



CAREER PATHWAY

# EXERCISE SCIENCE & SPORTS MEDICINE

Physical Therapist Aides | Exercise Trainers & Group Fitness Instructors |  
 Massage Therapists | Exercise Physiologists | Athletic Training | Physical  
 Therapist Assistants | Physical Therapists

## CAREER TECHNICAL COURSES

- 7
- 8
- 9 Health Science and Technology (7th-9th)
- 10 Exercise and Athletic Training
- 11 Medical Terminology
- 12 Fitness Evaluation and Assessment  
Health Science Capstone

## INDUSTRY CREDENTIAL OPPORTUNITIES

- CPR First Aid - **1 Point**
- Leadership Excellence - Student - **3 Points**
- Lean Six Sigma Yellow Belt - **3 Points**
- Lean Six Sigma Green Belt - **6 Points**

## COLLEGE CREDIT OPPORTUNITIES

Students who demonstrate proficiency in career tech courses in approved secondary programs can receive college credit for their approved coursework.

POTENTIAL PLACEMENT & INCOME -

\*May 2022 State Occupational Employment and Wage Estimates for Ohio

Physical Therapist Aides	\$35,570
Exercise Trainers & Group Fitness Instructors	\$37,640
Massage Therapists	\$50,570
Exercise Physiologists	\$50,960
Athletic Trainers	\$55,230
Physical Therapist Assistants	\$64,050
Physical Therapists	\$95,870



SUBJECT  
CODE

**072001**

## HEALTH SCIENCE AND TECHNOLOGY

This first course in the career field provides students an overview of the opportunities available in the healthcare industry. Students will learn fundamental skills in effective and safe patient care that can be applied across a person's lifespan. They will also be introduced to exercise science and sports medicine, the field of biomedical research and the importance of managing health information.

SUBJECT  
CODE

**072000**

## EXERCISE AND ATHLETIC TRAINING

College Credit  
**CTES001**  
3 Credit Hours

In this first course students will apply procedures and techniques used in athletic training and in the care and rehabilitation of athletic injuries and therapeutic exercise. Topics include injury prevention, conditioning, and wound care techniques of the musculoskeletal system. Students will learn techniques in the analysis of mechanical factors related to human movement. In addition, current trends, technology, legal considerations, and the role of exercise science in relationship to other health fields will be emphasized.

SUBJECT  
CODE

**072150**

## MEDICAL TERMINOLOGY

College Credit  
**CTMT001**  
3 Credit Hours

This course focuses on the applications of the rules for constructing and defining medical terms with an emphasis on building a working medical vocabulary. Topics include using the appropriate abbreviations and symbols for anatomical, physiological and pathological classifications and the associated medical specialties and procedures. Students will decipher medical terms by identifying and using word elements with an emphasis on derivation, meaning, and pronunciation. Further, students will interpret and translate medical records and documents.

SUBJECT  
CODE

**072020**

## FITNESS EVALUATION AND ASSESSMENT

College Credit  
**CTES002**  
3 Credit Hours

Students will complete comprehensive fitness evaluations and develop individualized training programs. Students will administer lab and field tests of cardiovascular endurance, body composition, joint flexibility and muscular strength, power, and endurance. Emphasis is placed on assessing body composition, neuromuscular flexibility, agility, balance, coordination, and proprioception. Additionally, students will identify components of physical fitness and communicate how physical activity impact health and wellness.

SUBJECT  
CODE

**072105**

## HEALTH SCIENCE CAPSTONE

The capstone course provides opportunities for students to apply knowledge, attitudes and skills that were learned in Health Sciences program in a more comprehensive and authentic way. Capstones often include project/problem based learning opportunities that occur both in and away from school. Under supervision of the school and through community partnerships, students may combine classroom learning with work experience. This course can be delivered through a variety of delivery methods including cooperative education or internship.