

## Academic Programs

### Associate in Arts Degree with a Concentration in Pre-Athletic Training ( 635)

The concentration prepares students to transfer to four-year universities to pursue an advanced degree in athletic training. Trainers determine the physical condition of athletes and recommend exercises that will increase their strength and flexibility and then correct any weaknesses.

#### Transfer Consideration

**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.**

1. Foundational courses include human anatomy and physiology (BIO 109 and BIO 110), chemistry (CHE 103 or higher), physics (PHY 175 or higher), biology (BIO 105), and psychology (PSY 103)
2. \*A minimum number of observation hours (for example 50 hours) with a certified athletic trainer within a recommended timeframe is typically required before program application

#### Competitive Admissions

**Since admission is competitive, completing the recommended courses does not by itself guarantee admission.**

1. An earned Bachelor's degree in a related field or at least 90 hours completed for accelerated programs.
2. Competitive grade point average (GPA) based on cumulative and prerequisite coursework.
3. \*Documentation of observation hours.
4. Prerequisite coursework completed typically with a C or higher.
5. Complete an application process by a published deadline. The process can include a separate application, resume, letters of recommendation, and a personal interview.

#### Special Considerations

1. To become a certified athletic trainer, a student must graduate with a **\*\*bachelors or master's degree** from an accredited professional athletic training education program and pass a comprehensive test administered by the [Board of Certification](#)(BOC)
2. **\*\*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.**
3. **Accelerated sequences are available at select institutions that lead students to both a B.S. in kinesiology/exercise science and an M.S. in athletic training.**
4. Students will typically be required to undergo criminal background checks in order to be placed at clinical experience sites. A student with a prior criminal record may not be able to complete the program or required courses.
5. **For information about the National Athletic Trainer's Association and the certified athletic trainer go to [nata.org](http://nata.org)**
6. Once certified, athletic trainers must meet ongoing continuing education requirements to remain certified.

#### Program Contacts at Sauk Valley Community College

- Academic Advising, 815-835-6354

## Minimum Total Credit Hours - 64 Hours

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### Suggested Program

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#### First Semester - 14 Hours

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- Humanities 3 Semester hour(s)
- CHE103 - Introduction to Chemistry ( 4 Semester Hours)
- ENG101 - Composition I ( 3 Semester Hours)
- FYE101 - First Year Experience ( 1 Semester Hours)
- MAT240 - Elementary Statistics ( 3 Semester Hours)

#### Second Semester - 17 Hours

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- Social/Behavioral Science 3 Semester hour(s)
- NRS116 - Med Terminology for Hea Career ( 3 Semester Hours)
- BIO105 - Principles of Biology ( 5 Semester Hours)
- ENG103 - Composition II ( 3 Semester Hours)
- \*\*\*Additional Math or Elective 3 Semester hour(s)

#### Third Semester - 16 Hours

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- Fine Arts 3 Semester hour(s)
- BIO109 - Human Anatomy & Physiology I ( 4 Semester Hours)
- BIO120 - Environmental Health ( 3 Semester Hours)
- COM131 - Intro to Oral Communication ( 3 Semester Hours)
- PSY103 - Introduction to Psychology ( 3 Semester Hours)

#### Fourth Semester - 17 Hours

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- Humanities/Fine Arts 3 Semester hour(s)
- Electives 1 Semester hour(s)
- BIO110 - Human Anatomy & Physiology II ( 4 Semester Hours)
- PED213 - First Aid ( 2 Semester Hours)
- PHY175 - Introduction to Physics ( 4 Semester Hours)
- PSY200 - Human Growth & Development ( 3 Semester Hours)

#### Footnotes

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- \*\*\* Math requirements vary by transfer institution and selected undergraduate major. Recommended elective: PED 115