



Department Chair
Kathy O'Connor
oconnork@sbcc.edu

SANTA BARBARA CITY COLLEGE



**Pre-Sports Medicine
 Certificate of
 Achievement**

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.

Contact: Professor
Susan Houlihan-Davis
Athletic Trainer
(805) 730-4159
houlihan@sbcc.edu
sbcc.edu/physicaleducation



Sports Medicine

INJURY PREVENTION

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. 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. Identify daily tasks of operating an athletic training facility, pre and post practice/competition. Completion of a CPR and first aid certification through the American Red Cross.

Course Plan

COMPLETE IN ONE YEAR! 14 UNITS

HE104

Introduction to Athletic Injuries
(3 units)

HE103

Responding to Medical Emergencies
(3 units)

BMS 100

The Human Body
(3 units)

HE110

Sports Nutrition
(3 units)

PE 290

Work Experience
(1-2 units)



Certificate of Achievement



This certificate will fast track students to an opportunity to find work in the therapeutic industry. Students can complete the program in one academic year.

The pre-sports medicine certificate of achievement prepares students to obtain the knowledge, skills and experience that employers are looking for in aides.