

# HEALTH AND HUMAN SERVICES – HEALTH SCIENCE PATHWAY – SPORTS MED

This pathway focuses on using science, healthcare, and physical training to prevent, diagnose, and treat injuries related to sports and physical activity. It includes topics like anatomy, physiology, kinesiology, biomechanics, nutrition, rehabilitation, fitness assessment, and the ethical and legal aspects of sports medicine. Students learn how to support athletes and active individuals by promoting wellness, improving performance, and helping with recovery and injury prevention through evidence-based care and training methods.

**CAREERS INCLUDE** Athletic Trainer, Physical Therapist, Sports Medicine Physician, Exercise Physiologist, Chiropractor, Orthopedic Surgeon, Rehabilitation Specialist, Personal Trainer, Strength and Conditioning Coach, Kinesiologist, Occupational Therapist, Physical Therapy Assistant, Sports Nutritionist, Massage Therapist, Biomechanics Specialist, Recreational Therapist, Sports Performance Analyst, Wellness Coach, Fitness Director, Rehabilitation Aide

## SAMPLE PLAN OF STUDY\*

¥This course counts as a STEM Elective. \*This course has a co/prerequisite.

<p><b>FRESHMAN YEAR</b></p> <p>(1.0) English                  (1.0) Math (based on math course progression)                  (1.0) Science                  (1.0) Social Studies                  (1.0) Physical Education                  (1.0) Performing/Fine Arts Credit                  (2.0) Elective</p>	<p><b>SOPHOMORE YEAR</b></p> <p>(1.0) English                  (1.0) Math (based on math course progression)                  (1.0) <b>Chemistry</b> *¥ or <b>Honors Chemistry</b> *¥                  (1.0) Social Studies                  (0.5) Health                  (0.5) Communications Credit                  (0.5) <b>Nutrition and Dietetics</b>                  (2.5) Electives</p>
<p><b>JUNIOR YEAR</b></p> <p>(1.0) English 11/AP Lang &amp; Comp                  (1.0) Math (based on math course progression)                  (1.0) <b>Human Anatomy and Physiology</b> *¥                  (1.0) Social Studies                  (1.0) <b>Sports Medicine I</b> *¥                  (3.0) Electives</p>	<p><b>SENIOR YEAR</b></p> <p>(1.0) English 12 or AP Lit &amp; Comp or AP Lang &amp; Comp                  (1.0) Math (based on math course progression)                  (1.0-2.0) Science Course (AP Chem and/or AP Bio)                  (0.5) Political Participation or Con. Law/AP Government                  (0.5) Financial Literacy                  (1.0) <b>Sports Medicine II</b> *¥                  (2.0-3.0) Electives</p>

**BOLDED COURSES LEAD TO PATHWAY COMPLETION**

**PATHWAY COURSES:** Pathway completion requires students to complete three (3) credits in the pathway, with at least two (2) of those credits being a combination of technical and application-level courses. Additionally, a student must earn one of the following: an industry-recognized certification (IRC), nine (9) + college hours aligned to the pathway, or complete a high-quality work-based learning experience (Internship).

TECHNICAL LEVEL	APPLICATION LEVEL
Chemistry *¥ Nutrition and Dietetics Human Anatomy and Physiology *¥ Sports Medicine I *¥	Sports Medicine II *¥

### Other Recommended Courses

Human Growth and Development  
 Strength and Conditioning  
 Adv. Strength and Conditioning  
 AP Biology  
 AP Chemistry  
 Physics or AP Physics

### Graduation Requirements:

English – 4 credits  
 Math - 4 credits  
 Science – 3 credits  
 Social Studies – 3.5 credits  
 STEM Elective – 1 credit  
 Fine Arts – 1 credit  
 Communication – 0.5 credit  
 Financial Literacy – 0.5 credit  
 Physical Education/Health – 1.5 credits

\*This sample plan of study offers an example of what a student's individual plan of study in this pathway might look like. Please note that some courses may not be offered on an annual basis and participation in classes may be subject to space availability.