

**Highland Community College Suggested Program of Study
Pre-Athletic Training (Associate in Science)**

The Pre-Athletic Training program deals with the care, prevention, treatment, and rehabilitation of athletic injuries. Skills that will be taught are injury evaluation, supportive strapping techniques, injury rehabilitation, and use of modalities. These classes will prepare the students to enter a program at a four-year institution. Students should work closely with their advisor as different 4-year schools require different specific courses. Students will also gain hands-on experience working with athletes.

Course Number	Course Name	Credit Hour
<u>Basic Skills</u>		
COL 103	College Success and Orientation	1
ENG101	College English I	3
ENG 102	College English II	3
MAT 104	College Algebra	3
SP 106	Public Speaking	3
	PE Elective	1
	Computer Literacy Elective	1
<u>Humanities</u>		
	Humanities Elective	3
	Humanities Elective	3
<u>Social & Behavioral Science</u>		
PSY 101	General Psychology	3
	Social Science Elective	3
<u>Science</u>		
BS 101	College Biology **	5
BS 104	Human Anatomy	4
BS 105	Human Physiology	4
PS 107	General Chemistry	5
PS 203	General Physics I	5
<u>Requirements</u>		
BS 109	Medical Terminology	3
PE 112	Personal & Community Health	3
PE 113	First Aid & Safety	3
PE 143	Introduction to Athletic Training I	1
PE 151 A-D	Clinical Experience I-IV	6
PE 224	Care & Prevention of Athletic Injuries	3
PE 243	Introduction to Athletic Training II	1

** Check transferability to four-year schools.

Potential Employment Applications of Degree

An athletic trainer evaluates the physical condition of and advises and treats professional and amateur athletes to maintain physical fitness for participation in athletic competition. The athletic trainer will prescribe routine and corrective exercises to strengthen muscles, recommend special diets, render first aid to injured athletes, and treat minor injuries and related disabilities to maintain the athlete's performance.

