

ASSOCIATE OF SCIENCE IN SPORTS MEDICINE/ATHLETIC TRAINER (AS)

The Associate of Science degree for Sports Medicine/Athletic Training/Exercise Science provides students with a foundation in the biological, physical, performance, prevention, care and rehabilitation sciences, which prepares the student to transfer to bachelor's degree programs involving wellness or related health discipline(s). Employment opportunities in the wellness fields include multiple allied health care professions, fitness specialists, personal fitness, coaching, recreation, as well as positions in athletics and recreation centers. Students should consult with an academic counselor for appropriate course requirements related to their education plan and admissions/transfer to the four-year university.

Program Outcomes

- Explain, interpret, and relate anatomical, physiological, and biomechanical systems to sport and physical activities.
- Plan, implement, and assess appropriate wellness care and management procedures.
- Evaluate and plan performance enhancement methods to improve physical function and condition.

Transfer & Career Opportunities

The College maintains articulation with most CSU and UC campuses and some private colleges and universities. Course requirements vary between colleges and universities and students are encouraged to consult ASSIST.org (<http://ASSIST.org>) and a COS counselor for program planning and course selection. Most common career opportunities with a baccalaureate degree include: athletic training, sports psychology, personal fitness trainer, coaching, sports physical therapy, sports nutrition, massage therapy, medicine, osteopathic medicine, sports chiropractic, nursing and recreation positions.

Program Requirements

Code	Title	Units
GENERAL EDUCATION		37-39
Select one of the following General Education patterns:		
California State University General Education (CSU-GE) *		
Intersegmental General Education Transfer Curriculum (IGETC-CSU) **		
+		
REQUIRED MAJOR COURSES		33
BIOL 020	Frontiers in Biology *	4
BIOL 030	Human Anatomy	4
BIOL 031	Human Physiology	4
CHEM 020	Introduction to General Chemistry *	4
HW 003	First Aid/CPR/AED	3
MATH 021	Introduction to Statistics *	4
NUTR 018	Nutrition *	3
PSY 001	General Psychology *	3
SMED 040	Introduction to Sports Injuries	3
SMED 181	Athletic Training Clinical 1	1
or SMED 182	Athletic Training Clinical 2	

or SMED 183	Athletic Training Clinical 3	
or SMED 184	Athletic Training Clinical 4	
+		
RESTRICTED ELECTIVES		4
Select a minimum of 4 units from the following courses:		
HW 001	Personal and Community Health	3
PHYS 020	General Physics 1	5
SMED/HW 060	Concepts in Health and Fitness	3
SMED 151	Lower Extremities Assessment	2
SMED 152	Lower Extremities Rehabilitation	2
SMED 153	Upper Extremities Assessment	2
SMED 154	Upper Extremities Rehabilitation	2
WEXP 193 Y	Sports Med Wrk Exp - 1st Sem	1-4
WEXP 194 Y	Sports Med Wrk Exp - 2nd Sem	1-4
WEXP 195 Y	Sports Med Wrk Exp - 3rd Sem	1-4
WEXP 196 Y	Sports Med Wrk Exp - 4th Sem	1-4
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TOTAL		61-62

* Course(s) meets General Education requirement and 15 units may be double counted above in CSU GE.

** 13 units may double count above in IGETC.

The Associate of Science Degree for Transfer requirements include completion of the 60 unit program defined above with at least 12 units taken in residence at College of the Sequoias with a "C" (2.0) average (see Transfer Information and Requirements (<https://catalog.cos.edu/transfer-information-requirements/>) for additional details).