



CURRICULUM GUIDE 2020-2021

KINESIOLOGY: SPORTS MEDICINE

Certificate of Achievement in Kinesiology: Sports Medicine

The Certificate of Achievement in Kinesiology: Sports Medicine prepares students to pursue academic and professional careers in allied healthcare professions including, but not limited to, Athletic Training and Physical Therapy. Completion of the requirements for this certificate provides students with a strong foundation in Kinesiology and Sports Medicine. The theoretical knowledge, laboratory, and clinical experience skills required for this certificate, especially if combined with the Associate in Arts in Kinesiology for Transfer degree and/or a bachelor's degree, fulfill many of the prerequisite courses for admission to graduate-level education programs in allied healthcare professions.

Requirements for Certificate of Achievement

- a) Complete Major Field courses.
- b) Complete at least six units at Ohlone College.
- c) Maintain a 2.0 grade point average in Major Field courses.

Student Learning Outcomes

1. Recognize the diverse aspects of Athletic Training and related allied healthcare professions.
2. Demonstrate knowledge and skill regarding implementation of an emergency action plan (EAP), including primary and secondary surveys of an injured individual and administration of emergency care procedures.
3. Identify and explain techniques associated with injury recognition and evaluation, including taking an appropriate injury history.
4. Perform basic taping, wrapping, and padding techniques for injury prevention and management.
5. Distinguish similarities and differences between basic therapeutic modalities including thermotherapy, cryotherapy, ultrasound, and electrical stimulation.
6. Identify introductory elements of therapeutic exercise and rehabilitation programs.

MAJOR FIELD

HLTH-101	Contemporary Health Issues	3
KIN-250	First Aid and CPR	3
KIN-257	Prevention and Care of Athletic Injuries	4
KIN-258	Exercise Prescription	3
KIN-381	Clinical Experiences in Athletic Training I	1
KIN-382	Clinical Experiences in Athletic Training II	<u>2</u>
	Total Required Units:	16