

Athletic Training

Associate of Science

An Associate of Science with an emphasis in Athletic Training can prepare students for transfer into a redundant four-year institution's accredited Athletic Training Education Program. At NCCC, the student will be instructed in both the concepts and application of injury evaluation, prevention, treatment, and rehabilitation of common athletic injuries. 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 204 Intro to Athletic Training, HPER 207 Care & Prevention of Athletic Injury & Lab, HPER 208 Advanced Care & Prevention of Athletic Injury & Lab, BIOL 257/258 Human Anatomy and Physiology Lecture/Lab, FCS 203 Nutrition, PSYC 155 General Psychology.

Recommended Electives

PHYS 100/130 Intro to College Physics/Lab, BIO 280 Human Dissection, ALHE Medical Terminology.

Program Outcomes

1. Explain the profession of athletic training, including its history, educational guidelines and professional regulations.
2. Break down, understand and communicate athletic training medical terminology.
3. Demonstrate an understanding of the inflammation process as it relates to injury.
4. Demonstrate an understanding of anatomy, specifically as it relates to common athletic injuries.
5. Identify and describe risk factors related to environmental conditions.
6. Demonstrate the ability to evaluate common athletic injuries.
7. Demonstrate an understanding of the application of therapeutic modalities used in an athletic training setting.
8. 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.

Recommended Sequence of Courses

| (Fall) Semester I | | Cr Hrs |
|--------------------------|----------------------------|---------------|
| HPER 150 | Lifetime Fitness | 1 |
| PSYC 100 | First Year Seminar | 1 |
| ENGL 101 | English Composition I | 3 |
| SOSC 100 | Intro to Sociology | 3 |
| HPER 204 | Intro to Athletic Training | 2 |
| ALHE 105 | Medical Terminology | 3 |
| | Social/Behavioral Science | 3 |
| | Total | 16 |

(Spring) Semester II

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|----------|--|-----------|
| BIOL 111 | General Biology | 3 |
| BIOL 112 | General Biology Lab | 2 |
| HPER 207 | Care & Prevention of Athletic Injury & Lab | 3 |
| ENGL 289 | English Composition II | 3 |
| | Arts/Humanities Elective | 3 |
| | Arts/Humanities Elective | 3 |
| | Total | 17 |

(Fall) Semester III

| | | |
|----------|---|-----------|
| BIOL 257 | Human Anatomy and Physiology | 3 |
| BIOL 258 | Human Anatomy and Physiology Lab | 2 |
| COMM 207 | Fundamentals of Speech | 3 |
| PSYC 155 | General Psychology | 3 |
| MATH 113 | College Algebra | 3 |
| HPER 208 | Advanced Care & Prevention of Athletic Injury & Lab | 3 |
| | Total | 17 |

(Spring) Semester IV

| | | |
|----------|---------------------------------------|-----------|
| FCS 203 | Nutrition | 3 |
| CSIS 130 | Intro to Computer Information Systems | 3 |
| CHEM 105 | Intro to Chemistry | 3 |
| CHEM 106 | Intro to Chemistry Lab | 2 |
| | Arts/Humanities Elective | 3 |
| | Total | 14 |

Total Program Credits

64

For more information contact:

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