

Exercise Science/Sports Medicine Certificate

Program Description

The Exercise Science/Sports Medicine certificate is designed to provide students with a cross disciplinary foundation in the fields of exercise science, wellness, sports nutrition, and first aid as applied to the prevention, treatment and rehabilitation of activity related injuries. Courses in this program may apply toward a transfer degree in a similar area of study.

Program Contacts

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Program Outcomes

Upon successful completion of the Exercise Science/Sports Medicine Certificate program, the learner will be able to:

1. Identify terms and functions pertaining to the systems of the body as they relate to exercise, wellness, fitness and sport. (BIO 181, BIO 201, PHE 152, PHE 157, PHE 251)
2. Explain the basic functions of the biological, anatomical, biomechanical and physiological mechanisms of human motor performance as they relate to exercise, wellness, fitness and sport. (BIO 181, BIO 201, PHE 150, PHE 152, PHE 157, PHE 251)
3. Measure, identify, design and evaluate effectiveness of injury prevention, treatment and rehabilitation across diverse populations pertaining to human motor performance as it relates to exercise and sport. (PHE 150, PHE 152, PHE 153, PHE 251)

Program Requirements

A minimum of 22 credit hours is required to complete the Exercise Science/Sports Medicine Certificate.

| Course | Course Title | Credit Hours |
|--------|--------------------------------|--------------|
| BIO181 | General Biology I | 4 |
| BIO201 | Human Anatomy & Physiology I | 4 |
| PHE150 | Preventing Athl Injury/Em Care | 3 |
| PHE152 | Personal Health & Wellness | 3 |
| PHE153 | First Aid/CPR/AED and Safety | 2 |
| PHE157 | Nutrition for Health/Fit/Sport | 3 |
| PHE251 | Integrated Exercise Science | 3 |