



◆ **Sports Medicine**, also known as sport and exercise medicine (SEM), focuses on helping people improve their athletic performance, recover from injury, and prevent future injuries. This fast-growing health care field benefits all kinds of people, not just athletes.

◆ **Off-Season Conditioning** is one of the most important phases of any sport. Not only will it help the athlete recover physically and psychologically, it can be used to address some of the physical challenges that are part of playing competitive sports.

◆ **Strength Training** involves lifting weights and using other resistance methods to improve athletic performance and reduce the risk of injury. When used properly, strength training will increase muscle size, strength, and endurance.

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# Health ◆ Fitness

Expanded Learning Program

Caruthers High School  
2580 W. Tahoe Ave.  
Caruthers, CA  
559.495.6416

