

Pre-Athletic Training Pathway Checklist

EOU Course	Course Title	Credits	Prerequisite(s)
BIOL 231 + Lab	Human Anatomy & Physiology 1	4	MATH 072 (or placement score)
BIOL 232 + Lab	Human Anatomy & Physiology 2	4	BIOL 231
BIOL 233 + Lab	Human Anatomy & Physiology 3	4	BIOL 232
BIOL 221Z + Lab (BIOL 221L)	Principles of Biology 1	5	co-requisites: BIOL 221L & CHEM 221Z
BIOL 222Z + Lab (BIOL 222L)	Principles of Biology 2	5	BIOL 221Z, CHEM 221Z; co-requisite: CHEM 222Z
BIOL 223Z + Lab (BIOL 223L)	Principles of Biology 3	5	BIOL 221Z, 222Z, & CHEM 221Z, 222Z; co-requisite CHEM 223Z
CHEM 221Z + Lab (CHEM 227Z)	General Chemistry 1	5	MATH 111Z (or placement score); can be taken concurrently
CHEM 222Z + Lab (CHEM 228Z)	General Chemistry 2	5	CHEM 221Z; MATH 112Z co-requisite recommended
CHEM 223Z + Lab (CHEM 229Z)	General Chemistry 3	5	CHEM 222Z
PHYS 201 + Lab (PHYS 201L)	General Physics 1	4	MATH 112Z (or placement score)
PHYS 202 + Lab (PHYS 202L)	General Physics 2	4	PHYS 201
PHYS 203 + Lab (PHYS 203L)	General Physics 3	4	PHYS 202
*PES 359	Care/Prevention of Athletic Injury	3	
EXS 321 + Lab	Applied Anatomy	4	BIOL 231 & 232
EXS 322 + Lab	Biomechanics	4	EXS 321
EXS 323 + Lab	Exercise Physiology 1	4	BIOL 231 & 232
EXS 451 + Lab	Exercise Physiology 2	4	EXS 323
CH 225	Nutrition	3	
EXS 325	Sports Nutrition & Fitness	4	BIOL 231 & 232 or CH 225
*EXS 453 + Lab	Motor Learning & Control	4	EXS 323
PSY 201Z	General Psychology	4	
STAT 243Z	Elementary Statistics	4	MATH 095 (or placement score)
SCI 215	Medical Terminology	3	WR 115 or WR 121Z

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*Indicates courses that are not required by all Athletic Training programs, but highly recommended.

The curriculum in the pre-athletic training pathway is designed to prepare students for entrance into a Master's of Science in Athletic training program, after completing their Undergraduate degree at EOU. A Bachelor's degree (B.A./B.S.) is required prior to matriculation into an Athletic Training program. While no particular major is required, a degree in Health & Human Performance: Exercise Science encompasses many of the prerequisite courses. Recommended coursework typically includes a full year sequence of biology, human anatomy and physiology, general chemistry, and physics with related labs. Additional courses may include psychology, statistics, biomechanics, nutrition, exercise physiology, medical terminology and preventative care for athletic injury. Students are strongly encouraged to obtain prerequisite information from schools to which they will be applying and to work closely with their advisor when selecting appropriate coursework to meet the prerequisite requirements. Involvement in co-curricular activities such as internships, research and volunteering are recommended.