

Sports Medicine

Award Type: Associate in Science

Allan Hancock College's (AHC) Sports Medicine Program is designed to provide students with the skills and knowledge necessary to transfer and pursue a career in athletic training, exercise science, physical therapy, and other sports medicine related fields. Identification, prevention, evaluation, treatment, and rehabilitation of sport and activity related injuries are emphasized. The program stresses the importance of transfer to four-year institutions offering Commission on Accreditation of Athletic Training Education (CAATE) accredited baccalaureate degrees. The program also prepares students to obtain internships or entry-level positions in a Physical Therapy/Sports Medicine workplace. General education requirements are met by following the CSU or IGETC pattern.

The graduate of the Associate in Science in Sports Medicine will:

- demonstrate techniques associated with the recognition, evaluation, and immediate treatment of sport and physical activity related injury.
- understand and apply techniques related to sport and physical activity injury prevention and risk management.
- demonstrate skills and techniques related to rehabilitation and repairing of sport and physical activity related injury.
- understand and relate anatomical, physiological, and biomechanical systems to sport and physical activity.
- demonstrate effective communication, professionalism, legal and ethical understanding, and general organization and administration within a sports medicine setting.
- understand the educational preparation required for specifically attaining status as a certified, and licensed sports medicine professional.

Program Requirements

A major of 33-38 units is required for the associate in science degree.

Required core courses (33-38 units)

Course Number	Course Title	Units
ATH 104	Care and Prevention of Athletic Injuries	3.0
ATH 106	Orthopedic Injury Assess/Rehab	4.0
BIOL 100	Introductory Biology	4.0
BIOL 124	Human Anatomy	4.0
BIOL 125	Human Physiology	4.0
FSN 110	Nutrition Science	3.0
PE 100	Introduction to Kinesiology	3.0
PE 129	First Aid-CPR: Educator/Coach	1.0
PE 149	Cooperative Work Experience: Occupational	1.0 - 8.0 units
	or	
CWE 149	Cooperative Work Experience OCCUPATIONAL	1.0 - 8.0 units
	and	
MATH 100	Nature of Modern Mathematics	3.0
	or	
MATH 181	Calculus 1	4.0