



RUTGERS

School of Arts and Sciences
DEPARTMENT OF KINESIOLOGY AND HEALTH

Exercise Science- Athletic Training

Why Athletic Training?

Athletic trainers are health care professionals that work with physicians and other health care professionals to help individuals return safely to sport, recreational, or work activity. Athletic trainers are taught how to prevent injuries, clinically assess and diagnosis injuries, provide immediate care to injuries, and rehabilitate injuries. Athletic training is the unique opportunity to work with athletes of all ages and skill levels. Whether you are an athlete or you just love the game, you can pursue your passion of sports and a rewarding career. As athletic trainer, you help athletes stay in top shape so they can continue doing what they love.

What jobs and graduate programs can I expect after graduation?

- Masters in Athletic Training
- Gap year before graduate school
- Cardiac Rehab Clinics
- Wellness
- Physical Therapy Practice
- Hospitals
- Intercollegiate Sports
- Professional Sports
- Secondary Schools
- Sports Medicine Clinics

What can I be doing outside from the academic requirements to prepare for a Career in Athletic Training?

- Join a club: Allied Health Professions Club of Rutgers University, Health Occupations Students of America, Health Professions United, Healthy Kids of New Brunswick, Kinesiology and Health Club, Minority Association of Pre-Health Students, Red Cross Club, Rutgers Against Hunger, Women in Health Professions,
- Gain as much experience as possible through volunteering, shadowing a Certified Athletic Trainer
- Participate in the Honors Research Program
- Build relationships with professors, Athletic Trainers, and internship supervisors
- Prepare to take GRE in Junior year (depending on school)
- Consider Graduate School options and be ready to apply in senior year
- Consider a Gap Year
- Secure letters of recommendation before application (one should/must be from an AT)
- Independent Study for a semester with an Exercise Science faculty



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What Electives Should I Take if I Want to go into Athletic Training?

The following courses are great to take to enhance your Exercise Science Curriculum:

01:377:170- Principles of Strength and Conditioning

01:377:191- Cardiovascular Conditioning

01:377:215- Techniques of Athletic Training

01:377:246- Safety Education and Emergency Care

01377:315- Advanced Theory and Techniques of Athletic Training

01:377:362- Independent Study in Exercise Science

Faculty Contacts in field of Athletic Training:

Professor Eric Bridenbaugh

Professor Christopher D'Andrea

Professional Associations to Join Related to Athletic Training after graduation

- NATA (National Athletic Trainers' Association)
- American College of Sports Medicine
- Intercollegiate Council for Sports Medicine

Curriculum Requirements-Exercise Science (Declared Fall 2020 and later)

Kinesiology and Health Exercise Science Major

REQUIREMENT	NUMBER	COURSE NAME	CREDITS
Kinesiology and Health	01:377:140	Foundations of Kinesiology and Health	1.5
	01:377:205	Principles of a Healthy Lifestyle	1.5
Biology	01:119:115	General Biology I	4
	01:119:116	General Biology II	4
	01:119:117	Biological Research Laboratory	2
Statistics	01:377:275	Basic Statistics for Exercise Science	3
Calculus	01:640:135	Calculus I	4
Chemistry	01:160:161	General Chemistry	4
	01:160:162	General Chemistry	4
	01:160:171	Introduction to Experimentation	1
Physics	01:750:193	Physics for the Sciences	4
	01:750:194	Physics for the Sciences	4
Psychology	01:830:101	General Psychology	3
	01:377:301 or 455	Psychology of Sport and Exercise or Exercise Psychology	3
Physiology	01:146:356	Systems Physiology	3
	01:377:370	Exercise Physiology	3
	01:377:371	Exercise Physiology Lab	1
Anatomy	01:377:223	Functional Human Anatomy Lecture	3
	01:377:224	Functional Human Anatomy Lab	1
Biomechanics	01:377:350	Biomechanics	3
	01:377:310	Motor Learning	3
Electives	At least 3 credits must be at the 300 or 400 level and can include mini-courses. A maximum of one approved course can be outside the major.		6
Testing and Prescription	01:377:410	Exercise Testing and Prescription	4
Professional Development	01:377:407	Administration of Exercise Science	1.5
Internship	01:377:493	Internship in Exercise Science	3
Total Credits = 74.5			

Department of Kinesiology and Health

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Visit us at: kines.rutgers.edu

Sample Course Plan of Study

Exercise Science Major

(Declared Fall 2020 and later)

Department of Kinesiology and Health

Exercise Science Major

Sample Plan of Study

First Year

Fall		
119:115	General Biology I	4
377:140	Foundations of Kinesiology and Health	1.5
377:205	Principles of a Healthy Lifestyle	1.5

Spring		
119:116	General Biology II	4
119:117	Biological Research Lab	2
830:101	General Psychology	3
640:135	Calculus	4

Second Year

Fall		
160:161	General Chemistry	4
160:171	Introduction to Experimentation	1
377:275	Basic Stats for Exercise Science	3

Spring		
160:162	General Chemistry	4
377:223 377:224	Functional Human Anatomy	4
377:301 or 377:455	Sport Psych or Exercise Psych	3

Third Year

Fall		
750:193	Physics for the Sciences	4
377:310	Motor Learning	3
377:___	Elective	3

Spring		
750:194	Physics for the Sciences	4
146:356	Systems Physiology	3
377:___	Elective (300 level or above)	3

Fourth Year

Fall		
377:407	Administration of Exercise Science	1.5
377:370 377:371	Exercise Physiology Exercise Phys. Lab	4
377:350	Biomechanics	3

Spring		
377:493	Internship in Exercise Science	3 or 6
377:410	Exercise Testing and Prescription	4

The above sample plan is for the Major only. Students must also satisfy their school requirements.