

CUESTA COLLEGE PROGRAM OF STUDY		
Proposed For:		
<u>SPORTS MEDICINE Certificate of Specialization</u>		
The Sports Medicine certificate is designed to provide students with opportunities to acquire the basis of knowledge, skills, and abilities for a potential career in sports medicine and/or athletic training. The certificate is designed to affirm student's practical skills in basic sport injury care, prevention, and rehabilitation.		
<b>Required Courses (7 credits)</b>		
KINE 214	INTRODUCTION TO EXERCISE SCIENCE	3
KINE 213	INTRODUCTION TO PREVENTION AND CARE OF ATHLETIC INJURIES	3
210	ATHLETIC TRAINING AND SPORTS MEDICINE LAB LEVEL 1	2 - 4
KINE 211	ATHLETIC TRAINING AND SPORTS MEDICINE LAB LEVEL 2	2 - 4
BIO 201A	BIOLOGY	5
HEED 204	STANDARD FIRST AID AND CPR (CARDIOPULMONARY RESUSCITATION)	3
<b>Total Units</b>		<b>18 - 22</b>

### Sports Medicine Advisory Committee Members:

Stacey Ritter (AT and Founder of Concussion Navigation Services), Megan Swanlund (Head AT Coast Union High School), Matt Quijano (Head AT Arroyo Grande High School), Brittany Bauer (AT Cuesta College), Anthony Geiger (AT Cuesta College)

**Meeting Called to order:** 3/31/2022, 10 AM. Welcome and thank you for volunteering to be a part of our advisory committee.

**Our Vision:** To prepare students for a potential career in sports medicine/athletic training. We know that further education would be required (bachelors, masters, certification) to truly work in the field, so we want to best prepare students for their future educational endeavors by giving them some foundational courses. We also want to give students the opportunity for some hands on experience to see if this really is the field they want to get into and what direction they want to take it. Are they suited to be an ATC, or would they prefer PT or another medical profession? In addition to providing them clinical experience at Cuesta through the lab courses, we would hopefully be setting them up to qualify for other observational/hands on positions at other schools or local clinics.

### Questions for the Committee:

1. Do you think our vision for this certificate is appropriate and realistic to be offering at the community college level?
  - a. **Yes. It can provide a transition for the students coming out of high school that are not quite ready for a 4-year program and are still exploring what they want to study/what path they want to take career wise. It also gives students interested in athletic training experience at the community college level, which is a setting they might not be exposed to as part of their athletic training program down the road**
  - b. **Is there any chance of taking the word Certificate out of the title of this program of study? If not, it just needs to be made very clear that a student who completes this course of study and gets the certificate of specialization CANNOT represent themselves as a certified athletic trainer and seek employment as one. More education and certification are needed before they can claim that.**
2. Thoughts on the classes offered as part of this certificate? Any substitutions or changes you think would make it more appropriate for students interested in sports medicine?
  - a. **Strong consensus for the desire to switch the Biology class to Anatomy. Anatomy would be a much more appropriate course for the certificate regardless of the direction they end up taking with the certificate (AT, PT, nursing, etc.)**

- b. **Other than changing to Anatomy, the courses are appropriate and what they would expect to be included**
- 3. Do you think we are setting students up for success to transfer into 4 year universities with this certificate? What about for specialty programs that require advanced degrees (ATC, PT...)?
  - a. **This would add to their program applications (Masters in Athletic Training) and make them stand out from other candidates. It would show that they have some of the required coursework, as well as the hands-on experience and commitment to the profession**
  - b. **The coursework would be a good foundational block for a variety of educational pathways in the medical field**
- 4. While the vision for this certificate is to prepare students for the next step in their education, do you think there is any employment they can be offered in the community with this certificate prior to completing the schooling? Aid in a PT or Chiro clinic for instance? If no, what do you think we would need to do to make this possible?
  - a. **This could be a good foundational block for a variety of medical professions: AT, PT, nursing, EMT, CSCS, personal training, massage therapist, home health aide, medical researcher, sports nutrition...**
    - i. **Keep in mind that most of these will need further education/certification**
    - ii. **It could make them better candidates as Aids/Interns**
      - 1. **If they end up going to Cal Poly, they are now paying the student interns that work with football, and this certificate would likely make them a more desirable candidate for the job**
      - 2. **For PT clinics, this certificate could make them a more desirable candidate...it really depends on the PT. However, the hands-on experience of KINE 210/11 would make the on-boarding process a lot easier and there would be less of a learning curve when starting the job (for instance, they would already know what a hydrocollator and a e-stim unit is)**
  - b. **Having some of the injury knowledge would make them more well rounded if they choose to pursue a personal trainer, exercises science, or even massage therapy path. As a consumer/client, knowing the person working with you has some basic knowledge about injuries and how to treat them/make necessary modifications is comforting**

Meeting adjourned: 10:50am