



## **CURRICULUM GUIDE 2013-2014**

### **KINESIOLOGY: ATHLETIC TRAINING**

#### **Associate in Science in Kinesiology: Athletic Training**

The Associate in Science in Kinesiology: Athletic Training offered by Ohlone College is designed to prepare students for studying Athletic Training at accredited universities. While the courses required in the Associate in Science in Kinesiology: Athletic Training will fulfill the lower division major requirements at many universities, students are advised to meet with their counselor to assess the course requirements for specific institutions. This program will enable students to develop a strong foundation in exercise science, kinesiology, and athletic training. The theoretical knowledge and laboratory skills acquired by students in this program will also enhance their success with obtaining entry-level jobs in the fitness and physical therapy industry.

#### **Requirements for Associate in Science Degree:**

- a) Complete the Major Field courses with a grade of C or better.
- b) Complete Ohlone College General Education (Plan A), CSU GE (Plan B), or IGETC (Plan C) requirements. These requirements are specified in the Ohlone College catalog.
- c) Complete at least 60 degree-applicable units with a 2.0 grade point average.
- d) Complete at least 12 units at Ohlone College.

#### **Student Learning Outcomes**

1. Recognize the diverse aspects of athletic training and related programs (employment settings, educational preparation/programs, certification, continuing education requirements, professional development and responsibilities).
2. Demonstrate knowledge and skill relative to activation and implementation of the college emergency action plan including primary and secondary surveys of an injured individual and administration of emergency care procedures (first aid, control of bleeding, wound care, fracture/dislocation packaging, blood-borne pathogen protection, CPR/AED).
3. Administer basic therapeutic modalities under the supervision of a staff athletic trainer, including thermotherapy, cryotherapy, ultrasound, and electrical stimulation techniques.
4. Identify introductory elements of therapeutic exercise and rehabilitation, including resistance exercise, flexibility and stretching, proprioceptive exercise, and cardiorespiratory endurance applications.
5. Explain and identify techniques and items associated with injury recognition, evaluation and assessment, including taking an appropriate injury history. Demonstrate the ability to identify prominent anatomical landmarks via palpation and assess range of motion of the foot, ankle, knee, wrist/hand/thumb, elbow, shoulder, and spine.
6. Perform basic athletic taping and wrapping techniques for injury prevention and management. Identify appropriate padding devices and apply as indicated for protection/prevention of injury.

**MAJOR FIELD**

BIOL-103A	Human Anatomy and Physiology	4
BIOL-103B	Human Anatomy and Physiology	4
BIOL-130	Introduction to Biology	4
CFS-109	Nutrition	3
CHEM-109	Biochemistry for Health Science and Biotechnology	4
HLTH-101	Contemporary Health Issues	3
KIN-240	Introduction to Kinesiology	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:	35