

# Exercise Science and Sports Medicine



Diamond Oaks  
Laurel Oaks  
Live Oaks  
Scarlet Oaks



**MORE INFO**  
[greatoaks.com/exercisescience](http://greatoaks.com/exercisescience)

Skills recommended to be successful in this career pathway:

## HEALTH SCIENCE CAREER CLUSTER

### ESSENTIAL SKILLS

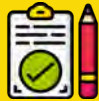
- Oral communication
- Written communication
- Physical strength/mobility
- Safety awareness
- Visual acuity/depth perception
- Perceptual speed/clerical & auditory perception
- Reasoning skills/mechanical aptitude
- Eye/hand/arm coordination/manual dexterity

### ACADEMIC SKILLS



#### APPLIED MATHEMATICS

- Understand range of motion
- Calculate and convert measurements
- Measure calorie intake/use



#### WORKPLACE DOCUMENTS

- Complete patient SOAP notes
- Read/interpret patient files
- Use professional journals



#### GRAPHIC LITERACY

- Understand anatomy charts
- Read/interpret product labeling
- Follow visual exercise guides

### DID YOU KNOW STUDENTS IN THIS PROGRAM...

- \* Evaluate the physical condition of others
- \* Remain calm in high-stress situations
- \* Engage in exercise, training and other physical activities
- \* Practice taping injuries, measure vitals
- \* Use communication skills to determine patient condition
- \* Maintain a physically fit and active lifestyle
- \* Understand the importance of nutrition
- \* Teach and physically direct others about proper ways to move
- \* Adapt quickly to changing environments
- \* Exhibit compassion toward others



### COURSES



**YEAR 1**

- ⊙ Exercise and Athletic Training
- ⊙ Medical Terminology



**YEAR 2**

- ⊙ Fitness Evaluation and Assessment
- ⊙ Nutrition and Wellness



VIEW Great Oaks Course Guide  
[greatoaks.com/course-guide](http://greatoaks.com/course-guide)

*\*Courses subject to change.*

# Exercise Science and Sports Medicine

## IS THIS YOU?



## Social | Realistic

Social personality types are “helpers;” they are friendly, outgoing, thoughtful, generous, empathetic and natural born helpers. They like to make a valuable impact on the lives of others. They are drawn to others with a desire to connect and seek close relationships. They value cooperation and cohesion. Helpers with a secondary personality type of “realistic” like to do practical and hands-on work and will thrive in careers where they can use their hands to help people.

### Key strengths that lead to success in this career path

- ✓ Dependability
- ✓ Integrity
- ✓ Cooperation
- ✓ Self-control
- ✓ Concern for others
- ✓ Attention to detail

Find your work personality type with this free assessment at [truity.com](http://truity.com):



Holland's Model of Occupational Themes – graphic courtesy of the University of Tennessee.

## WORK-BASED LEARNING OPPORTUNITIES

- ▶ Job shadowing
- ▶ Job placement
- ▶ Guest speakers
- ▶ Field trips
- ▶ Volunteer opportunities
- ▶ College visits

## COLLEGE & CAREER READY

### Career Credentials

- AMCA – Physical Therapy Aide
- OSHA 10 – Healthcare
- CPR/First Aid
- American Council on Exercise – Personal Trainer



For more information, visit [ohiohighered.org](http://ohiohighered.org)

## CAREER PATHWAYS

After earning credentials, get more education and experience to



- ▶▶ Personal trainer
- ▶▶ Physical therapist assistant
- ▶▶ Respiratory therapist
- ▶▶ Athletic trainer
- ▶▶ Occupational therapist assistant
- ▶▶ Chiropractor
- ▶▶ Medical massage therapist



VIEW Essential Skills Guides  
[greateaks.com/essential-skills](http://greateaks.com/essential-skills)

Entry-level pay range in Ohio

**\$22 - 39**  
per hour



Great Oaks alum  
Trenton Davis

