

EXERCISE, SPORT & WELLNESS - ATHLETIC TRAINING EMPHASIS (R) AS597/AS597B/AS597C/CE597

This program prepares individuals to apply business, coaching, and physical education principles to the organization, administration, and management of athletic programs and teams, fitness/rehabilitation facilities and health clubs, sport recreation services, and athletic training programs. This includes instruction in program planning and development; business and financial management principles; sales, marketing and recruitment; event promotion, scheduling and management; facilities management; public relations; legal aspects of sports; and applicable health and safety standards.

Program Learning Outcomes

Upon successful completion of this program, students should be able to:

- Demonstrate and apply knowledge of health-related fitness and wellness, injury prevention and management, strength and conditioning, and nutrition.
- Identify, utilize and apply necessary principles of sport management, event management, emergency management, legal liability, and problem solving.
- Demonstrate an organized approach to communication while utilizing appropriate behavior skills and recognizing different social attitudes.
- Demonstrate appropriate strategies and technical skills with athletic taping, injury recognition and injury rehabilitation.

Required Courses (29 units)		Units
KIN 4	Nutrition	3
KIN 10	Introduction to Kinesiology	3
KIN 12	Sport Psychology	3
KIN 14	Athletic and Fitness Organization and Administration	3
KIN 16	Introduction to Athletic Training	3
KIN 30	First Aid and CPR	3
KIN 35	Foundations for Fitness and Wellness	3
Electives A	Choose from list A below	4
Electives B	Choose from list B below	4

Elective List A (4 units)		Units
KIN 17	Athletic Training, Fall Sports, Upper Extremity	2
KIN 18	Athletic Training, Spring Sports, Lower Extremity	2
KIN 19	Athletic Training, Fall Sports, Head, Neck, and Spine	2
KIN 20	Athletic Training, Spring Sports, General Medicine	2

Elective List B (4 units)		Units
KIN 21A	Athletic Training Applications	2
KIN 21B	Athletic Training Applications	2

Associate of Science Degree

The Associate of Science Degree in Exercise, Sport and Wellness: Athletic Training will be awarded upon completion of the degree requirements, including general education and other graduation requirements as described in the college catalog.