

EXERCISE SCIENCE: ATHLETIC TRAINER AIDE (CERT)

CERTIFICATE OF ACHIEVEMENT

The Athletic Trainer Aide Certificate is designed to prepare students to work in a clinical setting, a high school, a college or a professional athletic training facility as an aide to a Certified Athletic Trainer or other allied health professional.

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
Department Requirements		
KIN 102	Introduction to Athletic Training	3.0
KIN 104	Fitness and Wellness	3.0
KIN 110 or HED 110	Community First Aid and CPR Community First Aid and CPR	3.0
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
Total Units		27