

EXERCISE SCIENCE, SPORTS & RECREATION HEALTH CARE



Exercise Science is a program that fits a variety of students' interests in fitness, wellness, medical and healthcare careers such as: athletic training, strength and conditioning, exercise science, physical therapy, occupational therapy, nursing, physician's assistant and nutrition/dietetics. Course work includes: anatomy & physiology I and II, medical terminology, emergency policies and procedures, injury recognition, prevention, rehabilitation and treatment, nutrition and weight management. Internship observations are completed during the 2nd semester of senior year in areas including: physical therapy, occupational therapy, medical imaging, emergency department, pediatrician office, orthopedic doctor office, and chiropractic office. Exercise Science students earn college credit while in high school and in addition to a \$3,000 Sinclair Scholarship or may go directly into a 4-year college of their choice. Students can take any Advanced Placement or Honors classes while taking this program!

*Source: United States Department of Labor – Bureau of Labor Statistics (accessed 12/18)
(<https://www.bls.gov/ooh/occupation-finder.htm>)*

Occupation	Projected Job Growth by 2026	Average Salary
Fitness Trainers/Instructors	10%	\$39,210
Athletic Trainers	23%	\$46,630
Physical Therapists	28%	\$86,850
Occupational Therapists	24%	\$83,200
Registered Nurse	15%	\$71,730
Physician's Assistant	37%	\$108,610

Industrial Credentials Offered

CPR First Aid
AED

Sinclair College Credits

ALH 1130 Life Support Training for Health Prov.– 1 Credit
ALH 1132 First Aid, CPR & AED – 1Credit
C-Tag Courses - Potential Credit Available

Student Organizations

HOSA
Future Health Professionals