



Exercise Science, Sports & Recreation Health Care

Career/Continuing Education with a concentration in exercise science, sports recreational health care orientation, functional anatomy, injury recognition and prevention, rehabilitation and treatment, health appraisal and fitness testing, emergency policies and procedures, exercise programming, and nutrition and weight management. Anatomy & Physiology I & II are built into the 11th grade curriculum.

An internship is completed during the 2nd semester of senior year. Internship field experience includes: physical therapy clinic, emergency room, pediatrician office, orthopedic doctor office.

Exercise Science, Sports and Recreation Health Care Tech Prep is a college prep core curriculum of four years of math, English, and science, three years of social studies, and foreign language, and two years of recreation health care.

A \$3,000 Tech Prep Scholarship will help you earn an associate degree at Sinclair Community College.

Sample High School Schedule

Grade 9

ENGLISH	English
MATH	Algebra or Geometry
SCIENCE	Integrated/Physical Science
SS	World History
PE/HEALTH	PE (sem)/Health (sem)/Sports Medicine
ELECTIVE	Foreign Language or Choice

Grade 10

ENGLISH	English
MATH	Geometry or Algebra II
SCIENCE	Biology or Chemistry
SS	American History
PE/HEALTH	PE (sem)/Health (sem)
ELECTIVE	Word Processing/ Foreign Language or Choice

Grade 11

ENGLISH	English
MATH	Algebra II, Precalculus or Trigonometry
SCIENCE	Chemistry/Physics
SS	Social Studies Elective
PATHWAY	Intro to Exercise Science and Human Biology
ELECTIVE	Foreign Language/ Choice

Grade 12

ENGLISH	English Human Biology
MATH	Algebra II or Advanced Algebra & Trigonometry
SCIENCE	Physics or Chemistry
SS	U.S. Government and/or Social Studies Elective
PATHWAY	Exercise Science, Sports and Recreation Health Care— <i>Intro to Athletic Injuries, Concepts of Fitness</i>
ELECTIVE	Choice



Students can take any Advanced Placement or Honors classes while taking this Tech Prep program!



The Kuder Career Planning System offers a comprehensive solution for career planners at all stages of career development. Go to <http://oh.kuder.com> and take the online career interest and skills survey to find a career that's right for you! Contact your high school counselor for more details.