

# Grayson College Course Catalog

## Overview

The Athletic Training AS degree at Grayson College is designed for transfer to four-year institutions and can lead to a bachelor's degree in sports management, physical education, physical therapy assistant, and other various degrees related to health and fitness.

Students are advised to counsel with the university/college of their choice to determine if all courses recommended by Grayson College are applicable to that institution's Athletic Training degree program.

## AS Degree Requirements

### Associate of Science - Athletic Training

| Subject  | Semester Hours |
|--|----------------|
| <a href="#">ENGL 1301</a> (Comp I)   | 3              |
| <a href="#">MATH 1314</a> (College Algebra)  | 3              |
| <a href="#">HIST 1301</a> (U.S. History I)   | 3              |
| <a href="#">EDUC/PSYC 1300</a> (Learning Frameworks)   | 3              |
| <a href="#">PHED 2356</a> (Care & Prevention of Athletic Injuries)                             | 3              |
| * <a href="#">ENGL 1302</a> (Comp II) or <a href="#">SPCH 1311</a> (Intro to Spch Comm)        | 3              |
| <a href="#">BIOL 1306</a> (Biology I)  | 3              |
| <a href="#">BIOL 1106</a> (Biology I Lab)  | 1              |
| * <a href="#">MUSI 1306</a> (Music Appreciation) <a href="#">ARTS 1301</a> (Art Appreciation)  | 3              |
| <a href="#">GOVT 2305</a> (Federal Government)   | 3              |
| <a href="#">PHED 1301</a> (Foundations of Kinesiology)   | 3              |
| <a href="#">BIOL 2301</a> (Anatomy & Physiology I Lecture)                                     | 3              |
| <a href="#">BIOL 2101</a> (Anatomy & Physiology I Lab)   | 1              |
| <a href="#">HIST 1302</a> (U.S. History II)  | 3              |
| <a href="#">PHED 1306</a> (First Aid)  | 3              |
| <a href="#">PHED 1164</a> (Intro to Physical Fitness & Sports)                                 | 1              |
| * <a href="#">SOC1 1301</a> (Intro to Sociology) or <a href="#">PSYC 2301</a> (General Psych.) | 3              |
| <a href="#">GOVT 2306</a> (Texas Government)   | 3              |
| <a href="#">PHED 1308</a> (Sports Officiating I)   | 3              |
| <a href="#">PHED 1304</a> (Personal & Community Health I)                                      | 3              |
| <a href="#">PHED 1346</a> (Drug Use & Abuse)   | 3              |
|  | <b>60</b>      |

\*Please review your Student Planner or contact your Student Success Coach/Faculty Mentor to review which courses may be used to fill this degree requirement.

## Core

Students earning an Associate of Arts, Associate of Science, or Associate of Arts in Teaching Degree at Grayson College must complete 42 hours of a state mandated Core Curriculum in addition to major courses and electives in their particular area of interest. Following are the Core Curriculum Component Areas. [Click here](#) for allowable courses within each component area.

| Component Areas                       | Required Hours |
|---------------------------------------|----------------|
| 010 Communication                     | 6              |
| 020 Mathematics                       | 3              |
| 030 Life and Physical Sciences        | 6              |
| 040 Language, Philosophy, and Culture | 3              |

|                                    |           |
|------------------------------------|-----------|
| 050 Creative Arts                  | 3         |
| 060 American History               | 6         |
| 070 Government/Political Science   | 6         |
| 080 Social and Behavioral Sciences | 3         |
| 090 Component Area Option          | 6         |
| <b>Total</b>                       | <b>42</b> |

### **PHED 1346 - Drug Use and Abuse**

Study of the use, misuse and abuse of drugs and other harmful substances in today's society. Physiological, sociological, pharmacological and psychological factors will be emphasized.

**Grade Basis:** L

**Credit hours:** 3.0

**Lecture hours:** 3.0

### **PHED 1110 - General Activities**

Fundamental instruction and participation in individual and team sports, including tennis, basketball, volleyball, and weight lifting.

**Grade Basis:** L

**Credit hours:** 1.0

**Lecture hours:** 3.0

**Restrictions:**

- One-hour physical education activity courses are not designed for transfer.

### **PHED 1111 - Slimnastics**

Exercise course which includes physical self-improvement through total fitness, physical fitness, and body improvement.

**Grade Basis:** L

**Credit hours:** 1.0

**Lecture hours:** 3.0

**Restrictions:**

- One-hour physical education activity courses are not designed for transfer.

### **PHED 1112 - Weight Training and Conditioning**

Introduction to basic conditioning exercises with primary instruction on proper stretching, weight lifting techniques, and aerobic conditioning methods.

**Grade Basis:** L

**Credit hours:** 1.0

**Lecture hours:** 3.0

**Restrictions:**

- One-hour physical education activity courses are not designed for transfer.

### **PHED 1115 - Volleyball/Basketball**

Rules, skills, techniques, and strategies of the two sports. Individual skills and team concepts. Emphasis on league and recreation utilization of the two sports.

**Grade Basis:** L

**Credit hours:** 1.0

**Lecture hours:** 3.0

**Restrictions:**

- One-hour physical education activity courses are not designed for transfer.
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### **PHED 1116 - Jogging and Conditioning**

Designed to improve one's fitness level including strength, muscular endurance, running techniques, etc.

**Grade Basis:** L

**Credit hours:** 1.0

**Lecture hours:** 3.0

**Restrictions:**

- One-hour physical education activity courses are not designed for transfer.
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### **PHED 1130 - Beginning Bowling**

Scoring, rules of etiquette, basic skills, and recreational opportunities in community life.

**Grade Basis:** L

**Credit hours:** 1.0

**Lecture hours:** 3.0

**Restrictions:**

- One-hour physical education activity courses are not designed for transfer.
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### **PHED 1131 - Intermediate Bowling**

Advanced skills, spare bowling, various types of ball delivery.

**Grade Basis:** L

**Credit hours:** 1.0

**Lecture hours:** 3.0

**Restrictions:**

- One-hour physical education activity courses are not designed for transfer.
  - Beginning Bowling or consent of division director.
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### **PHED 1132 - Advanced Bowling**

Designed to further enhance individual bowling skills beyond technique and toward overall strategy of the game.  
Prerequisite: Intermediate Bowling or consent of division coordinator.

**Grade Basis:** L

**Credit hours:** 1.0

**Lecture hours:** 3.0

**Restrictions:**

- One-hour physical education activity courses are not designed for transfer.
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### **PHED 1142 - Varsity Sports I**

Presentation of current scientific and technical information related to a particular activity with emphasis on developing health and skill related fitness, as well as fundamental skills.

**Grade Basis:** L

**Credit hours:** 1.0

**Lecture hours:** 3.0

**Restrictions:**

- One-hour physical education activity courses are not designed for transfer.
-

## **PHED 1144 - Varsity Conditioning I**

This course offers development of skills and personal potential for student athletes interested in improving their performance or preparing for further competition at the upper collegiate level.

**Grade Basis:** L

**Credit hours:** 1.0

**Lecture hours:** 3.0

**Restrictions:**

- One-hour physical education activity courses are not designed for transfer.
- 

## **PHED 1164 - Introduction to Physical Fitness & Sport**

Orientation to the field of physical fitness and sport. Includes the study and practice of activities and principles that promote physical fitness

**Grade Basis:** L

**Credit hours:** 1.0

**Lecture hours:** 3.0

**Restrictions:**

- One-hour physical education activity courses are not designed for transfer.
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## **PHED 1301 - Foundations of Kinesiology**

The purpose of this course is to provide students with an introduction to human movement that includes the historical development of physical education, exercise science, and sport. This course offers the student both an introduction to the knowledge base, as well as information on expanding career opportunities.

**Grade Basis:** L

**Credit hours:** 3.0

**Lecture hours:** 3.0

**Restrictions:**

- Theory Course
- 

## **PHED 1304 - Personal & Community Health I**

Investigation of the principles and practices in relation to personal and community health.

**Grade Basis:** L

**Credit hours:** 3.0

**Lecture hours:** 3.0

**Restrictions:**

- Theory Course
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## **PHED 1306 - First Aid**

Instruction and practice for emergency care. Designed to enable students to recognize and avoid hazards within their environment, to render intelligent assistance in case of accident or sudden illness, and to develop skills necessary for the immediate and temporary care of the victim. Successful completion of the course may enable the student to receive a certificate from a nationally recognized agency.

**Grade Basis:** L

**Credit hours:** 3.0

**Lecture hours:** 3.0

**Restrictions:**

- Theory Course
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## **PHED 1308 - Sports Officiating I**

The purpose of the course is to study officiating requirements for sports and games with an emphasis on mechanics, rule interpretation, and enforcement.

**Grade Basis:** L

**Credit hours:** 3.0

**Lecture hours:** 3.0

**Restrictions:**

- Theory Course
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## **PHED 1321 - Coaching/Sports/Athletics**

Study of the history, theories, philosophies, rules, and terminology of competitive sports. Includes coaching techniques.

**Grade Basis:** L

**Credit hours:** 3.0

**Lecture hours:** 3.0

**Restrictions:**

- Theory Course
- 

## **PHED 1338 - Concepts of Physical Fitness**

Concepts and use of selected physiological variables of fitness, individual testing and consultation, and the organization of sports and fitness programs.

**Grade Basis:** L

**Credit hours:** 3.0

**Lecture hours:** 3.0

**Restrictions:**

- Theory Course
- 

## **PHED 1346 - Drug Use & Abuse**

Study of the use, misuse and abuse of drugs and other harmful substances in today's society. Physiological, Sociological, Pharmacological and Psychological factors will be emphasized.

**Grade Basis:** L

**Credit hours:** 3.0

**Lecture hours:** 3.0

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## **PHED 2111 - Yoga.**

Exercise course which includes instruction and participation in yoga

**Grade Basis:** L

**Credit hours:** 1.0

**Lecture hours:** 3.0

**Restrictions:**

- One-hour physical education activity courses are not designed for transfer.
- 

## **PHED 2112 - Weight Training and Conditioning**

Designed to further enhance individual conditioning, stretching, weight lifting techniques, and aerobic conditioning.

**Grade Basis:** L

**Credit hours:** 1.0

**Lecture hours:** 3.0

**Restrictions:**

- One-hour physical education activity courses are not designed for transfer.
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### **PHED 2116 - Jogging, Walking, and Conditioning II**

Designed to further enhance one's fitness level including strength, muscular endurance, running techniques, etc.

**Grade Basis:** L

**Credit hours:** 1.0

**Lecture hours:** 3.0

**Restrictions:**

- One-hour physical education activity courses are not designed for transfer.
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### **PHED 2142 - Varsity Sports II**

Presentation of current scientific and technical information related to a particular activity with emphasis on developing health and skill related fitness, as well as fundamental skills.

**Grade Basis:** L

**Credit hours:** 1.0

**Lecture hours:** 3.0

**Restrictions:**

- One-hour physical education activity courses are not designed for transfer.
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### **PHED 2144 - Varsity Conditioning II**

This course offers development of skills and personal potential for student athletes interested in improving their performance or preparing for further competition at the upper collegiate level.

**Grade Basis:** L

**Credit hours:** 1.0

**Lecture hours:** 3.0

**Restrictions:**

- One-hour physical education activity courses are not designed for transfer.
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### **PHED 2356 - Care and Prevention of Athletic Injuries**

Prevention and care of athletic injuries with emphasis on qualities of a good athletic trainer, avoiding accidents and injuries, recognizing signs and symptoms of specific sports injuries and conditions, immediate and long-term care of injuries, and administration procedures in athletic training.

**Grade Basis:** L

**Credit hours:** 3.0

**Lecture hours:** 3.0

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**Grayson College**

6101 Grayson Drive (Hwy. 691) Denison, TX 75020

(903) 465-6030