



SPORTS MEDICINE & FITNESS PROGRAM

CTE COURSE SEQUENCE

FOUNDATIONAL (9TH & 10TH)

- Intro to Career Pathways
- Health Occupations
- Industrial Safety and First Aid
- Foods & Nutrition - **S**
- Introduction to Careers in Health & Fitness - **S**

TECHNICAL (11TH & 12TH)

- Medical Terminology - **S**
- Introduction to Fitness Professions
- Physiology of Exercise and Fitness

ACADEMIC ELECTIVE CREDITS: **S** = SCIENCE **M** = MATH **LA** = LANGUAGE ARTS **SS** = SOCIAL STUDIES

ACADEMIC RIGOR

- Pre-Calculus with Trigonometry
- Chemistry
- Physics

STUDENT ORGANIZATION (CTSO)

- Skills USA
- HOSA

CERTIFICATION

- CPR/First Aid
- Athletic Trainer Certified
- Certified Personal Trainer

EARLY COLLEGE CREDIT OPTIONS

COLLEGE
CREDITS

DUAL ENROLLMENT

- Health Occupations 3 cr
- Medical Terminology 3 cr

AP (WITH PASSING SCORE ON AP EXAM)

- AP Biology
- AP Chemistry
- AP Physics

MAPPING YOUR 4-YEAR PLAN*

9TH GRADE	CREDITS	10TH GRADE	CREDITS
<input type="checkbox"/> Introduction to Career Pathways	.5 cr	<input type="checkbox"/> Industrial Safety and First Aid	.5 cr
<input type="checkbox"/> Health Occupations	.5 cr	<input type="checkbox"/> Foods & Nutrition - S	.5 cr
<input type="checkbox"/> Algebra 1	1 cr	<input type="checkbox"/> Introduction to Careers in Health and Fitness - S	.5 cr
<input type="checkbox"/> English 1	1 cr	<input type="checkbox"/> PE	.5 cr
<input type="checkbox"/> Biology	1 cr	<input type="checkbox"/> Geometry	1 cr
<input type="checkbox"/> Civics	.5 cr	<input type="checkbox"/> English 2	1 cr
<input type="checkbox"/> Health	.5 cr	<input type="checkbox"/> Physical Science	1 cr
<input type="checkbox"/> PE	1 cr	<input type="checkbox"/> World History	1 cr
11TH GRADE	CREDITS	12TH GRADE	CREDITS
<input type="checkbox"/> Medical Terminology - S	1 cr	<input type="checkbox"/> Physiology of Exercise and Fitness	1 cr
<input type="checkbox"/> Sports Conditioning	.5 cr	<input type="checkbox"/> Introduction to Fitness Professions	1 cr
<input type="checkbox"/> Advanced Weight Training	.5 cr	<input type="checkbox"/> Advanced Math	1 cr
<input type="checkbox"/> Algebra 2	1 cr	<input type="checkbox"/> English	1 cr
<input type="checkbox"/> English	1 cr	<input type="checkbox"/> Science	1 cr
<input type="checkbox"/> Science	1 cr	<input type="checkbox"/> U.S. Government	.5 cr
<input type="checkbox"/> U.S. History	1 cr	<input type="checkbox"/> AK History	.5 cr

*These are suggested courses to best prepare students for post-secondary transitions and credentialing. Actual courses may depend on school schedule availability and enrollment capacity. Some classes may be available at other locations through District-wide or course share options. Graduation requirements for number of credits and required courses are set at a district level and are subject to change. Talk to your counselor about your graduation requirements and to schedule your courses.

STACKABLE CREDENTIALS & DEGREES*

HIGH SCHOOL	COLLEGE
<input type="checkbox"/> Dual Enrollment	<input type="checkbox"/> Associate of Applied Science in Physical Therapist Assistant
<input type="checkbox"/> Academic AP	<input type="checkbox"/> Associate in Applied Science in Business Administration in Health
INDUSTRY CERTIFICATION	<input type="checkbox"/> Club Operations
<input type="checkbox"/> Athletic Trainer Certified	<input type="checkbox"/> Minor in Athletic Training
<input type="checkbox"/> Certified Personal Trainer	<input type="checkbox"/> Bachelor of Science in Athletic Training
<input type="checkbox"/> Physical Therapist	<input type="checkbox"/> Bachelor of Science in Kinesiology
<input type="checkbox"/> Certified Occupational Therapy Assistant	<input type="checkbox"/> Bachelor of Science in Sports Management
<input type="checkbox"/> Coaching Certification	<input type="checkbox"/> Bachelor of Science in Sports Marketing and Media
<input type="checkbox"/> Massage Therapy	<input type="checkbox"/> Master of Education - Sport and Athletic Management
APPRENTICESHIP	<input type="checkbox"/> Master of Science in Athletic Training
<input type="checkbox"/> Private Entity	<input type="checkbox"/> Professional Doctorate in Occupational Therapy
MILITARY	
<input type="checkbox"/> U.S. Armed Forces	

*Listed Certifications, Apprenticeships and College Degree Programs represent a SAMPLE of available credentials. Available credentials are subject to change due to industry and postsecondary institution changes.