**Foothill College**

**Credit Program Narrative**

**Certificate of Achievement: Advanced Sports Medicine**

**Item 1. Program Goals and Objectives**

The Certificate of Achievement: Advanced Sports Medicine is designed to provide students with a strong foundation in knowledge and experience in a variety of sports medicine fields. It builds on the foundation of the Certificate of Achievement: Introduction to Sports Medicine with more in-depth course work and experience opportunities as well as options within related disciplines such a personal training and adaptive fitness. Completion of the requirements prepares students for aide positions in physical therapy clinics and chiropractic offices as well as positions in personal training and adaptive fitness. When combined with additional coursework, students also can prepare for transfer and additional study in Sports Medicine fields at the Four-Year or Professional Educational Program setting.

Program Learning Outcomes:

* Students will demonstrate an entry-level of knowledge and skill in a variety of sports medicine disciplines, including athletic training, physical therapy, strength and conditioning and emergency medical care.
* Students will gain skills applicable in providing quality medical care for active populations.

Knowledge and Skills:

* identify basic musculo-skeletal anatomy.
* employ knowledge of muscle anatomy by designing sport specific pre-activity warm-ups.
* apply various strapping and wrapping techniques to prevent injuries
* demonstrate flexibility exercises to stretch major muscle groups.
* demonstrate basic athletic injury recognition.
* recognize basic signs and symptoms of athletic injury trauma.
* apply basic first aid skills to mock athletic injuries.
* explain the phases of tissue healing.
* design treatment protocols for the different phases of healing.
* understand the indications and contra-indications of different therapeutic treatments.
* demonstrate proper use of machine and free weight exercise equipment.
* formulate exercise protocols to strengthen different areas of the body.
* discuss cultural differences in prevention, emergence care, treatment and rehabilitation.

**Item 2. Catalog Description**

Sports Medicine is a multi-disciplinary educational experience. Instruction emphasizes injury prevention, emergency care and rehabilitation through the principles of anatomy, physiology, pathology, bio-mechanics and psychology. Hands-on experience is available to the student intern through the Athletic Treatment Center from an array of Sports Medicine professionals. Students interested in medicine, athletic training, physical therapy, chiropractic, nutrition or other allied health fields are candidates for this program.

The Certificate of Achievement: Advanced Sports Medicine is designed to provide students with a strong foundation in knowledge and experience in a variety of sports medicine fields. It builds on the foundation of the Certificate of Achievement: Introduction to Sports Medicine with more in-depth course work and experience opportunities as well as options within related disciplines such a personal training and adaptive fitness. The emphasis on clinical experience and hands-on practical skills prepares the students not only with the knowledge they need to be successful in the workforce, but the skills and experience that are critical to that success. Completion of the requirements prepares students for aide positions in physical therapy clinics and chiropractic offices as well as positions in personal training and adaptive fitness. When combined with additional coursework, students also can prepare for transfer and additional study in Sports Medicine fields at the Four-Year or Professional Educational Program setting.

**Item 3. Program Requirements**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Requirements** | **Course #** | **Title** | **Units** | **Sequence** |
| Core Courses  (9 Units) | KINS 16A | Prevention of Injuries | 3 | Year 1 Fall |
|  | KINS 16B | Emergency Injury Care | 3 | Year 1 Winter |
|  | KINS 16C | Treatment and Rehabilitation of Injuries | 3 | Year 1 Spring |
| Restricted Electives  (15 - 18 Units) |  | Select Minimum 15 units |  |  |
|  |  | Experience  Select Minimum 6 units |  |  |
|  | KINS  62A - E | Clinical Experiences in Sports Medicine  I - V | 3 - 15 | Year 1 Fall |
|  | INT 50-54 | Internship | 1-5 | Year 1 Fall/Winter/Spring |
|  |  | Elective Coursework  Select Minimum 9 units |  |  |
|  | KINS 1 | Introduction to Kinesiology | 5 | Year 1 Spring |
|  | KINS 8A | Theory and Concepts of  Exercise Physiology I | 5 | Year 1 Fall |
|  | KINS 8B | Theory and Concepts of  Exercise Physiology II | 5 | Year 1 Winter |
|  | KINS 9 | Basic Nutrition for Sports and Fitness | 5 | Year 1 Spring |
|  | KINS 48 | Fitness Assessment Techniques for the Personal Trainer | 4 | Year 1 Winter |
|  | KINS 81 | Introduction to Adaptive Fitness | 4 | Year 1 Winter |
|  | KINS 82 | Applied Principles of Adaptive Fitness | 4 | Year 1 Winter |
|  | KINS 84 | Functional Fitness and Adaptive Movement | 3 | Year 1 Spring |

**TOTAL UNITS: 24-27 Units**

**Proposed Sequence:**

Year 1, Fall = 9-14 units

Year 1, Winter = 9-14 units

Year 1, Spring = 3-13 units

**TOTAL UNITS: 24-27 units**

**Example Sequence**

Year 1, Fall – KINS 16A, KINS 62A, 1 Restricted Elective (9 – 14 units)

Year 1, Winter – KINS 16B, KINS 62B, 1 Restricted Elective (9 – 14 units)

Year 1, Spring – KINS 16C, 1 Restricted Elective (3 – 8 units)

**Item 4. Master Planning**

The Certificate of Achievement: Advanced Sports Medicine will be integral in fulfilling the Foothill College Mission Statement. Providing students with education and skills that can be applied in the workforce, as future students and as global citizens is central to the goals of the certificate. The certificate provides opportunities for students in many areas, including our duel enrollment populations at the high school level. Students are exposed to a variety of sports medicine careers and learn knowledge and skills that may help them along their pathway towards those careers. The certificate also serves traditional, returning and retraining students who are preparing for professional education programs in medicine, athletic training, physical therapy and chiropractic medicine. Finally, the certificate design allows for more distance and virtual teaching and learning, providing students with options outside the traditional face-to-face instruction model. In all, the Certificate of Achievement: Advanced Sports Medicine is well in line with the goals and direction of Foothill College, higher education and professional education in medicine.

Perhaps the most important aspect of the Certificate of Achievement: Advanced Sports Medicine is the focus on hands-on experience and practical knowledge and skills. Feedback from industry professionals and educational program directors indicates that the greatest weakness in entry-level candidates is not in their lack of knowledge, it is in their lack of ability to apply that knowledge in a practical setting. By incorporating clinical experience and emphasizing hands-on skills within the certificate, we hope to close that achievement gap and produce graduates who are successful in both conceptual and practical knowledge and skills, making for a stronger workforce.

**Item 5. Enrollment and Completer Projections**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | | **Year 1** | | **Year 2** | |
| **Course #** | **Course Title** | **Annual Sections** | **Annual Enrollment** | **Annual Sections** | **Annual**  **Enrollment** |
| KINS 16A | Prevention of Injuries | 3 | 46 | 3 | 34 |
| KINS 16B | Emergency Injury Care | 3 | 70 | 3 | 68 |
| KINS 16C | Treatment and Rehabilitation of Injuries | 2 | 41 | 4 | 80 |
| KINS 62A | Clinical Experiences in Sports Medicine I | 5 | 26 | 4 | 32 |
| KINS 62B | Clinical Experiences in Sports Medicine II | 5 | 13 | 4 | 12 |
| KINS 62C | Clinical Experiences in Sports Medicine III | 3 | 7 | 4 | 6 |
| KINS 62D | Clinical Experiences in Sports Medicine IV | 2 | 4 | 4 | 7 |
| KINS 62E | Clinical Experiences in Sports Medicine V | 4 | 6 | 5 | 8 |
| INT 50 | Internship | 7 | 74 | 7 | 67 |
| INT 51 | Internship | 8 | 45 | 9 | 49 |
| INT 52 | Internship | 4 | 17 | 7 | 31 |
| INT 53 | Internship | 3 | 16 | 5 | 13 |
| INT 54 | Internship | 4 | 16 | 4 | 8 |
| KINS 1 | Introduction to Kinesiology | 10 | 334 | 9 | 325 |
| KINS 8A | Theory and Concepts of  Exercise Physiology I | 3 | 75 | 3 | 85 |
| KINS 8B | Theory and Concepts of  Exercise Physiology II | 1 | 20 | 2 | 36 |
| KINS 9 | Basic Nutrition for Sports and Fitness | 5 | 199 | 4 | 178 |
| KINS 48 | Fitness Assessment Techniques for the Personal Trainer | NA | NA | 1 | 30 |
| KINS 81 | Introduction to Adaptive Fitness | 1 | 12 | 2 | 22 |
| KINS 82 | Applied Principles of Adaptive Fitness | NA | NA | NA | NA |
| KINS 84 | Functional Fitness and Adaptive Movement | NA | NA | NA | NA |

With the number of students in the Sports Medicine Program and the close alignment with the Personal Training and Adaptive Programs, we project 5-10 completers per year. As we grow our populations and strengthen the relationships between programs, we project 15-20 completers per year by the 5-year mark.

**Item 6. Place of Program in Curriculum/Similar Programs**

The Certificate of Achievement: Advanced Sports Medicine fits well in to the current offerings in the Foothill College Kinesiology catalog. First, it is an introduction and foundation that students can build on and earn the Associate of Science Degree in Sports Medicine. For Sports Medicine focused students that complete the Associate Degree for Transfer in Kinesiology in order to take advantage of the guaranteed transfer opportunities, the Certificate of Achievement: Advanced Sports Medicine provides evidence of study and skills in specific sports medicine areas that will be useful in advanced education programs in sports medicine or the workforce. Finally, the Certificate of Achievement: Advanced Sports Medicine is aligned with the Certificate of Achievement in Personal Training and potentially the Adaptive Fitness Program, promoting crossover opportunities for students interested in multiple disciplines.

**Item 7. Similar Programs at Other Colleges in Service Area**

No similar programs are available in our service area. In near-by service areas:

Ohlone College Fremont, CA Certificate of Achievement in

Kinesiology: Sports Medicine (16 semester units)

Las Positas College Livermore, CA Certificate of Achievement in

Sports Medicine (28 semester units)

**Additional Information Required for State Submission:**

**TOP Code:** 1228.0 CTE Sports Medicine

**Annual Completers:**5-10

**Net Annual Labor Demand:** *Between 400 – 10,000 jobs in Bay Area according to LMI*

**Faculty Workload:** *No changes*

**New Faculty Positions:** 0

**New Equipment:** $0

**New/Remodeled Facilities:** $0

**Library Acquisitions:** $0

**Gainful Employment:**Yes

**Program Review Date:**Program Review November 2020, November 2023

**Distance Education:**1-49%

***Please note that significant lead time (one month or longer) may be necessary to obtain the following documents/approvals. Please work with the AVP of Instruction during the beginning stages of program creation to submit your requests for the following:***

**ATTACH THE FOLLOWING** (non-Apprenticeship)**:**

1. **Labor Market Information and Analysis**
2. **Advisory Committee Recommendation** *(includes advisory committee membership, minutes, and summary of recommendations)*
3. **Regional Consortia Approval Meeting Minutes** *(showing program recommendation)*

**ATTACH THE FOLLOWING** (Apprenticeship only)**:**

1. **Labor Market Information and Analysis**
2. **Approval Letter from the California Division of Apprenticeship Standards (DAS)**