

COLLEGE OF THE SEQUOIAS

SPORTS MEDICINE PROGRAM

SPORTS MEDICINE /ATHLETIC TRAINING / EXERCISE SCIENCE

Curriculum

<u>Required Major Courses</u>		<u>Units</u>
BIO 020*	General Biology	4
BIO 030	Human Anatomy	4
BIO 031	Human Physiology	4
CHEM 020*	Intro 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	1
Or SMED 183	Athletic Training Clinical 3	1
Or SMED 184	Athletic Training Clinical 4	1
	Required Major Units:	36

Restricted Electives (select a minimum of 4 units from the following):

PHYS 020	General Physics	5
SMED 060/HW60	Concepts in Health & Fitness	3
SMED 151	Lower Extremities Assessment	2
SEMD 152	Lower Extremities Rehabilitation	2
SMED 153	Upper Extremities Assessment	2
SMED 154	Upper Extremities Rehabilitation	2
WEXP 193Y	Sports Med Wrk Exp – 1 st Semester	1-4
WEXP 194Y	Sports Med Wrk Exp – 2 nd Semester	1-4
WEXP 195Y	Sports Med Wrk Exp – 3 rd Semester	1-4
WEXP 196Y	Sports Med Wrk Exp – 4 th Semester	1-4
	Total major and restricted Elective Units:	40

* Courses double count for major and California State University (CSU) general education (GE).

Additional courses recommended for CSU GE:

AREA A – A1: Oral Communication – COMM 1

AREA D – Social Sciences – HIST 17 or 18 and POLS 5