

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
10	Medical Terminology
11	Fitness Evaluation and Assessment
12	Exercise and Athletic Training

COLLEGE CREDIT **OPPORTUNITIES**

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

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

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*May 2022 State Occupational Employment and Wage Estimates for Ohio

Physical Therapist Aides | \$35,570

Exercise Trainers & | \$37,640 **Group Fitness Instructors**

Massage Therapists | \$50,570

Exercise Physiologists | \$50,960

Athletic Trainers | \$55,230

Physical Therapist Assistants | \$64,050

Physical Therapists | \$95,870



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.



CTMT001

3 Credit Hours

MEDICAL TERMINOLOGY

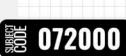
This course focuses on the applications of the rules for constructing and defining medical terms with an emphasis on building a working medical vocabulary. Topics include using the appropriate abbreviations and symbols for anatomical, physiological and pathological classifications and the associated 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.



CTES002

FITNESS EVALUATION AND ASSESSMENT

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.



EXERCISE AND ATHLETIC TRAINING

In this 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.



