Sports Medicine & Rehabilitation Sciences, Associate in Science (2020-21 Catalog)

SEMESTER-BY-SEMESTER PROGRAM MAP FOR FULL-TIME STUDENTS

Courses are listed in preferred order of completion

Plans can be modified to fit student needs by adding more semesters

Choose your courses with your Advisor.

Developmental Education Courses *(if required)*			☐	MATH020	Pre-Algebra
☐	ACLS050	Introduction to Academic Literacy	☐	MATH022	Elementary Algebra
☐	ENGL027	Writing Skills Workshop	☐	MATH026	Intermediate Algebra

Sports Medicine Program Pre-Requisites		
☐	BIOS115	Essentials of Biology or HS Biology w/lab and a grade of C or better
☐	CHEM135	Chemistry of Life or HS Chemistry w/lab and a grade of B or better
☐	MATH022	Elementary Algebra or HS Algebra I with a C or better

Location: B= BETH, M= MROE, S=SBTH, E= ESTN, D= DIST *subject to change

	complete	Course #	Course Title	Credits	Gen Ed	Fall	Winter	Spring	Summer	Pre-requisites / Co-requisites
Semester 1	☐	COLS101	College Success	1		B, M, D	----	B, M, D	D	
	☐	ENGL101	English I	3	Comm	B, M, D	----	B, M, D	B, M, D	PRE: English Placement Policy
	☐	CMTH102	Introduction to Communication	3	Comm	B, M, D	----	B, M, D	B, M, D	
	☐	MATH140	College Algebra	3	QL	B, M, D	----	B, M, D	B, M, D	PRE: MATH026 or Math Placement Policy
	☐	SMAT101	Foundations of Sports Medicine & Rehab Science	3		B	----	----	----	CO: ENGL101
	☐	SMAT202	Kinesiology: Applied Anatomy	3		B	----	----	----	
			Total Semester Credits:	16						
Semester 2	☐	BIOS204	Anatomy and Physiology I	4		B, M, D	----	B, M, D	B, M, D	PRE: 1 yr HS Biology or BIOS107 or 115
	☐	ENGL151L	English II (Literature) (D)	3		B, M, D	----	B, M, D	B, M, D	PRE: ENGL101
	☐	MATH150	Introductory Statistics	3	QL	B, M, D	----	B, M, D	B, M, D	PRE: MATH022 or Math Placement Policy
	☐	SMAT230	Prevention and Management of Injury and Illness	3		----	----	B	----	PRE: SMAT101 CO: SMAT235 PRE or CO: BIOS204
	☐	SMAT235	Basic Sports Medicine and Rehab Science Techniques	1		----	----	B	----	PRE: SMAT101 CO: SMAT235 PRE or CO: BIOS204
			Total Semester Credits:	14			----			
Semester 3	☐	BIOS254	Anatomy and Physiology II	4		B, M, D	----	B, M, D	B, M, D	PRE: BIOS204 with a C or better
	☐	NUTR105	Introduction to Nutrition	3		B, D	D	B, D	D	
	☐	PSYC103	Introduction to Psychology*	3	SSHB	B, M, D	D	B, M, D	B, M, D	PRE: ENGL101 eligibility
	☐	SMAT280	Measurement and Evaluation of the Lower Extremity	4		B	----	----	----	PRE: SMAT230
	☐		AH Elective*	3	AH	B, M, D	D	B, M, D	B, M, D	Depends on course selected
			Total Semester Credits:	17						
Semester 4	☐	CHEM135	Chemistry of Life	4		B, M, D	----	B, M ,D	B, M, D	
	☐	PHYS101	Physics I	4		B, M, D	----	B, M, D	M, D	PRE: MATH140
	☐	SMAT245G	Acute Care of Injury and Illness (WI)	3		----	----	B	----	PRE: ENGL101 and SMAT230
	☐	SMAT260	Exercise Physiology and Exercise	3		----	----	B	----	PRE: BIOS254
	☐	SOCA102	Cultural Anthropology*	3		B, M, D	----	B, M, D	D	PRE: ENGL101 eligibility
			Total Semester Credits:	17						
			Total Degree Credits	64						

General Education Requirements		
☐	ENGL151L	Diversity
☐	SMAT245G	Writing Intensive
☐		Writing Intensive (see note*)

Notes:

*Either the AH Elective, PSYC 103 or SOCA 102 must be taken in a writing intensive (WI) section, course codes ending in "G" (e.g. PSYC103G, SOCA102G)

***It is the student's responsibility to be knowledgeable of NCC graduation requirements and to verify transfer requirements with the 4-year institution. Courses listed on the program map are based upon the assumption that prerequisites and courses taken in previous semesters will be successfully completed**

Arts & Humanities (AH)
ARTA 100 Art and Visual Thinking
ARTA 101 Art History Survey
CMTH 110 Introduction to the Theatre
CMTH 111 Acting I
CMTH 115 Technical Theatre
CMTH 117 Stagecraft
CMTH 126 The Communication Arts
CMTH 189 Stage Voice and Movement
CMTH 190 Stage Production
CMTH 206 Directing
CMTH 211 Plays: Classical to Contemp. (G-WI)
CMTH 212 Acting II
CMTH 218 Theatre Portfolio
CMTH 220 Introduction to Film
DANC 101 Dance History
DANC 110 Ballet I
DANC 120 Modern Dance I
DANC 130 Jazz I
DANC 210 Ballet II
DANC 220 Modern Dance II
DANC 230 Jazz II
ENGL 201 British Literature I (G-WI)
ENGL 203 Shakespeare (G-WI)
ENGL 205 American Literature I (G-WI)
ENGL 211 Plays: Classical to Contemp. (G-WI)
ENGL 215 Multicultural Adolescent Lit (G-WI)
ENGL 250 Latin American Literature (G-WI)
ENGL 251 British Literature II (G-WI)
ENGL 253 Creative Writing
ENGL 255 American Literature II (G-WI)
ENGL 256 Modern Poetry (G-WI)
ENGL 257 20th Century Lit by Women (G-WI)
ENGL258 Fiction Writing
ENGL 260 Contemporary Literature (G-WI)
ENGL 264 Irish Literature (G-WI)
ENGL 265 African-American Literature (G-WI)
ENGL 267 Poetry Writing
HUMA 121 The American Work Experience (G-WI)
HUMA 140 Intro to Women & Gender Studies (G-WI)
HUMA 150 Nature of the Environment
HUMA210 Creativity and the Origin of Ideas
JOUR 101 Journalism and Society
Modern Language - All MDLA Courses
MUSC 101 Introduction to Music
PHIL 111 On Death and Dying (G-WI)
PHIL 121 World Religions
PHIL 201 Introduction to Philosophy
PHIL 202 Ethics and Moral Problems (G-WI)
PHIL 204 Asian Philosophies
PHIL 211 Ancient Philosophy
PHIL 215 Modern Philosophy
PHIL 225 What is Freedom?

Program Information:

- The field of sports medicine is gaining in popularity and employment opportunities are expanding. The demand for Certified Athletic Trainers in particular is increasing. Certified Athletic Trainers are employed in secondary schools, colleges, universities, professional sports, hospitals, the military, law enforcement, performing arts, industry, sports medicine clinics and the durable medical equipment industry.
- A career as a Certified Athletic Trainer requires a bachelor's degree at the entry level. If you're planning to attend a four-year college or university, Northampton's Sports Medicine: Athletic Training program is an affordable way to start your education. With a curriculum that parallels the first two years of most four-year programs, NCC's program can save you thousands of dollars on your undergraduate degree.
- The Associate in Science degree in Sports Medicine and Rehabilitation Sciences is designed to prepare students to successfully transfer to a four year Commission on Accreditation of Athletic Training Education (CAATE) accredited program. Students will also be prepared to transfer to other four year specialty programs within the realm of exercise science. In addition, students in our program develop a level of expertise in sports medicine that opens up additional employment opportunities as a personal trainer or health fitness instructor immediately upon graduation from NCC.
- Students in the program learn basic skills in the prevention, emergency care, assessment, and rehabilitation of athletic injuries to prepare them to pursue certification as an athletic trainer. Sports Medicine courses include on-campus labs and observational hours in a variety of professional settings. The Sports Medicine program can be completed on a full-time or part-time basis. Students pursuing the degree on a part-time basis are highly encouraged to complete the science related courses prior to entering the program specific courses (i.e. Chemistry, Anatomy & Physiology, etc.). The program requires students to have a good knowledge base in science and math to be successful. Students are advised to speak with an academic advisor to discuss their entrance and success in the program.

Program Outcomes: The Associate in Science in Sports Medicine & Rehabilitation Science will:

- Prepare students to transfer to and excel in a 4 year Commission on Accreditation of Athletic Training Education (CAATE) athletic training program.
- Provide students with the knowledge to sit for the National Strength and Conditioning Association's Certified Personal Trainer (NSCA-CPT) exam, the American College of Sports Medicine's (ACSM) Certified Personal Trainer exam.
- Students will demonstrate knowledge of prevention, management, and rehabilitation of athletic injuries and begin to bridge the gap between classroom knowledge and clinical practice.
- Students will demonstrate critical thinking and problem solving skills and gain knowledge on how to apply them to athletic training situations.
- Students will gain knowledge in athletic training professional development standards.
- Provide students with knowledge of athletic training practice standards and employment settings as well as the behavioral attitudes needed to excel in the athletic training environment.
- Students will learn effective communication among health care providers and other integral members within the field of athletic training (administrators, coaches, family, and community).

Transfer Information:

The Sports Medicine and Rehabilitation Science program provides students an optimal pathway to pursue education in a variety of health related professions. The program currently has 2 articulation agreements in place with East Stroudsburg University. Students are encouraged to begin thinking about the professions and institutions they would like to transfer into beginning in their first semester. This is a constant exercise of self-assessment throughout the program that helps the Program Manager to facilitate transfer to other institutions. Some institutions do not line up as well with our program as others. In these cases it may be in the best interest of the student to transfer prior to completion of the NCC program or realize that they may need an extra semester or extra year at their transfer institution to complete their bachelor's degree. Pre-professional health related majors have similar transferability as described below in the ESU articulation agreements. We are in the process of updating the current articulation agreement to reflect recent changes.

Career Information:

The Sports Medicine and Rehabilitation Sciences Program is the ideal way for students to start their education in preparation for careers in health related fields. Graduates of the program have been well prepared to be successful at other institutions. It is important for the program to remain rigorous to ensure students are able to seamlessly phase into transfer programs and excel. The program allows for flexibility for students to get an introduction to Sports Medicine and Rehabilitation Science with a comprehensive coverage of basic skills that allows for options in where they want to take their career in the future upon graduation. The figure below shows the hierarchy of professions in Sports Medicine and Rehabilitation Sciences open to students upon graduation.

Sports Medicine and Rehabilitation Sciences is a fall-start program. Students may apply to the program starting October 1. Applications must be completed by April 15. Students will not be able to apply after April 15.Those who wish to take general education courses toward degree may apply to Health Sciences program