

Jumpstart Pathway

**Exercise Science, Pre-Athletic Training Track – Transfer to University of Montana**

Associate of Science

**Academic & Career Pathway: Science, Technology, Engineering and Math and/or Health Sciences**

Student:

Advisor:

Course/Semester (Prefix, Number and Title)		Credits	Fall/Spring Only	Milestone Course	Notes	Completed
<b>Semester 1</b>						
M 151 or M 171	Pre-Calculus or Calculus I	4				
WRIT 101	College Writing I	3				
BIOB 160	Principles of Living Systems	4	Fall	*		
CHMY 121	Intro to Gen. Chemistry & Lab	4				
<b>Total</b>		<b>15</b>				
<b>Semester 2</b>						
STAT 216	Introduction to Statistics	3				
CHMY 123	Intro to Organic and Biochemistry & Lab	4	Spring			
COMX 111	Intro to Public Speaking	3		*	Course offered every fall, spring, and summer semesters	
NASX 105	Intro to Native American Studies	3				
PSYX 100	Introduction to Psychology	3			D & CHAI, Course offered every fall, spring, and summer semesters	
<b>Total</b>		<b>16</b>				
<b>Semester 3</b>						
ARTH 200, HSTA 101/102, HONR 121, LIT 110, WRIT 201		3			H&FA course, each recommended course meets 2 UM core requirements	
PHSX 205	College Physics I & Lab	4	Fall			
BIOH 201	Anatomy and Physiology I	4		*		
SPNS 101	Elementary Spanish I	4			H&FA course, preparation for SPNS 102 which meets the UM Language requirement	
<b>Total</b>		<b>15</b>				
<b>Semester 4</b>						
SPNS 102	Elementary Spanish II	4				
BIOH 211	Anatomy and Physiology II	4		*		

SOCI 220	Race, Gender, and Class	3	Spring		Course meets 2 UM core requirements	
BIOM 250	Microbiology for Health Science & Lab	4	Spring			
<b>Total</b>		<b>15</b>				
<b>Optional</b>						
BIOB 290*	Independent Research	2*	*optional		Available any semester; preferred after first year	

**\*Students must earn a C- or better in order to successfully complete a course**

**Career outlook:**

This option is designed to prepare students for graduate studies in athletic training. This track is unique in that it provides undergraduate students an opportunity to transition, after three years of undergraduate study, into our graduate level Athletic Training program, eventually leading to a M.S. in Athletic Training. Graduates of this track become professional athletic trainers working in a variety of settings ranging from collegiate and professional athletic programs, hospitals and medical centers, and private sector companies.

UM program degree requirements <https://catalog.umt.edu/colleges-schools-programs/health/integrative-physiology-athletic-training/preathletictraining>

**Note:** The B.S. in Integrative Physiology, Pre-Athletic Training Concentration is restricted to students admitted to the Master of Athletic Training (MAT) program. To be eligible for certification and licensure as an Athletic Trainer, students must obtain the MAT degree. The BS Integrative Physiology, Pre-Athletic Training Concentration is awarded at the same time as the MAT. See the Master in Athletic Training catalog page for more information.

UM General Education Requirements <https://catalog.umt.edu/academics/general-education-requirements/>

Students that complete the Helena College General Education Core will earn a Certificate of General Studies.

<b>Certificate of General Studies</b>		
<b>Category</b>	<b>Credits</b>	<b>Complete</b>
Natural Science with Lab		
Natural Science		
Mathematics		
Written Communication		
Oral Communication		
Social & Psychological Sciences/History		
Social & Psychological Sciences/History		
Humanities/Fine Arts		
Humanities/Fine Arts		
Cultural Diversity		
Total Credits (30-32)		