

# Athletic Training – Associate of Science

An Associates of Science with an emphasis in Athletic Training can prepare students for transfer into an accredited four-year institution's accredited Athletic Training Education Program. At NCCC the student will be instructed in both the concept and application of injury evaluation, protective bracing techniques, injury rehabilitation and the use of therapeutic modalities. This program is also beneficial for anyone interested in a career in any of the numerous other specialized aspects of sports medicine.

## Prerequisites

The student will need to demonstrate proficiencies in reading, English and mathematics based on the COMPASS assessment test, ACT or SAT scores, or by taking the recommended/required classes. Some of the courses in this curriculum have specific prerequisites.

## General Education (GE) Courses

In order to graduate with a college degree, all students are required to take certain general education courses. These include English composition, speech, wellness, science, art and humanities, mathematics, computer systems, and social and behavioral science.

## Program Core Courses

HPER 210/211 Practicum of Athletic Training I and II, HPER 205 Basic Prevention and Treatment of Athletic Injuries, HPER 251 Basic Prevention and Treatment of Athletic Injuries II, ALHE 105 Medical Terminology, BIOL 257/258 Human Anatomy and Physiology Lecture/Lab, FCS 203 Nutrition, PHYS 171/172 Physical Science Lecture/Lab.

## Program Elective Courses

PHYS 100/130 Intro to College Physics I Lecture/Lab.

## Program Outcomes

1. Explain the profession of athletic training, history, education and regulation.
2. Be able to understand medical terminology.
3. Demonstrate an understanding of physiology, specifically as it relates to the injury and inflammation process.
4. Demonstrate an understanding of anatomy, specifically as it relates to common athletic injuries.
5. Regularly practice OSHA regulations for biohazardous materials.
6. Identify and describe risks factors related to environmental conditions.
7. Demonstrate the ability to evaluate common athletic injuries.
8. Be able to design an appropriate rehabilitation program for a specific injury.
9. Demonstrate an understanding of therapeutic ultrasound, electrical stimulation and thermal therapy strategies.
10. Demonstrate effective protective taping and bracing techniques.

## Course Sequence

The listing that follows is a recommended sequence of courses for full-time students. The student should consult with an advisor for information specific to their academic situation.

### Athletic Training – Associate of Science Recommended Sequence of Courses

<b>(Fall) Semester I</b>		<b>Cr Hrs</b>
PSYC 100	First Year Seminar	1
ENGL 101	English Composition I	3
COMM 207	Fundamentals of Speech	3
SOSC 100	Intro to Sociology	3
HPER 205	Basic Prevention and Treatment of Athletic Injuries	3
ALHE 105	Medical Terminology	3
<b>Total</b>		<b>16</b>

<b>(Spring) Semester II</b>		
HPER 150	Lifetime Fitness	1
BIOL 111	General Biology	3
BIOL 112	General Biology Lab	2
HPER 210	Practicum of Athletic Training I	2
ENGL 289	English Composition II	3
	Arts/Humanities Elective	3
	Arts/Humanities Elective	3
<b>Total</b>		<b>17</b>

<b>(Fall) Semester III</b>		
BIOL 257	Human Anatomy and Physiology	3
BIOL 258	Human Anatomy and Physiology Lab	2
HPER 211	Practicum of Athletic Training II	2
PSYC 155	General Psychology	3
MATH 113/110	College Algebra or	3
	College Algebra with Review	3-5
	Arts/Humanities Elective	3
<b>Total</b>		<b>16-18</b>

<b>(Spring) Semester IV</b>		
FCS 203	Nutrition	3
CSIS 130/100	Intro to Computer Information Systems or Computer Concepts and Applications	3
PSYC 263	Developmental Psychology	3
HPER 251	Basic Prevention and Treatment of Athletic Injuries II	3
PHYS 171	Physical Science	3
PHYS 172	Physical Science Lab	2
<b>Total</b>		<b>17</b>

**Total Program Credits** **66**

## For more information contact:

Program Advisor  
Sonja Herman, 620-431-2820, ext.277  
[sherman@neosho.edu](mailto:sherman@neosho.edu)