

# SPORTS MEDICINE



The Sports Medicine Department offers a degree that prepares students for entry-level employment and/or potential further study in the fields of Sports Medicine/Athletic Trainer. Students completing this degree will have a basic foundation in Sports Medicine and skills that include an understanding of the mechanism of injury and illness, assessment of injuries and illness, and appropriate care.

Career opportunities include athletic training, sports psychology, personal fitness trainer, coaching, sports physical therapy, sports nutrition and massage therapy.

## Contact Information

### Physical Education Division Chair

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## Associate Degree

- Associate of Science in Sports Medicine/Athletic Trainer (AS)  
(<https://catalog.cos.edu/areas-study/sports-medicine/associate-science-sports-medicine-athletic-trainer-transfer-as/>)

For a complete list of courses and descriptions visit: COURSES (<https://catalog.cos.edu/course-descriptions/>)

### SMED 040 Introduction to Sports Injuries

3unit(s)

Hours: 2 Lecture/Discussion Hours:  
3 Lab

This course is open to all students interested in the prevention, care and treatment of sports injuries. The subject matter covers the responsibilities of professional development of the athletic trainer, emergency procedures, mechanisms, characteristics, and evaluation of sports injuries, as well as their acute care. SMED 040 includes the partial regulations and requirements of the National Athletic Trainer's Association for the Master's Entry Level degree.

### SMED 060 Concepts in Health and Fitness

3unit(s)

Hours: 3 Lecture/Discussion

#### Equivalent Course: HW 060

This course is open to all students interested in learning about the different components of physical fitness, cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition as related to healthy living. Students will develop individual plans using decision-making strategies, analysis, and an awareness of the conditions related to nutrition, physiological factors and physical fitness.

### SMED 151 Lower Extremities Assessment

2unit(s)

Hours: 1 Lecture/Discussion Hours:  
3 Lab

Provides in-depth study and eventual mastery of the knowledge and skills necessary for certified athletic trainers to recognize and assess injuries to the lower extremities (hip, lumbar spine, pelvis, knee, ankle, and foot). To be successful in this course, students must synthesize information presented in the lecture and laboratory and apply it to the clinical setting. Specifically, this means that studying for quizzes and tests should involve reviewing and integrating the essential ideas contained in both the lectures and the textbook.

**Advisory on Recommended Preparation:** SMED 040 and HW 003 or equivalent college courses with a minimum grade of C.

### SMED 152 Lower Extremities Rehabilitation

2unit(s)

Hours: 1 Lecture/Discussion Hours:  
3 Lab

This course will introduce the student to the therapeutic exercise domain of athletic training. Emphasis will be placed on fundamental principles governing therapeutic exercise and introduce application of the different therapeutic exercise techniques for the lower extremities in athletic training.

**Advisory on Recommended Preparation:** SMED 040 or equivalent college course with a minimum grade of C.

### SMED 153 Upper Extremities Assessment

2unit(s)

Hours: 1 Lecture/Discussion Hours:  
3 Lab

Provides in-depth study and eventual mastery of the knowledge and skills necessary for certified athletic trainers to recognize and assess injuries to the upper extremity (spine – cervical, thoracic, lumbar, shoulder, elbow, wrist, hand, and fingers). To be successful in this course, students must synthesize information presented in the lecture and laboratory and apply it to the clinical setting. Specifically, this means that studying for quizzes and tests should involve reviewing and integrating the essential ideas contained in both the lectures and the textbook.

**Advisory on Recommended Preparation:** SMED 040 and HW 003 or equivalent college courses with a minimum grade of C.

### SMED 154 Upper Extremities Rehabilitation

2unit(s)

Hours: 1 Lecture/Discussion Hours:  
3 Lab

This course will introduce the student to the therapeutic exercise domain of athletic training. Emphasis will be placed on fundamental principles governing therapeutic exercise and introduce application of the different therapeutic exercise techniques for the upper extremities in athletic training.

**Advisory on Recommended Preparation:** SMED 040 or equivalent college course with a minimum grade of C.

**SMED 181 Athletic Training Clinical 1** **1unit(s)**

Hours: 3 Lab

Organization and administration of athletic training room in a clinical practicum college setting including athletic training room management, staffing, policies and procedures, record keeping and data bases, emergency care planning, legal issues, fluid replacement, medical terminology, and public relations.

**Advisory on Recommended Preparation:** SMED 040 or equivalent college course with a minimum grade of C.

**SMED 182 Athletic Training Clinical 2** **1unit(s)**

Hours: 3 Lab

A clinical practicum course provides the athletic training student with the knowledge and skills necessary to recognize and manage sport trauma and sports-associated illness. This course will prepare students to assist in sustaining life following traumatic injury, reducing pain, and minimizing the consequences of injury or sudden illness in the athletic college setting under the supervision and assistance of a Certified Athletic Trainer.

**Advisory on Recommended Preparation:** SMED 040 or equivalent college course with a minimum grade of C.

**SMED 183 Athletic Training Clinical 3** **1unit(s)**

Hours: 3 Lab

This clinical practicum course provides the athletic training student clinical experience in athletic training room within the college setting. Emphasis will be placed on taping, padding, bracing, splinting, protective equipment and the care of athletes with acute and chronic athletic conditions. The skills will be developed under the supervision and assistance of a Certified Athletic Trainer.

**Advisory on Recommended Preparation:** SMED 040 or equivalent college course with a minimum grade of C.

**SMED 184 Athletic Training Clinical 4** **1unit(s)**

Hours: 3 Lab

This clinical practicum course will allow the athletic training student the opportunity to experience a hands-on-approach, working under the supervision and assistance of a Certified Athletic Trainer in a college setting. Emphasis will be placed on recognition, acute management, and evaluation of athletic injuries.

**Advisory on Recommended Preparation:** SMED 040 or equivalent college course with a minimum grade of C.

## **Sports Medicine**

Vacant