

## Athletic Training

### **ATH 104 Care and Prevention of Athletic Injuries**

#### **3.0 units**

Acceptable for credit: \*Transfer to CSU, limited to UC/see counselor

Designed for prospective coaches, athletic trainers, health and physical educators; to aid in the recognition, evaluation and care of athletic injuries. Emphasizes techniques in taping, care, prevention, and rehabilitation of injuries. This course includes one lab hour per week, which is led by the instructor. The lab hour allows students to apply concepts and techniques presented during lecture. (Fall, Spring, Summer) (Letter Grade or Pass/No Pass)

### **ATH 106 Orthopedic Injury Assess/Rehab**

#### **4.0 units**

Acceptable for credit: Transfer CSU

Advisories: BIOL 124 - Human Anatomy ; ENGL 101 - Freshman

Composition: Exposition

Prerequisite: ATH 104 - Care and Prevention of Athletic Injuries

Designed for prospective kinesiology health professionals, including but not limited to athletic trainers, physical therapy aides, physical therapy assistants, physical therapists, and health and physical educators. The course will focus on the three areas of orthopedic care: theory and implementation of therapeutic modalities to athletic injuries; advanced recognition and assessment of orthopedic injuries; and application of rehabilitation programs for athletic injuries. This course includes three lab hours per week, which are led by the instructor. The lab hour allows students to apply concepts and techniques presented during lecture. (Spring) (Letter Grade or Pass/No Pass)