

EXERCISE SCIENCE: ATHLETIC TRAINER AIDE (A.A.)

ASSOCIATE OF ART

The Exercise Science Associate of Arts Degree with an emphasis in Athletic Trainer Aide is designed to prepare students to work in a clinical setting or in an athletic training facility as an aide, while being exposed to various Kinesiology subdisciplines and general education.

Program Student Learning Outcomes

- Demonstrate the selection, conduction, and interpretation of fitness assessments and health risk appraisals, and use findings to develop appropriate individualized exercise prescriptions.
- Identify major muscles and their actions, tissue properties, and understanding of chemical and cellular basis of physiology especially how it applies to tissue healing and the energy systems.
- Display proficiency in basic emergency procedures, emergency action plans for specific venues/situation, and Cardiopulmonary Resuscitation.
- Prevent, evaluate, and proper application of immobilization, protection, and taping techniques for common athletic injuries.
- Illustrate the ability to apply and communicate appropriate knowledge in the work environment and utilize professional and medical terminology when describing human anatomy, physiology, injuries, and rehabilitation.

Program Requirements

| Code Number | Course Title | Units |
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| Department Requirements | | |
| KIN 102 | Introduction to Athletic Training | 3.0 |
| KIN 104 | Fitness and Wellness | 3.0 |
| KIN 110 | Community First Aid and CPR | 3.0 |
| or HED 110 | Community First Aid and CPR | |
| KIN 202 | Measurement and Interpretation of Fitness | 3.0 |
| KIN 203 | Programs and Principles of Conditioning | 3.0 |
| KIN 205 | Anatomical Movement Analysis | 3.0 |
| KIN 206A | Lower Extremity Injury Assessment and Reconditioning | 2.0 |
| KIN 206B | Upper Extremity Injury Assessment and Reconditioning | 2.0 |
| KIN 207 | Athletic Injury Taping, Bandaging and Immobilization | 1.0 |
| KIN 271A | Work Experience Athletic Training | 1.0 |
| MA 161 | Medical Terminology | 3.0 |
| Select at least 3 units of the following: | | 3.0 |
| PEX 102 | Adapted Cardiovascular Exercises (1) | |
| PEX 103 | Adapted Strength Training (1) | |
| PEX 110 | Aerobic Activities (1.5) | |
| PEX 119 | Basic Training and Physical Conditioning (1) | |
| PEX 124 | Personal Fitness Program (1) | |
| PEX 134 | Body Sculpting (1) | |
| PEX 136 | Stretching and Relaxation (1) | |
| PEX 138 | Walking for Fitness (1) | |

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| PEX 141 | Jogging for Fitness, Beginning (1) |
| PEX 145 | Circuit Weight Training, Beginning (1) |
| PEX 151 | Yoga (1) |
| PEX 156 | Pilates Conditioning (1) |
| PEX 240 | Jogging for Fitness, Intermediate (2) |
| PEX 245 | Circuit Weight Training, Intermediate/Advanced (2) |
| Total Units | 30 |

(For additional options please see the list of PEX Activity Courses meeting the Health and Wellness Proficiency for the Associate of Arts Degree)

ASSOCIATE OF ARTS DEGREE REQUIREMENTS

1. Complete the major requirements for the Exercise Science:
2. Fitness Specialist AA Degree
3. Complete the general education and electives to achieve a minimum of 60 units.