



# PRE-PHYSICAL THERAPY & SPORTS MEDICINE

Program of Study  
One or Two-Year Program



Career Cluster: Health Science

Career Cluster Pathway: Therapeutic Services

This Career Pathway Program of Study can serve as a guide along with other career planning materials as learners continue on a career path. Courses listed within this program are only recommended coursework and should be individualized to meet each learner's education and career goals. The courses outlined below are only RECOMMENDATIONS.

Course offerings may vary from high school to high school. Additionally, a PPR (Personalized Pathway Requirement) may be used in lieu of some of the World Language and/or Art credit requirement. See your high school counselor for additional graduation requirement information.

**PPR – Personal Pathway Requirement**

\*World Language - requirement can be met through a PPR however **world language is required** at 4-year universities and is highly recommended for individuals going into health care \* Art – 1.0 credit may be met through a PPR

EDUCATION LEVELS	GRADE	English/ Language Arts	Math	Science	Social Studies	Other Requirements	Electives	Summer School Offerings High School Credit Free of Charge
MS	6-8	Grade Level ELA	Grade Level Math	Grade Level Science	Grade Level Social Studies		STEM Classes	Summer School Available After the 8 <sup>th</sup> Grade Year
High School	9	ELA 9	Integrated Math I OR Intensive Integrated Math I	Grade Level Science		PE Health World Language* Art**	<b>CTE &amp; Elective Options Health Sciences</b> <ul style="list-style-type: none"> <li>• Intro to Medical Careers</li> <li>• Anatomy and Physiology (DC)</li> <li>• Anytime Fitness (DC)</li> <li>• Sports Medicine 1 (DC)</li> <li>• Sports Medicine 2 (DC)</li> <li>• Biotechnology</li> </ul>	<b>PCSC Summer School</b> Medical Careers, Pre-Physical Therapy OR Pre-Pharmacy at PCSC  See PCSC Summer School application for additional course offerings at other PCSC summer school locations. Offerings also include CTE classes that may satisfy academic credit graduation requirements – specifically in art, PE, and health.
	10	ELA 10	Integrated Math II	Grade Level Science	World Studies OR HIST 103 (CHS/EWU)	PE World Language* Art**		
	11	ELA 11 OR ENGL 101 (CHS/EWU)	Integrated Math III	Grade Level Science	US Studies OR AP US	PE	<b>Junior Year Options at PCSC:</b> Pre-Physical Therapy OR Pre-Pharmacy	
	12	ELA 12 OR ENGL 170 (CHS/EWU)	Consumer Math OR Math 153 & 154 (Pre-Calculus) OR Math 172 & 173 (AP Calculus) (CHS/CWU)	<b>1.5 Science Pre-Physical Therapy at PCSC</b>	Civics & Economics OR POLS 210 (CHS/CWU)	<b>1.0 PE Credit - Pre-Physical Therapy at PCSC</b>	<b>Pre-Physical Therapy at PCSC</b>	
<b>Credit Equivalency, Certifications &amp; Dual Credit</b>	<b>High School Credit Equivalency:</b> 1.5 Science – Anatomy & Physiology 1.5 PE 1.5 CTE/Elective			<b>Certifications Earned at PCSC:</b> Precision Exam First Aid/CPR Bloodborne Pathogens			<b>Articulation/Dual Credit:</b> Pierce College – Up to 15 credits  <i>Articulation agreements and number of credits are subject to change</i>	

<b>Clubs and Extracurricular Activities</b>	<b>WCTSMA</b> Washington Career and Technical Sports Medicine Association	<b>OMS WCTSMA Advisor:</b> N/A	<b>OHS WCTSMA Advisor:</b> Sports Medicine Club Renee Romo romor@orting.wednet.edu
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## Additional Program Information

### Course Description

The Pre-Physical Therapy & Sports Medicine program is designed to provide students with a hands-on experience in evaluation, acute care and rehabilitation skills. This program will also teach students about Kinesiology (the study of human movement), human anatomy and physiology, ethics, and taping procedures. This course is a first stop for students interested in becoming a certified athletic trainer, strength and conditioning coach, physical therapy assistant or physical therapist.

<b>Course Outline</b> <ul style="list-style-type: none"> <li>● Kinesiology (Anatomy, Physiology, Biomechanics)</li> <li>● Employability, Career Development &amp; Marketing</li> <li>● Acute Injury Management</li> <li>● CPR, Blood Pressure, Pulse, First Aid, HIV/AIDS</li> <li>● Treatment, Rehabilitation &amp; Reconditioning</li> <li>● Professional Development &amp; Responsibility</li> <li>● Body System Essentials (Anatomy &amp; Physiology)</li> </ul>	<b>Local Public Post-Secondary Options</b> <ul style="list-style-type: none"> <li>● Central Washington University</li> <li>● Eastern Washington University</li> <li>● Green River Community College</li> <li>● Olympic College</li> <li>● Pierce College</li> <li>● Washington State University</li> <li>● University of Washington</li> </ul>										
<b>Careers &amp; Job Outlook</b> The information provided below is from the Washington State Employment Security Department.  <a href="https://esd.wa.gov/labormarketinfo/learn-about-an-occupation#/details">https://esd.wa.gov/labormarketinfo/learn-about-an-occupation#/details</a>  <table border="0"> <thead> <tr> <th><b>Occupation</b></th> <th><b>Annual Salary</b></th> </tr> </thead> <tbody> <tr> <td>Physical Therapist Aides</td> <td>\$33,808</td> </tr> <tr> <td>Athletic Trainer</td> <td>\$51,542</td> </tr> <tr> <td>Physical Therapist Assistant</td> <td>\$63,149</td> </tr> <tr> <td>Physical Therapist</td> <td>\$90,952</td> </tr> </tbody> </table>	<b>Occupation</b>	<b>Annual Salary</b>	Physical Therapist Aides	\$33,808	Athletic Trainer	\$51,542	Physical Therapist Assistant	\$63,149	Physical Therapist	\$90,952	<b>Additional career and outlook information can be found on the following websites:</b>  <a href="http://www.bls.gov">www.bls.gov</a> <a href="http://www.careerbridge.wa.gov">www.careerbridge.wa.gov</a>
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