ATHLETIC TRAINER AIDE

COURSES:

KIN 102 – Introduction to Athletic Training (3 Units)
This course provides instruction in the prevention, assessment, management, and reconditioning of athletic injuries. Taping and bandaging, protective padding, and modalities used for treatment will be presented.

KIN 206 – Athletic Injury Assessment and Reconditioning (2 Units)
This course allows the student to expand upon the knowledge of the mechanism, assessment and reconditioning of athletic injuries. Emphasis is placed upon injury mechanism and assessment, the phases of healing, modalities used in the healing process, and the application of exercise and exercise equipment in the reconditioning of athletic injuries.

KIN 207 – Athletic Injury Taping, Bandaging, and Immobilization (1 Unit)
This course allows the student to expand upon the knowledge and skill of management, bandaging and taping of athletic injuries. Emphasis is placed on immobilization of acute injuries, and the techniques used for preventative bandaging and taping of athletic injuries.

HED 110 – Community First Aid and Safety (3 Units)
This course introduces the skills required to provide basic life support in an emergency illness or injury. The course includes adult, infant and child CPR and First Aid. Upon successful completion of all tests, student will be issued an American Red Cross card for Community First Aid and CPR.

KIN 104 – Fitness and Wellness (3 units)
This course is designed to cover topics related to health and wellness including principles of fitness, nutrition, coronary heart disease, and stress management. An exercise lab will include pre- and post-assessment of each student’s fitness components such as cardiovascular fitness, muscular strength and endurance, flexibility and body composition. Individualized exercise prescription is provided for each student to improve his/her fitness components. Progress is monitored throughout the semester.

KIN 203 – Programs and Principles of Conditioning (3 Units)
This course will provide the student with basic knowledge and principles related to exercise prescription. Students will develop the skills necessary to design and implement training programs as they relate to the components of fitness. Safeguards and effectiveness for all levels of fitness will be addressed.

KIN 202 – Measurement and Interpretation of Fitness (3 Units)
This course covers the theory and practical application of current testing procedures and instrumentation used in exercise testing. Students learn to perform and interpret the basic measurement protocols for cardiorespiratory endurance, muscular strength and endurance, flexibility, body composition and blood pressure.

A&P 120 – Anatomy and Physiology (4 Units)
This course is designed as a survey of human anatomy and physiology. It covers the basic principles of human anatomy and physiology including a survey of the tissues, organ systems, and principal anatomical features. Emphasis is also placed on integrated organ system physiology, human genetics and development. (This course is designed primarily for non-biology majors.)

KIN 271A – Occupational Work Experience (1 Unit)
One unit of Occupational Work Experience in Athletic Training requires 60 non-paid hours or 75 paid hours of work per semester. Work Experience/Career Internship provides the opportunity for students to apply skills and knowledge learned in the classroom to related experiences on the job/training site. The aim of the course is to assist students in expanding specific job skills. This creates greater communication with increased understanding between the students/workers, the college, and the employers/trainers. First semester students meet with their instructors for a minimum of one hour per week. Students also pursue a program of self-evaluation to determine individual job weaknesses and strengths. Semester projects that relate to their major and job skills must be completed on the job/training site. Students will meet weekly with the instructor until their approved projects are completed. Work experience courses may be taken for a maximum of 8 units per semester. The total work experience units taken by a student may not exceed 16 units.

For more information on the Athletic Trainer Aide Certificate program please contact:
(562) 860-2451

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GENERAL DESCRIPTION
The Fitness Specialist and Athletic Trainer Aide Certificate Programs are interrelated and will appeal to students interested in fitness, athletics and/or sports injuries. They are designed to be completed in two semesters for students who attend full time and may lead to immediate employment opportunities. Students may also successfully prepare for several national certifications in fitness, strength and conditioning, and athletic training. Each program will also provide students with transfer options in various areas of study.

EMPLOYMENT OPPORTUNITIES
Personal Trainer, Group Exercise Instructor, Athletic Trainer Aide, Physical Therapist Aide, Recreational Leader, Fitness Coaching

PREPARATION FOR FUTURE CERTIFICATIONS
American Council on Exercise (ACE), Aerobics and Fitness Association of America (AFAAA), Athletic Trainers Certification Examination (ATC), Certified Strength and Conditioning Specialist (CSCS), National Strength & Conditioning Association – Certified Personal Trainer (NSCA-CPT), National Academy of Sports Medicine (NASM)

TRANSFER AREAS
Athletic Training, Emergency Medical Technician, Exercise Science, Health & Wellness, Kinesiology, Massage Therapy, Physical Education, Pre-Chiropractic, Pre-Physical Therapy, Preventive Medicine.

COURSES:

KIN 104 – Fitness and Wellness (3 units)
This course is designed to cover topics related to health and wellness including principles of fitness, nutrition, coronary heart disease, and stress management. An exercise lab will include pre- and post-assessment of each student’s fitness components such as cardiovascular fitness, muscular strength and endurance, flexibility, and body composition. Individualized exercise prescription is provided for each student to improve his/her fitness components. Progress is monitored throughout the semester.

KIN 202 – Measurement and Interpretation of Fitness (3 Units)
This course covers the theory and practical application of current testing procedures and instrumentation used in exercise testing. Students learn to perform and interpret the basic measurement protocols for cardiopulmonary endurance, muscular strength and endurance, flexibility, body composition and blood pressure.

KIN 203 – Programs and Principles of Conditioning (3 Units)
This course will provide the student with basic knowledge and principles related to exercise prescription. Students will develop the skills necessary to design and implement training programs as they relate to the components of fitness. Safeguards and effectiveness for all levels of fitness will be addressed.

KIN 102 – Introduction to Athletic Training (3 Units)
This course provides instruction in the prevention, assessment, management, and reconditioning of athletic injuries. Taping and bandaging, protective padding, and modalities used for treatment will be presented.

HED 110 – Community First Aid and Safety (3 Units)
This course introduces the skills required to provide basic life support in an emergency illness or injury. The course includes adult, infant and child CPR and First Aid. Upon successful completion of all tests, student will be issued an American Red Cross card for Community First Aid and CPR.

HED 200 – Nutrition for Health, Fitness and Physical Activity (3 Units)
This course is introduction to the basic nutritional principles important to physically active individuals. Material will cover the role of food in enhancing exercise and sport performance, body composition, and energy production. Current research and practical activities will be presented. This course is especially applicable for individuals interested in careers related to fitness or athletics.

A&P 120 – Introduction to Human Anatomy and Physiology (4 Units)
This course is designed as a survey of human anatomy and physiology. It covers the basic principles of human anatomy and physiology including a survey of the tissues, organ systems, and principal anatomical features. Emphasis is also placed on integrated organ system physiology, human genetics and development. (This course is designed primarily for non-biology majors.)

BA 100 – Fundamentals of Business (3 Units)
This course, designed for the beginning business student, will survey business principles, problems, practices, and procedures as they pertain to the societal challenges facing business and the economic challenges facing America. Business topics will be discussed, such as: the nature of business, ownership, recruitment and training of personnel, labor-management relations, production and distribution of goods, competition, profits, transportation, finance, managerial controls, government, and business relations.

KIN 271B – Occupational Work Experience in Fitness (1 Unit)
One unit of Occupational Work Experience in Fitness Specialist requiring 60 non-paid hours or 75 paid hours of work per semester. Work Experience/Career Internship provides the opportunity for students to apply skills and knowledge learned in the classroom to related experiences on the job/training site. The aim of the course is to assist students in expanding specific job skills. This creates greater communication with increased understanding between the students/workers, the college, and the employers/trainers. First semester students meet with the instructors for a minimum of one hour per week. Students also pursue a program of self-evaluation to determine individual job weaknesses and strengths. Semester projects that relate to their major and job skills must be completed on the job/training site. Students will meet weekly with the instructor until their approved project is completed. Work experience courses may be taken for a maximum of 8 units per semester. The total work experience units taken by a student may not exceed 16 units.

For more information on the Fitness Specialist Certificate Program please contact:
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(562) 860-2451 ext. 2876