

HEALTH, PHYSICAL EDUCATION, AND RECREATION – ATHLETIC TRAINING OPTION

(Note: Program requirements for this degree are offered on NOC Enid and NOC Tonkawa campus only.

At the beginning of each course listing, the four letter abbreviation indicates the department and the four digits indicate the course code used for enrollment. The total course hour value follows each.)

PROGRAM REQUIREMENTS		SUGGESTED COURSE SEQUENCE	
	Credit Hours		Credit Hours
GENERAL EDUCATION COURSES	37 TOTAL HOURS	FIRST SEMESTER	16 TOTAL HOURS
ENGLISH COMPOSITION COURSES		ENGL 1113 English Composition I	3 hours
ENGL 1113 English Composition I	3 hours	MATH 1513 College Algebra	3 hours
ENGL 1213 English Composition II	3 hours	ORNT 1101 Freshman Orientation	1 hour
HISTORY AND GOVERNMENT COURSES		BSAD 1113 Digital/Financial Literacy	3 hours
HIST 1483 American History to 1877		HPET 2212 First Aid	2 hours
(OR) HIST 1493 American History Since 1877	3 hours	BISI 1114 General Biology	4 hours
POLI 1113 American Government	3 hours	SECOND SEMESTER	14 TOTAL HOURS
HUMANITIES COURSES		ENGL 1213 English Composition II	3 hours
Electives	6 hours	CHEM 1314 General Chemistry	4 hours
One 3 hour course to be chosen from those listed with the International Dimension and 3 hours of humanities electives.		HPET 2633 Care & Prevention of Athletic Injuries	3 hours
MATHEMATICS COURSES		General Education Electives	4 hours
MATH 1513 College Algebra	3 hours	THIRD SEMESTER	15 TOTAL HOURS
SCIENCE COURSES		POLI 1113 American Government	3 hours
BISI 1114 General Biology	4 hours	BISI 2104 Human Anatomy	4 hours
CHEM 1314 General Chemistry	4 hours	HPET 1113 Nutrition	3 hours
COMPUTER SCIENCE COURSES		HPET 2382 Athletic Training-Practicum I	2 hours
BSAD 1113 Digital/Financial Literacy (or other approved computer course)	3 hours	Humanities Elective	3 hours
ORIENTATION COURSES		FOURTH SEMESTER	15 TOTAL HOURS
ORNT 1101 Freshman Orientation	1 hour	Humanities Elective	3 hours
GENERAL EDUCATION ELECTIVE COURSES	4 hours	HIST 1483 American History to 1877 (OR) HIST 1493 American History Since 1877	3 hours
Select courses from: Language Arts, Natural Sciences, Foreign Languages, Fine Arts, Humanities, Mathematics, Behavioral Science, or Social Sciences.		BISI 2204 Human Physiology	4 hours
PROGRAM REQUIREMENT COURSES	23 TOTAL HOURS	HPET 1223 Health Education & Wellness	3 hours
**BISI 2104 Human Anatomy	4 hours	HPET 2482 Athletic Training-Practicum II	2 hours
**BISI 2204 Human Physiology	4 hours		
HPET 1113 Nutrition	3 hours	This is a suggested sequence timeline only. A student may require more than four semesters to complete an Associate in Science degree.	
HPET 1223 Health Education & Wellness	3 hours	**These program courses are typically offered only once a year. See course descriptions for fall or spring designations and plan accordingly.	
HPET 2212 First Aid	2 hours	NOC evaluates students for placement into either foundational or college-level courses, whichever will lead to the greatest possibility of student success. Academic placement is determined either by A.C.T. test scores or by Accuplacer test scores. These tests are administered in the Testing Center at NOC. Based upon the scores, students may be required to take one or more courses for remediation in English, Math, or Reading, either prior to or concurrent with credit courses. See the NOC testing web page by clicking on the following link: ACT Northern Oklahoma College (http://www.noc.edu/act) for placement guidelines.	
**HPET 2382 Athletic Training-Practicum I	2 hours		
**HPET 2482 Athletic Training-Practicum II	2 hours		
HPET 2633 Care & Prevention of Athletic Injuries	3 hours		
The first year will involve 75 to 85 hours of observation. The second year will involve 500 hours of clinical work.			
TOTAL CREDIT HOURS	60		

The Associate in Science degree in Athletic Training is designed to prepare students to pursue a bachelor's degree at a four-year institution.

Under the supervision of a licensed physician, the athletic trainer serves an important role in the health care system of recognizing, preventing, evaluating, managing, and rehabilitating sports injuries. Athletic Training is recognized by the American Medical Association as an allied health care profession. Specifically, the Athletic Trainer specializes in five practice areas: Prevention of athletic injuries; Recognition, evaluation, and immediate care of athletic injuries; Rehabilitation and reconditioning of athletic injuries; Health care administration; Education and counseling.

Students who desire to become candidates in Athletic Training are required to make a formal application to the Athletic Training department for admission to the program. This application must be submitted on or before April 15th and formal approval is required.

GPA and ACT composite scores are weighed heavily as acceptance is highly competitive.

Career Opportunities

- Athletic Trainer
- Physical Therapist
- Strength & Conditioning