

# SPORTS MEDICINE

## Program Description

Sports Medicine is a multi-disciplinary educational experience. Instruction emphasizes injury prevention, emergency care and rehabilitation through the principles of anatomy, physiology, pathology, bio-mechanics and psychology. Hands-on experience is available to the student intern through the Athletic Treatment Center from an array of Sports Medicine professionals. Students interested in medicine, athletic training, physical therapy, chiropractic, nutrition or other allied health fields are candidates for this program.

Learn more about the program on the [Kinesiology website](#).

## Associate Degree for Transfer

This program also offers an Associate Degree for Transfer. Learn more and review the degree requirements on the [Kinesiology AA-T listing](#).

## Program Learning Outcomes

- Students will demonstrate an entry-level knowledge and skill in a variety of sports medicine disciplines, including athletic training, physical therapy, strength and conditioning and emergency medical care.
- Students will observe and assist in the medical care for Foothill College intercollegiate athletic teams in order to gain experience to prepare them for careers in sports medicine.

## Award Type(s)

AS = Associate in Science Degree

## Units Required

- Major: 49

## Associate Degree Requirements

Code	Title	Units
<b>English Proficiency</b>		
Select one of the following:		
ENGL 1A	COMPOSITION & READING	5
ENGL 1AH	HONORS COMPOSITION & READING	5
ENGL 1S & ENGL 1T	INTEGRATED COMPOSITION & READING and INTEGRATED COMPOSITION & READING	8
or equivalent		
<b>Mathematics Proficiency</b>		
Select one of the following:		
MATH 105	INTERMEDIATE ALGEBRA	5
MATH 180	QUANTITATIVE REASONING	5
or any MATH course approved for Foothill GE Area V, Communication & Analytical Thinking		

A minimum of 90 units is required<sup>1</sup> to include:

- Completion of one of the following general education patterns:  
Foothill General Education, CSU General Education Breadth

Requirements or the Intersegmental General Education Transfer Curriculum (IGETC)

- Core courses (49 units)

<sup>1</sup> Additional elective course work may be necessary to meet the 90-unit minimum requirement for the associate degree.

**Note:** All courses pertaining to the major must be taken for a letter grade. In addition, a grade of "C" or better is required for all core courses used for the degree.

## Core and Support Courses

Code	Title	Units
<b>Core Courses</b>		
BIOL 40A	HUMAN ANATOMY & PHYSIOLOGY I	5
BIOL 40B	HUMAN ANATOMY & PHYSIOLOGY II	5
BIOL 40C	HUMAN ANATOMY & PHYSIOLOGY III	5
CHEM 25	FUNDAMENTALS OF CHEMISTRY	5
or CHEM 30A	SURVEY OF INORGANIC & ORGANIC CHEMISTRY	
KINS 1	INTRODUCTION TO KINESIOLOGY	5
KINS 16A	PREVENTION OF ATHLETIC INJURIES	3
KINS 16B	EMERGENCY ATHLETIC INJURY CARE	3
KINS 16C	TREATMENT & REHABILITATION OF ATHLETIC INJURIES	3
KINS 62A	CLINICAL EXPERIENCES IN SPORTS MEDICINE I	3
KINS 62B	CLINICAL EXPERIENCES IN SPORTS MEDICINE II	3
KINS 62C	CLINICAL EXPERIENCES IN SPORTS MEDICINE III	3
KINS 62D	CLINICAL EXPERIENCES IN SPORTS MEDICINE IV	3
KINS 62E	CLINICAL EXPERIENCES IN SPORTS MEDICINE V	3
<b>Total Units</b>		<b>49</b>

## Elective Courses

These courses are recommended to fulfill the additional elective requirements to reach 90 units for the degree as they augment the major.

Code	Title	Units
BIOL 45	INTRODUCTION TO HUMAN NUTRITION	4
CHEM 1A	GENERAL CHEMISTRY	5
or CHEM 1AH	HONORS GENERAL CHEMISTRY	
CHEM 1B	GENERAL CHEMISTRY	5
or CHEM 1BH	HONORS GENERAL CHEMISTRY	
CHEM 1C	GENERAL CHEMISTRY & QUALITATIVE ANALYSIS	5
HLTH 21	CONTEMPORARY HEALTH CONCERNS	4
KINS 4	CONCEPTS OF PHYSICAL FITNESS & WELLNESS	4
KINS 9	BASIC NUTRITION FOR SPORTS & FITNESS	5
KINS 15	FIRST AID & CPR/AED	1
KINS 48	FITNESS ASSESSMENT TECHNIQUES FOR THE PERSONAL TRAINER	4
KINS 53	CURRENT TOPICS IN PERSONAL TRAINING	2
KINS 65A	PNF: INTRODUCTION TO THE UPPER EXTREMITY	3
KINS 65B	PNF: INTRODUCTION TO THE LOWER EXTREMITY	3
KINS 81	INTRODUCTION TO ADAPTIVE FITNESS	4
MATH 10	ELEMENTARY STATISTICS	5
PHYS 2A	GENERAL PHYSICS	5
PHYS 2B	GENERAL PHYSICS	5

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PHYS 2C	GENERAL PHYSICS	5
PSYC 1	GENERAL PSYCHOLOGY	5
or PSYC 1H	HONORS GENERAL PSYCHOLOGY	