



## Athletic Injury Care - Physical Education 2013-2014

Athletic Injury Care is a multi-disciplinary educational experience. Instruction emphasizes injury prevention, emergency care and rehabilitation through the principles of anatomy, physiology, pathology, bio-mechanics, and psychology. Hands-on experience is available to the student intern through the Athletic Treatment Center from an array of Sports Medicine professionals.

Students interested in medicine, athletic training, physical therapy, chiropractic, nutrition, or other allied health fields are candidates for this program.

### Program Learning Outcomes:

- Students will demonstrate an entry-level of knowledge and skill in a variety of sports medicine disciplines, including athletic training, physical therapy, strength and conditioning and emergency medical care.
- Students will be able to provide quality medical care for the Foothill College Intercollegiate Athletic teams.

### Units required for Major: 48

#### Associate Degree Requirements:

- English proficiency: ENGL 1A, 1AH, 1S & 1T, ESLL 26 or equivalent.
- Mathematics proficiency: MATH 57, 105, 108 or equivalent.

A minimum of 90 units is required\* to include:

- All Foothill General Education requirements (30 Units)
- Core courses (48 Units)

\*Additional elective course work may be necessary to meet the 90-unit minimum requirement for the associate degree.

NOTE: All courses pertaining to the major must be taken for a letter grade. In addition, a GPA of 2.0 or higher is required in all core and support courses for the degree.

### Program Type:

**AS = Associate in Science Degree.**

### Core Courses: 48 Unit(s)

- KINS 1 Introduction to Kinesiology (4 units)
- KINS 16A Prevention of Athletic Injuries (3 units)
- KINS 16B Emergency Athletic Injury Care (3 units)
- KINS 16C Treatment & Rehabilitation of Athletic Injuries (3 units)
- KINS 62A Clinical Experiences in Sports Medicine I (3 units)
- KINS 62B Clinical Experiences in Sports Medicine II (3 units)
- KINS 62C Clinical Experiences in Sports Medicine III (3 units)
- KINS 62D Clinical Experiences in Sports Medicine IV (3 units)

- KINS 62E Clinical Experiences in Sports Medicine V (3 Units)
- BIOL 40A Human Anatomy & Physiology I (5 units)
- BIOL 40B Human Anatomy & Physiology II (5 units)
- BIOL 40C Human Anatomy & Physiology III (5 units)
- CHEM 25 Fundamentals of Chemistry (5 units)  
or CHEM 30A Survey of Inorganic & Organic Chemistry (5 units)

### Support Courses: optional Unit(s)

- BIOL 45 Introduction to Human Nutrition (4 units)
- CHEM 1A General Chemistry (5 units)
- CHEM 1B General Chemistry (5 units)
- CHEM 1C General Chemistry & Qualitative Analysis (5 units)
- HLTH 21 Contemporary Health Concerns (4 units)
- MATH 10 Elementary Statistics (5 units)
- KINS 4 Concepts of Physical Fitness & Wellness (4 units)
- KINS 15 First Aid & CPR/AED (1 units)
- KINS 65A PNF: Introduction to the Upper Extremity (3 units)
- KINS 65B PNF: Introduction to the Lower Extremity (3 units)
- PHYS 2A General Physics (5 units)
- PHYS 2B General Physics (5 units)
- PHYS 2C General Physics (5 units)
- PSYC 1 General Psychology (5 units)