

(835) Associate in Arts

This program prepares students to transfer to four-year institutions to pursue a bachelor's degree in athletic training. **Students who have already chosen the university to which they plan to transfer should consult that institution's catalog or department advisor and an SVCC academic advisor in planning their program.** Individualized articulation sheets for some universities are available in the counseling office.

Work and Employment

Athletic trainers work for high schools, colleges, universities, professional athletic teams, the armed forces, sports medicine clinics, recreation clubs, resorts and camps. Athletic trainers make sure sport players are in the best physical condition and are able to withstand the rigors of competition. Trainers determine the physical condition of athletes and recommend exercises that will increase their strength and flexibility and then correct any weaknesses.

Special Considerations

Athletic trainers are certified by the National Athletic Trainers Association (NATA). Candidates must have a bachelor's degree in a NATA-approved program, at least two years of experience under the direct supervision of a NATA-certified athletic trainer, and must pass a written and an oral examination. Most states have taken action to license athletic trainers.

Program Contacts at Sauk Valley Community College

Academic Advising, 815/835-6354.

Suggested Program

First Semester - Sem/Hrs: 14

- Humanities 3 Semester hour(s)
- CHE 103 - Introduction to Chemistry 4 Semester hour(s)
- ENG 101 - Composition I 3 Semester hour(s)
- FYE 101 - First Year Experience 1 Semester hour(s)
- MAT 220 - Finite Mathematics 3 Semester hour(s)

Second Semester - Sem/Hrs: 17

- Social/Behavioral Science 3 Semester hour(s)
- Personal Development 3 Semester hour(s)
- BIO 105 - Principles of Biology 5 Semester hour(s)
- ENG 103 - Composition II 3 Semester hour(s)
- MAT 240 - Elementary Statistics 3 Semester hour(s)

Third Semester - Sem/Hrs: 18

- Fine Arts 3 Semester hour(s)
- BIO 109 - Human Anatomy and Physiology I 4 Semester hour(s)
- PSY 103 - Introduction to Psychology 3 Semester hour(s)
- PED 115 - Nutrition and Diet Therapy 3 Semester hour(s)
- PED 213 - First Aid 2 Semester hour(s)

- SPE 131 - Introduction to Oral Communication 3 Semester hour(s)

Fourth Semester - Sem/Hrs: 15

- Humanities/Fine Arts 3 Semester hour(s)
- Elective 1 Semester hour(s)

- BIO 110 - Human Anatomy and Physiology II 4 Semester hour(s)
- PHY 175 - Introduction to Physics 4 Semester hour(s)
- PSY 200 - Human Growth and Development 3 Semester hour(s)

Total Credits: 64

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