed	3
	Writing Emphasis Gen Ed (300/400-Level)	3
<b>Credits</b>		<b>18</b>
<b>Year Three</b>		
<b>Fall</b>		
SMD 400	Special Topics in Athletic Training	3
SMD 420	Sports Medicine 1	3
EXS 380	Exercise Physiology	3
EXL 380	Exercise Physiology Lab	1
HEA 377	Pharmacology	2
	Behavioral & Social Science Gen Ed	3
	Humanities Gen Ed	3
<b>Credits</b>		<b>18</b>
<b>Spring</b>		
SMD 430	Sports Medicine 2	3
SMD 450	Capstone in Sports Medicine	3
SMD 490	Applied Clinical Anatomy	3
NTD 422	Nutrition for Health, Fitness & Sport	3
CHE 107	General Chemistry for Allied Health Sciences	4
CRL 107	General Chemistry Lab for Allied Health Sciences	1
<b>Credits</b>		<b>17</b>
<b>Summer Session I</b>		
SMD 501	Human Cadaver Dissection	4
SMD 502	Prevention & Care of Injury and Illness	3
<b>Credits</b>		<b>7</b>

<b>Summer Session II</b>		
SMD 512	Orthopedic Assessment 1	3
<b>Credits</b>		<b>3</b>
<b>Year Four</b>		
<b>Fall</b>		
SMD 505	Evidence Based Practice in Sports Medicine	3
SMD 511	Principles of Rehabilitation	3
SML 511	Principles of Rehabilitation Lab	2
<b>Credits</b>		<b>8</b>
<b>Total Credits</b>		<b>120</b>

<sup>1</sup> HEA 110 is recommended.