

# 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 106  | Bowling                                   | 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