ASSOCIATE DEGREE IN SPORT/FITNESS STUDIES—ATHLETIC TRAINING CONCENTRATION

Program Description
The Sport/Fitness Studies major, with concentrations in Athletic Training, Exercise Science, Physical Education and Sport Management, is designed for those students with a love of physical activity and an active lifestyle who want to pursue a career in one of the many exciting fields associated with this area. From the traditional field of study in physical education, to the scientific areas of exercise science and athletic training, to the rapidly expanding field of sport management, students have an opportunity to explore and develop their interests and skills in a broad variety of both academic- and activity-based courses. While students may choose from one of four concentrations within their first semester, they have the flexibility and freedom to change to another concentration if their interests should change. Most of the careers associated with these concentrations require a bachelor’s degree, and each concentration is designed to facilitate transfer to a four-year college or university.

The Athletic Training concentration is designed for those students who want to combine strong interests in science, athletics and medicine. A certified athletic trainer is an allied health care professional who works with athletes to prevent, treat and rehabilitate sport injuries under the direct supervision of a physician. Certified athletic trainers work in a variety of settings including high school, college and professional sport organizations, as well as private clinics. Dean’s Athletic Training curriculum offers students basic theory courses linked to a practicum supervised by a licensed athletic trainer certified by National Athletic Trainers Association (NATA).

Program Learning Goals
Through the course of study in the Associate Degree in Sport/Fitness Studies – Athletic Training concentration, students will be provided an opportunity to learn how to:

- Explain anatomical structure and physiological functions of human body systems, homeostasis and/or disorders resulting from homeostatic imbalances and injuries.
- Identify significant events that have shaped the history and development of physical education and sport while identifying critical issues facing these areas.
- Utilize various methods of appraising and evaluating each of the health-related and skill-related components of physical fitness and develop an individualized fitness plan based on the findings of the fitness assessment.
- Demonstrate competency in the recognition, evaluation, treatment and prevention of athletic injuries.
- Apply quantitative methods in the analysis of sport-related topics, including measures of health and fitness, psychosocial behavior, factors influencing athletic injuries and injury prevention methods.
- Through the use of quantitative and qualitative methods of analysis recognize cognitive and biological influences on human psychological development over the lifespan.

Upon completion of their coursework at Dean, students seeking certification must be accepted into a Commission on Accreditation of Allied Health Education Programs (CAAHEP) entry-level athletic training curriculum program and receive a bachelor’s degree. Dean’s curriculum provides excellent preparation for students to transfer into many of these programs. Please note that a very strong science background is necessary for any student who is considering this concentration.

Bachelor’s Degrees and Careers
Graduates of Dean’s associate programs have many options from which to choose. Some Dean graduates will transition into one of Dean’s bachelor’s degree programs, including the Bachelor of Science in Business program with a concentration in Sport Management (see pages 34-37 of the Academic Catalog). Others will transfer to one of many colleges or universities around the country to complete their four-year degree. See Section B (pages 16-17 of the Academic Catalog) for a list of the institutions with which Dean has transfer agreements. Some associate degree graduates choose to directly enter the workplace.
Degree Requirements

CORE (27 credits)
DEAN 100 — Dean Foundations (3 cr)
ENG 111 — Composition (3 cr)
ENG 112 — Composition and Literature (3 cr)
SPC 101 — Communication Fundamentals (3 cr)
MTH 111 — Quantitative and Financial Literacy: The Math You Really Need (3 cr)
DISCOVER the Arts Elective (3 cr)
DISCOVER the Humanities Elective (3 cr)
DISCOVER the Natural Sciences and Mathematics Elective (3 cr)
DISCOVER the Social Sciences Elective (3 cr)

MAJOR (28 credits)
SFL 174 — History and Philosophy of Sport and Physical Activity (3 cr)
SFL 170 — First Aid and Safety/CPR*** (3 cr)
SFL 260 — Fundamentals of Physical Fitness and Conditioning (3 cr)
SFL 241 — Care and Prevention of Athletic Injuries (4 cr)
SFL 200A — Athletic Training Internship (1 cr)
BIO 171 — Anatomy and Physiology I*,*** (4 cr)
BIO 172 — Anatomy and Physiology II* (4 cr)
MTH 130 — Introductory Statistics (3 cr)
PSY 111 — General Psychology (3 cr)

ELECTIVES (6 credits)**
Course 1 (3 cr)
Course 2 (3 cr)

NOTES
*If a student changes majors before completing both BIO 171 and BIO 172, the student must complete BIO 111 — The Science of Wellness, Fitness and Nutrition (4 cr) to meet the Core requirements of the new major.

**Students are advised to take SFL 234 — Nutrition and Food Science and PSY/SOC 170 — Understanding Fan Behavior to fulfill elective requirements.

***A grade of C- or better in BIO 171 — Human Anatomy and Physiology and SFL 170 — First Aid and Safety/CPR, or approval of the Dean of the School of Liberal Arts and Sciences, is required to remain in this concentration.

TOTAL CREDITS: 61

Recommended Course Sequence

Year One, Semester One (16 credits)
DEAN 100 — Dean Foundations (3 cr)
ENG 111 — Composition (3 cr)
DISCOVER Series Requirement #1 (3 cr)
SFL 174 — History and Philosophy of Sport and Physical Activity (3 cr)
BIO 171 — Anatomy and Physiology I (4 cr)

Year One, Semester Two (16 credits)
ENG 112 — Composition and Literature (3 cr)
DISCOVER Series Requirement #2 (3 cr)
MTH 111 — Quantitative and Financial Literacy: The Math You Really Need (3 cr)
BIO 172 — Anatomy and Physiology II (4 cr)
SFL 170 — First Aid and Safety/CPR (3 cr)

Year Two, Semester One (16-17 credits)
SFL 174 — History and Philosophy of Sport and Physical Activity (3 cr)
SFL 170 — First Aid and Safety/CPR*** (3 cr)
SFL 260 — Fundamentals of Physical Fitness and Conditioning (3 cr)
SFL 241 — Care and Prevention of Athletic Injuries (4 cr)
SFL 200A — Athletic Training Internship (1 cr)
BIO 171 — Anatomy and Physiology I*,*** (4 cr)
BIO 172 — Anatomy and Physiology II* (4 cr)
MTH 130 — Introductory Statistics (3 cr)
PSY 111 — General Psychology (3 cr)

Year Two, Semester Two (12-13 credits)
DISCOVER Series Requirement #4 (3 cr)
Elective (3 cr)
Elective (3 cr)
PSY 111 — General Psychology (3 cr)
SFL 200A — Athletic Training Internship (if not completed in Year Two, Semester One) (1 cr)

TOTAL CREDITS: 61

See page 144 of the Academic Catalog for the list of DISCOVER series courses.
ASSOCIATE DEGREE IN SPORT/FITNESS STUDIES—EXERCISE SCIENCE CONCENTRATION

Program Description
The Sport/Fitness Studies major, with concentrations in Athletic Training, Exercise Science, Physical Education and Sport Management, is designed for those students with a love of physical activity and an active lifestyle who want to pursue a career in one of the many exciting fields associated with this area. From the traditional field of study in physical education, to the scientific areas of exercise science and athletic training, to the rapidly expanding field of sport management, students have an opportunity to explore and develop their interests and skills in a broad variety of both academic- and activity-based courses. While students may choose from one of four concentrations within their first semester, they have the flexibility and freedom to change to another concentration if their interests should change. Most of the careers associated with these concentrations require a bachelor's degree, and each concentration is designed to facilitate transfer to a four-year college or university.

The Exercise Science concentration is designed to allow students to continue their academic careers in a number of majors associated with fitness and human performance, including cardiac rehabilitation, exercise science, health, health fitness and physical education. Upon graduation, students are able to pursue career opportunities in health clubs, cardiac rehabilitation facilities, corporate fitness centers and private entrepreneurial enterprises.

Program Learning Goals
Through the course of study in the Associate Degree in Sport/Fitness Studies – Exercise Science concentration, students will be provided an opportunity to learn how to:

• Explain anatomical structure and physiological functions of human body systems, homeostasis and/or disorders resulting from homeostatic imbalances and injuries.

• Identify significant events that have shaped the history and development of physical education and sport while identifying critical issues facing these areas.

• Utilize various methods of appraising and evaluating each of the health-related and skill-related components of physical fitness and develop an individualized fitness plan based on the findings of the fitness assessment.

• Identify and understand critical issues confronting physical, mental and nutritional health.

• Apply quantitative methods in the analysis of sport-related topics, including measures of health, fitness and psychosocial behavior.

• Demonstrate proficiency in skills and technique courses.

Bachelor’s Degrees and Careers
Graduates of Dean’s associate programs have many options from which to choose. Some Dean graduates will transition into one of Dean’s bachelor’s degree programs, including the Bachelor of Science in Business program with a concentration in Sport Management (see pages 34-37 of the Academic Catalog). Others will transfer to one of many colleges or universities around the country to complete their four-year degree. See Section B (pages 16-17 of the Academic Catalog) for a list of the institutions with which Dean has transfer agreements. Some associate degree graduates choose to directly enter the workplace.
### Recommended Course Sequence

#### Year One, Semester One (16 credits)
- DEAN 100 — Dean Foundations (3 cr)
- ENG 111 — Composition (3 cr)
- DISCOVER Series Requirement #1 (3 cr)
- SFL 174 — History and Philosophy of Sport and Physical Activity (3 cr)
- BIO 171 — Anatomy and Physiology I (4 cr)

#### Year One, Semester Two (17 credits)
- ENG 112 — Composition and Literature (3 cr)
- MTH 111 — Quantitative and Financial Literacy: The Math You Really Need (3 cr)
- DISCOVER Series Requirement #2 (3 cr)
- BIO 172 — Anatomy and Physiology II (4 cr)
- SFL 170 — First Aid and Safety/CPR (3 cr)
- Swim/Fitness Skills Sequence: SFL 155 or SFL 156 — Swim I or II (by placement) and SFL 131 — Flexibility and Strengthening Techniques (1 cr in total)

#### Year Two, Semester One (13 credits)
- DISCOVER Series Requirement #3 (3 cr)
- SFL 101 — Communication Fundamentals (3 cr)
- Elective (3 cr)
- SFL 260 — Fundamentals of Physical Fitness and Conditioning (3 cr)
- Core Training Skills Sequence: SFL 139 — Core Training I and SFL 143 — Core Training II
- BIO 171 — Anatomy and Physiology I*,** (4 cr)
- BIO 172 — Anatomy and Physiology II* (4 cr)
- ENG 290 — Literature of Baseball or additional DISCOVER the Humanities Elective (3 cr)
- PSY 111 — General Psychology (3 cr)

#### Year Two, Semester Two (16 credits)
- DISCOVER Series Requirement #4 (3 cr)
- SFL 101 — Communication Fundamentals (3 cr)
- Elective (3 cr)
- SFL 260 — Fundamentals of Physical Fitness and Conditioning (3 cr)
- Core Training Skills Sequence: SFL 139 — Core Training I and SFL 143 — Core Training II (1 cr in total)

#### TOTAL CREDITS: 62

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### Degree Requirements

#### CORE (27 credits)
- DEAN 100 — Dean Foundations (3 cr)
- ENG 111 — Composition (3 cr)
- ENG 112 — Composition and Literature (3 cr)
- SPC 101 — Communication Fundamentals (3 cr)
- MTH 111 — Quantitative and Financial Literacy: The Math You Really Need (3 cr)
- DISCOVER the Humanities Elective (3 cr)
- DISCOVER the Social Sciences Elective (3 cr)

#### MAJOR (29 credits)
- SFL 174 — History and Philosophy of Sport and Physical Activity (3 cr)
- SFL 170 — First Aid and Safety/CPR*** (3 cr)
- SFL 260 — Fundamentals of Physical Fitness and Conditioning (3 cr)
- SFL 234 — Nutrition and Food Sciences (3 cr)
- Skills Electives (6 skills classes; 3 cr):
  - Weight Training Skills Sequence: SFL 160 — Weight Training mass and SFL 168 — Advanced Weight Training
  - Swim/Fitness Skills Sequence: SFL 155 or SFL 156 — Swim I or II and SFL 131 — Flexibility and Strengthening Techniques
  - Core Training Skills Sequence: SFL 139 — Core Training I and SFL 143 — Core Training II
  - BIO 171 — Anatomy and Physiology I*,*** (4 cr)
  - BIO 172 — Anatomy and Physiology II* (4 cr)
  - ENG 290 — Literature of Baseball or additional DISCOVER the Humanities Elective (3 cr)
  - PSY 111 — General Psychology (3 cr)

#### ELECTIVES (6 credits)**
- Course 1 (3 cr)
- Course 2 (3 cr)

#### NOTES
- *If a student changes majors before completing both BIO 171 and BIO 172, the student must complete BIO 111 — The Science of Wellness, Fitness and Nutrition (4 cr) to meet the Core requirements of the new major.
- **Students are advised to take SFL 241 — Care and Prevention of Athletic Injuries and SFL 281 — Personal and Community Health to fulfill elective requirements.
- ***A grade of C- or better in BIO 171 — Human Anatomy and Physiology and SFL 170 — First Aid and Safety/CPR, or approval of the Dean of the School of Liberal Arts and Sciences, is required to remain in this concentration.

#### TOTAL CREDITS: 62

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See page 144 of the Academic Catalog for the list of DISCOVER series courses.

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Dean College Academic Catalog 2013-2014

Associate Degree - Sport/Fitness Studies - Exercise Science
ASSOCIATE DEGREE IN SPORT/FITNESS STUDIES–PHYSICAL EDUCATION CONCENTRATION

Program Description
The Sport/Fitness Studies major, with concentrations in Athletic Training, Exercise Science, Physical Education and Sport Management, is designed for those students with a love of physical activity and an active lifestyle who want to pursue a career in one of the many exciting fields associated with this area. From the traditional field of study in physical education, to the scientific areas of exercise science and athletic training, to the rapidly expanding field of sport management, students have an opportunity to explore and develop their interests and skills in a broad variety of both academic- and activity-based courses. While students may choose from one of four concentrations within their first semester, they have the flexibility and freedom to change to another concentration if their interests should change. Most of the careers associated with these concentrations require a bachelor’s degree, and each concentration is designed to facilitate transfer to a four-year college or university.

Careers as physical education teachers, coaches and health and fitness instructors are some of the many choices open to those who choose the Physical Education concentration. Designed for students who want to teach and make a difference in the lives of either young people or adults, the program focuses on both the knowledge and skills necessary to teach and coach physical activities.

Program Learning Goals
Through the course of study in the Associate Degree in Sport/Fitness Studies – Physical Education concentration, students will be provided an opportunity to learn how to:

- Explain anatomical structure and physiological functions of human body systems, homeostasis and/or disorders resulting from homeostatic imbalances and injuries.
- Identify significant events that have shaped the history and development of physical education and sport while identifying critical issues facing these areas.
- Utilize various methods of appraising and evaluating each of the health-related and skill-related components of physical fitness and develop an individualized fitness plan based on the findings of the fitness assessment.
- Identify and understand critical issues confronting physical, mental and nutritional health.
- Understand philosophical models, recognize aspects of quality education and child development theories, and be able to articulate the role of the educator and the impact of challenges on education.

Bachelor’s Degrees and Careers
Graduates of Dean’s associate programs have many options from which to choose. Some Dean graduates will transition into one of Dean’s bachelor’s degree programs, including the Bachelor of Science in Business program with a concentration in Sport Management (see pages 34-37 of the Academic Catalog). Others will transfer to one of many colleges or universities around the country to complete their four-year degree. See Section B (pages 16-17 of the Academic Catalog) for a list of the institutions with which Dean has transfer agreements. Some associate degree graduates choose to directly enter the workplace.
Recommended Course Sequence

Year One, Semester One (17 credits)
DEAN 100 — Dean Foundations (3 cr)
ENG 111 — Composition (3 cr)
DISCOVER Series Requirement #1 (3 cr)
SFL 174 — History and Philosophy of Sport and Physical Activity (3 cr)
BIO 171 — Anatomy and Physiology I (4 cr)
Life/Racquet Sport Skills Sequence: SFL 162 — Golf and SFL 133 — Badminton (1 cr in total)

Year One, Semester Two (17 credits)
ENG 112 — Composition and Literature (3 cr)
SPC 101 — Communication Fundamentals (3 cr)
DISCOVER Series Requirement #2 (3 cr)
BIO 172 — Anatomy and Physiology II (4 cr)
SFL 170 — First Aid and Safety/CPR (3 cr)
Swim/Fitness Skills Sequence: SFL 155 or SFL 156 — Swim I or Swim II (by placement) and SFL 131 — Flexibility and Strengthening Techniques (1 cr in total)

Year Two, Semester One (15–16 credits)
MTH 111 — Quantitative and Financial Literacy: The Math You Really Need (3 cr)
DISCOVER Series Requirement #3 (3 cr)
Elective (3 cr)
EDU 103 — Foundations of Education (3 cr)
SFL 260 — Fundamentals of Physical Fitness and Conditioning (3 cr)
Team Sport Skills Sequence (if not to be completed in semester 4): SFL 144 — Lacrosse and SFL 135 — Basketball (1 cr in total)

Year Two, Semester Two (12–13 credits)
DISCOVER Series Requirement #4 (3 cr)
Elective (3 cr)
PSY 111 — General Psychology (3 cr)
SFL 234 — Nutrition and Food Sciences (3 cr)
Team Sport Skills Sequence (if not completed in semester 3): SFL 158 — Volleyball and SFL 152 — Soccer (1 cr in total)

TOTAL CREDITS: 62

See page 144 of the Academic Catalog for the list of DISCOVER series courses.
ASSOCIATE DEGREE IN SPORT/FITNESS STUDIES–SPORT MANAGEMENT CONCENTRATION

Program Description
The Sport/Fitness Studies major, with concentrations in Athletic Training, Exercise Science, Physical Education and Sport Management, is designed for those students with a love of physical activity and an active lifestyle who want to pursue a career in one of the many exciting fields associated with this area. From the traditional field of study in physical education, to the scientific areas of exercise science and athletic training, to the rapidly expanding field of sport management, students have an opportunity to explore and develop their interests and skills in a broad variety of both academic- and activity-based courses. While students may choose from one of four concentrations within their first semester, they have the flexibility and freedom to change to another concentration if their interests should change. Most of the careers associated with these concentrations require a bachelor’s degree, and each concentration is designed to facilitate transfer to a four-year college or university.

The Sport Management concentration is designed for students who want to combine their interests in both business management and one of the many physical activity options. It prepares students for a variety of career opportunities, including those in professional sports, club or camp management, educational athletics, sports and leisure retailing, and entrepreneurial enterprises. Both entry-level career positions and bachelor’s degree opportunities are available to students completing this concentration.

Program Learning Goals
Through the course of study in the Associate Degree in Sport/Fitness Studies–Sport Management concentration, students will be provided an opportunity to learn how to:

- Understand and explain critical issues such as finance, marketing, management and brand equity as well as the health, protection and exploitation of athletes.
- Identify significant events that have shaped the history and development of physical education and sport while identifying critical issues facing these areas.
- Demonstrate proficiency in skills and technique courses.
- Discuss and understand ethical considerations as they relate to decision making and impact an individual, a company or society.
- Develop analytical and quantitative skills necessary to making sound business decisions.
- Assess and analyze economic problems and issues encountered in today’s economy.

Bachelor’s Degrees and Careers
Graduates of Dean’s associate programs have many options from which to choose. Some Dean graduates will transition into one of Dean’s bachelor’s degree programs, including the Bachelor of Science in Business program with a concentration in Sport Management (see pages 34-37 of the Academic Catalog). Others will transfer to one of many colleges or universities around the country to complete their four-year degree. See Section B (pages 16-17 of the Academic Catalog) for a list of the institutions with which Dean has transfer agreements. Some associate degree graduates choose to directly enter the workplace.
Degree Requirements

**CORE (31 credits)**

- DEAN 100 — Dean Foundations (3 cr)
- ENG 111 — Composition (3 cr)
- ENG 112 — Composition and Literature (3 cr)
- SPC 101 — Communication Fundamentals (3 cr)
- MTH 111 — Quantitative and Financial Literacy: The Math You Really Need (3 cr)
- BIO 111 — Science of Wellness, Fitness and Nutrition (4 cr)
- DISCOVER the Arts Elective (3 cr)
- DISCOVER the Humanities Elective (3 cr)
- DISCOVER the Natural Sciences and Mathematics Elective (3 cr)
- DISCOVER the Social Sciences Elective* (3 cr)

**MAJOR (23 credits)**

- SFL 174 — History and Philosophy of Sport and Physical Activity (3 cr)
- SFL 172 — Introduction to Sport Management (3 cr)
- Skills Electives (4 skills classes; 2 cr):
  - *Swim/Fitness Skills Sequence*: SFL 155 or SFL 156 — Swim I or II and SFL 131 — Flexibility and Strengthening Techniques,
  - *Life/Racquet Sport Skills Sequence*: SFL 162 — Golf and SFL 133 — Badminton
- ACCT 103 — Financial Accounting (3 cr)
- ACCT 200 — Managerial Accounting (3 cr)
- BUS 123 — Foundation of Business (3 cr)
- BUS 230 — Principles of Management (3 cr)
- ECO 150 — Principles of Economics (3 cr)

**ELECTIVES (6 credits)**

- Course 1 (3 cr)
- Course 2 (3 cr)

**NOTES**

* Students are advised to take PSY/SOC 170 — Understanding Fan Behavior or another sports-related DISCOVER course.

** Students who plan to remain at Dean to complete the Bachelor’s Degree in Business with a concentration in Sport Management should take BUS 235 — Principles of Marketing and MTH 240 — Applied Quantitative Reasoning for Business to fulfill elective requirements.

**TOTAL CREDITS: 60**

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**Recommended Course Sequence**

**Year One, Semester One (15 credits)**

- DEAN 100 — Dean Foundations (3 cr)
- ENG 111 — Composition (3 cr)
- DISCOVER Series Requirement #1 (3 cr)
- ACCT 103 — Financial Accounting (3 cr)
- SFL 174 — History and Philosophy of Sport and Physical Activity (3 cr)

**Year One, Semester Two (16 credits)**

- ENG 112 — Composition and Literature (3 cr)
- SFL 172 — Introduction to Sport Management (3 cr)
- MTH 111 — Quantitative and Financial Literacy: The Math You Really Need (3 cr)
- ACCT 200 — Managerial Accounting (3 cr)
- BUS 123 — Foundation of Business (3 cr)
- Swim/Fitness Skills Sequence: SFL 155 or SFL 156 — Swim I or II (by placement) and SFL 131 — Flexibility and Strengthening Techniques (1 cr in total)

**Year Two, Semester One (14 credits)**

- BIO 111 — Science of Wellness, Fitness and Nutrition (4 cr)
- DISCOVER Series Requirement #2 (3 cr)
- DISCOVER Series Requirement #3 (3 cr)
- ECO 150 — Principles of Economics (3 cr)
- Elective (3 cr)

**Year Two, Semester Two (15 credits)**

- SPC 101 — Communication Fundamentals (3 cr)
- DISCOVER Series Requirement #3 (3 cr)
- DISCOVER Series Requirement #4 (3 cr)
- ECO 150 — Principles of Economics (3 cr)
- Elective (3 cr)

**TOTAL CREDITS: 60**

See page 144 of the Academic Catalog for the list of DISCOVER series courses.