

SPORTS & EXERCISE SCIENCE

Sports & Exercise Science 1 - AM

6910 Full Year – 3 Credits
Open to Grade 11 3 Periods Per Day

Year 1 courses include:

- Medical Terminology
- Exercise & Athletic Training
- Anatomy & Physiology

Application required.

Recommended: Algebra 1, Biology/Lab

Sports & Exercise Science 2 – PM

6950 Full Year – 3 Credits
Open to Grade 12 3 Periods Per Day

Year 2 courses include:

- Fitness Evaluation & Assessment
- Nutrition and Wellness

Prerequisite: Sports & Exercise Science 1

Sports & Exercise Science is a two-year program designed to introduce students to careers in sports science and sports medicine. Through various hands-on activities and lab practicals, students will learn about proper technique for weightlifting & resistance training, athletic taping/wrapping procedures, rehabilitative exercise & intervention, functional and sport-specific movement assessments, and cardiovascular fitness testing protocols. Upon completion, students will earn three college credits for each first-year course and obtain a certification in First Aid/CPR. This program is intended for students who are interested in furthering their education in sports science/sports medicine. Admission into this program is highly competitive.

In year two, students will apply their training and skills learned in year one during clinical observation and internship opportunities. Students will have the opportunity to design programs and assess clients/athletes through the Lakewood Community Fitness Facility. An emphasis will be placed on preparing for the Physical Therapist Technician/Aide and ACSM Personal Trainer (CPT) certification exams.

College Credit Possible: Student must fulfill requirements of the college.

Certifications: First Aid, CPR, ACSM-CPT, AMCA Physical Therapist Aide

Internship Possibilities (paid or unpaid): Work experience 4th quarter senior year, 15 hours per week in a related occupation.

Career Technical Student Organization: Health Occupation Students of America (HOSA)

Possible Career Opportunities:

- Athletic Training
- Physical Therapy
- Personal Training
- Strength and Conditioning
- Occupational Therapy
- Exercise Physiology
- Massage Therapy
- Physician Assistant
- Orthopedic Surgeon
- Chiropractic Medicine
- Sports Psychology
- Dietetics

