

PRE-SPORTS MEDICINE, CERTIFICATE OF ACHIEVEMENT (C)

Overview

Goals and Objectives

1. Prepare students with skills that will help them be employable.
 - Learn medical terms and use them while gaining practical experience
 - Learn basic body movement, orthopedic injuries which can support basic skills needed
 - CPR and First aid certification
2. Work experience will allow a student to learn how to become workforce ready and gainfully employed.
 - Competent in setting up modalities, applying rehabilitative exercises and cues to guide the client/patient.
 - Support the employer with basic but vast skill knowledge in rehabilitation, modalities and taping skills commonly found in aide positions
 - Transfer academically and/or help strengthen resume
 - Athletic trainer aide
 - Physical therapy aide
 - Transfer into an academic accredited program
 - Community Athletic Events (first responder)
 - Coaches increasing basic skills
 - Sports Teams /manager increasing basic skills
 - Orthopedic Sales Representative

The Pre-Sports Medicine Certificate of Achievement prepares students to obtain the knowledge, skills and experience employers are looking for in the Allied HealthCare profession. The certificate will prepare students to enter the workforce with hands-on experience and skills in injury prevention, rehabilitation and first aid/CPR. This certificate allows maximum Sports Medicine options with aides in Chiropractic, Athletic Training, Physical Therapy, Coach and Fitness Specialist. The certificate will also prepare students to transfer to CSU or University to continue learning in the field of study.

Requirements

Certificate of Achievement Requirements

Complete all Major Requirements for the Certificate of Achievement with a C or better or Pass in each course. Candidates for a Certificate of Achievement are required to complete at least 20% of the major requirements through SBCC.

Code	Title	Units
Major Requirements		
Required Core		
BMS 100 or BMS 107 & BMS 108	The Human Body Human Anatomy and Human Physiology	4-8
HE 103	Responding to Medical Emergencies	3

HE 104	Introduction to Athletic Injuries	3
HE 110	Sports Nutrition	3
PE 290	Work Experience in Physical Education/Health Education	3

Total Units	16.00-20.00
--------------------	--------------------

Learning Outcomes

1. Obtain a CPR and First aid certification
2. Identify blood-borne pathogens, administer basic first-aid, and incorporate splinting and taping techniques for a variety of injuries using an array of medical supplies
3. Demonstrate appropriate acute or chronic care for athletic injuries and conditions, including, but not limited to modalities, manual therapy, and therapeutic exercise using medical terminology.

Recommended Sequence

Make an appointment with your SBCC academic counselor through Starfish to create a Student Education Plan that reflects a recommended course sequence for this program that is tailored to your individual needs.

How to schedule an Academic Counseling appointment (<https://www.sbcc.edu/counselingcenter/counselingappointments.php>).