

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:

	Units
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:

	Units
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:

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

Plus two units from the following:

	Units
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