



# PROGRAM LETTER

## Sports Medicine & Rehabilitation Professions

**CIP 51.2604**

**Mrs. Castro**

**rcastro@steelcentertech.com – 412-469-3200 x2523**

**2026-2027**

July 1, 2026

Dear Steel Center Family:

The Sports Medicine & Rehabilitation Professions program is an instructional program designed to introduce and prepare a pathway for individuals to enter into the fitness and rehabilitation healthcare fields. Individuals will be able to apply technical knowledge and understanding of anatomy and physiology, human body's response to exercise, medical conditions, neuromusculoskeletal pathologies, therapeutic modalities, injury prevention, injury rehabilitation, exercise prescription, CPR, and First Aid. This course is set up to be 70% theory based and 30% hands-on activities and laboratory. Students will be encouraged to explore and develop plans for future employment by continuing their education to pursue post-secondary degrees in the healthcare or sports medicine field. Students will have the opportunity to obtain industry certifications when applicable throughout the program including but not limited to:

- OSHA 10
- American Heart Association BLS & First Aid
- Certified Personal Trainer through NASM (Senior or 2nd Year)
- Sport Safety International Certifications: Cardiac Wise, Concussion Wise, Heat Wise
- More TBD

All materials and text will be provided by Steel Center including Google Chromebooks. Materials that the student will be responsible for include:

- Notebook and binder for note taking and organization
- Students must use chrome books at Steel Center and cannot use outside organization computers/tables
- Pencils/Pens
- Uniform once ordered at the beginning of the year

Students will be required to put their cell phone in a lock box when the bell rings signifying the start of class. If there are outstanding circumstances, please contact me.

Thank you for taking the time to read the introductory letter. We are excited for the opportunity to work with our future healthcare and fitness industry professionals!

Sincerely,

Rachel Castro  
Sports Medicine & Rehabilitation Services Instructor