

## PROGRAM OF STUDY

### Sports Medicine Associate in Science

The Sports Medicine program/degree prepares the student for appropriate procedures in the recognition, prevention, care and rehabilitation of athletic related injuries. This program is designed to prepare students to transfer into university degree programs in related fields including but not limited to athletic training, physical therapy, and orthopedics.

#### **Student Learning Outcome:**

Demonstrate the necessary skills and knowledge required for prevention, evaluation, diagnosis, immediate care and rehabilitation of athletic injuries.

#### **Program Requirements:**

		<b>Units</b>
HLHSCI 100	Health Education	3 - 0
HLHSCI 150	Nutrition	3 - 0
KPET 120	Emergency Procedures	2 - 0
KPET 201	Principles of Physical Fitness and Conditioning	3 - 0
KPET 210	Prevention and Care of Athletic Injuries	3 - 0
KPET 210L	Prevention and Care of Athletic Injuries Lab	1 - 0
KPET 212	Sports Medicine Clinical Experience	3 - 0

#### **Plus four units from the following:**

		<b>Units</b>
KPET 213A	Practicum in Sports Medicine - Lower Extremity	2 - 0
KPET 213B	Practicum in Sports Medicine - Upper Extremity	2 - 0
KPET 213C	Practicum in Sports Medicine - General Medical Conditions	2 - 0

#### **Plus eight units from the following:**

		<b>Units</b>
BIOSCI 201	Introduction to Human Anatomy	4 - 0
	<b>and</b>	
BIOSCI 202	Introduction to Human Physiology	4 - 0
	<b>or</b>	
BIOSCI 204	Human Anatomy and Physiology I	4 - 0
	<b>and</b>	
BIOSCI 205	Human Anatomy and Physiology II	4 - 0

#### **Plus two units from the following:**

		<b>Units</b>
KPEA 100A	Beginning Physical Fitness Lab	1 - 0
KPEA 100B	Advanced Physical Fitness Lab	1 - 0
KPEA 101A	Beginning Weight Training	1 - 0
KPEA 101B	Advanced Weight Training	1 - 0
KPEA 102	Running for Fitness	1 - 0
KPEA 103	Cardio Cross-Training	1
KPEA 105	Step Aerobics	1 - 0
KPEA 107	Stretching for Flexibility and Relaxation	1 - 0
KPEA 125	Walking for Fitness	1 - 0
KPEA 145A	Beginning Baseball	1 - 0
KPEA 145B	Intermediate Baseball	1 - 0
KPEA 150A	Beginning Basketball	1 - 0
KPEA 150B	Intermediate Basketball	1 - 0
KPEA 150C	Advanced Basketball	1 - 0
KPEA 160A	Beginning Football	1 - 0
KPEA 160B	Intermediate Football	1 - 0

KPEA 165A	Beginning Golf	1 - 0
KPEA 165B	Intermediate Golf	1 - 0
KPEA 165C	Advanced Golf	1 - 0
KPEA 170A	Beginning Soccer	1 - 0
KPEA 170B	Intermediate Soccer	1 - 0
KPEA 175A	Beginning Softball	1 - 0
KPEA 175B	Intermediate Softball	2 - 0
KPEA 180A	Beginning Swimming	1 - 0
KPEA 180B	Intermediate Swimming	1 - 0
KPEA 185A	Beginning Tennis	1 - 0
KPEA 180C	Advanced Swimmimg	1 - 0
KPEA 185B	Intermediate Tennis	1 - 0
KPEA 195A	Beginning Volleyball	1 - 0
KPEA 195B	Intermediate Volleyball	1 - 0
KPEA 195C	Advanced Volleyball	1 - 0

---

**Total Units**

**32**

PID 270