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## Definition

Athletic training includes the study of prevention and management of athletic injuries. Athletic trainers work directly with athletes and coaches to design and implement training and rehabilitation.

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## Staff

To access faculty and staff, dial (661) 722-6300, then the 4-digit extension.

Dean:

Greg Bormann ext. 6402

Administrative Assistant:

LaQuenta Reynolds ext. 6763

Department Chair:

Dr. Glenn Haller ext. 6445

Faculty:

Kevin Simpson ext. 2566

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## Program Description

The athletic training program provides course work that emphasizes prevention, management and treatment of sports injuries. Rehabilitation and fitness are also addressed in the program. The program prepares students for transfer to a four-year college program to prepare for employment as an athletic trainer.

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## Distinctive Features

Students in the athletic training program participate in practical applications of classroom learning. Students should expect to perform procedures that involve physical activity such as bending, lifting, twisting, squatting, pulling, pushing and walking. Manual dexterity of the hands and fingers is necessary for activities such as taping and bandaging. Emotional stability and ability to cope with stress during a crisis situation are important when performing infrequent procedures related to cardiopulmonary resuscitation (CPR).

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## Career Options

Fitness Instructor (personal or clinical)

Athletic Trainer

(These careers require education beyond the two-year college level.)

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## Certificate Program

Certificate not applicable.

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## Associate Degree

Associate degree not available.

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## Transfer

Students planning to continue studies at a four-year college or university after AVC should visit the Transfer Resource Center and consult with a counselor as soon as possible. Additional

information on official transfer articulation agreements from AVC to many CSU/UC campuses can be found at the following Web site: [www.assist.org](http://www.assist.org)

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## Prerequisite Completion

If a course is listed as a prerequisite for another course, that prerequisite course must be completed with a satisfactory grade in order to enroll in the next course. According to Title 5, Section 55200(d), a satisfactory grade is a grade of "A," "B," "C" or "P". Classes in which the Pass/No Pass option is available are indicated with an asterisk (\*) before the course title. See "Pass/No Pass Option" in the catalog for full explanation.

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## Athletic Training Courses

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### ATH 100 \*INTRODUCTION TO ATHLETIC TRAINING

3 units

3 hours weekly

**Advisory:** Eligibility for ENGL 100A, READ 099 and MATH 070.

The course introduces the role of the athletic trainer and concepts of sports medicine. Students will learn prevention, evaluation and treatment for athletic injuries. The course will provide an introduction to both the orthopedic assessment and management process as well as basics of biomechanics and ethical issues in the Athletic Training profession. (CSU, AVC)

### ATH 102 \*PRACTICAL APPLICATIONS OF ATHLETIC TRAINING I

3 units

3 hours weekly

**Prerequisite:** Completion of ATH 100.

**Corequisite:** Concurrent enrollment in ATH 102L.

**Advisory:** Eligibility for ENGL 100A, READ 099 and MATH 070.

The course includes practice as an athletic training student under the supervision of a certified athletic trainer. Students learn to assess, evaluate, treat and rehabilitate common injuries in realistic settings. Safety, legal and ethical issues are addressed. The lecture portion of this class will discuss the basics of orthopedic assessment of common injuries. (CSU, AVC)

### ATH 102L \*PRACTICAL APPLICATIONS OF ATHLETIC TRAINING I LAB

4 units

12 hours weekly

**Prerequisite:** Completion of ATH 100, and Completion of or concurrent enrollment in ATH 102.

**Advisory:** Eligibility for ENGL 100A, READ 099 and MATH 070.

The course includes practice as an athletic trainer trainee under the supervision of a certified athletic trainer. Students learn to assess, evaluate, treat and rehabilitate common sports injuries in realistic settings for fall sports. Safety, legal and ethical issues are addressed. The course provides hours for a Certified Athletic

Trainer to fulfill requirements toward certification by a nationally recognized association. (CSU, AVC) (R3)

### **ATH 103 \*PRACTICAL APPLICATIONS OF ATHLETIC TRAINING II**

*3 units*

*3 hours weekly*

**Prerequisite:** *Completion of ATH 100.*

**Corequisite:** *Concurrent enrollment in ATH 103L.*

**Advisory:** *Eligibility for ENGL 100A, READ 099 and MATH 070.*

The course includes the theoretical basis for practice as an athletic training student under the supervision of a certified athletic trainer. Students learn to assess, treat, and rehabilitate common injuries in realistic settings. Therapeutic interventions will be specifically addressed. Safety, legal and ethical issues are addressed. (CSU, AVC)

### **ATH 103L \*PRACTICAL APPLICATIONS OF ATHLETIC TRAINING II LAB**

*4 units*

*12 hours weekly*

**Prerequisite:** *Completion of ATH 100, and Completion of or concurrent enrollment in ATH 103.*

**Advisory:** *Eligibility for ENGL 100A, READ 099 and MATH 070.*

The course includes practice as an athletic trainer trainee under the supervision of a certified athletic trainer. Students learn to assess, evaluate, treat and rehabilitate common sports injuries in realistic settings for spring sports. Safety, legal and ethical issues are addressed. (CSU, AVC) (R3)