

Associate in Arts (635)

This program prepares students to transfer to a college or university to pursue an advanced 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 Student Services Center.

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

Admission to most Athletic Training programs is competitive and requires students to submit formal application to be considered for the program. To become a certified athletic trainer, a student must graduate with a Bachelor's or Master's degree from an accredited professional athletic training education program and pass a comprehensive test administered by the Board of Certification. **The current minimum entry point into the profession of athletic training is a Bachelor's degree, however, it was recently decided by the AT Strategic Alliance that the minimum professional degree level will be a Master's, a change to be implemented within the next few years.** Once certified, athletic trainers must meet ongoing continuing education requirements in order to remain certified. Athletic trainers must also work under the direction of a physician and within their state practice act. For more information, visit www.nata.org.

Program Contacts at Sauk Valley Community College

Academic Advising, 815/835-6354

Total Hours Required - 64 Hours

Suggested Program

First Semester - 14 Hours

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

Second Semester - 17 Hours

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

Third Semester - 18 Hours

- Fine Arts 3 Semester hour(s)
- BIO 109 - Human Anatomy & Physiology I (4 Semester Hours)
- COM 131 - Intro to Oral Communication (3 Semester Hours)

- PSY 103 - Introduction to Psychology (3 Semester Hours)
- PED 115 - Nutrition and Diet Therapy (3 Semester Hours)
- PED 213 - First Aid (2 Semester Hours)

Fourth Semester - 15 Hours

- Humanities/Fine Arts 3 Semester hour(s)
- Elective 1 Semester hour(s)
- BIO 110 - Human Anatomy & Physiology II (4 Semester Hours)
- PHY 175 - Introduction to Physics (4 Semester Hours)
- PSY 200 - Human Growth & Development (3 Semester Hours)