

CAREER-TECHNICAL EDUCATION

Athletic Health Care and Fitness 

Students gain knowledge through real-life experiences in the prevention, recognition, treatment, rehabilitation and administration of athletic, as well as non-athletic, common injuries and conditions. Under the direction of a nationally certified and state-licensed Athletic Trainer, students develop both basic and advanced skills in the lab setting during the first year. Instruction in the second year focuses on individual career exploration outside of the classroom with local professionals in medical, clinical and fitness facilities. Students receive a total of two science advanced/honors credits for Anatomy and Physiology I & II. Specific academic courses embedded into this two-year Initiative include: Human Anatomy and Physiology, Medical Terminology, Exercise and Athletic Training, and Fitness Evaluation and Assessment. These courses are in academic and clinical alignment to standards set by the Ohio Department of Education. Currently, there are a total of nine post-secondary credits under review upon successful completion of this rigorous Career-Technical Education program. Post-secondary credits available based on successful completion of the program and criteria set by the Ohio Department of Higher Education.

Skills necessary for success

- Relates well with people
- Ability to work as part of a team
- Strong verbal communicator
- Confident and self-motivated
- Ability to respond in emergency situations
- Interested in exercise and athletics

Areas of concentration

- Prevention and recognition of injuries/conditions
- First Aid, CPR and AED certification
- Treatment and rehabilitation of injuries
- Strength and conditioning principles
- Exercise Science
- Anatomy/Physiology and Medical Terminology

Professional pathway

- Athletic trainer
- Physical therapist
- Physical therapy assistant
- Physician or nurse
- Firefighter/EMT
- Recreational/Occupational therapist
- P.E./Health teacher or coach
- Exercise/Sports psychologist
- Aquatics/Fitness instructor
- Personal trainer
- Strength and conditioning specialist

Recommendations

- Excellent attendance record
- Minimum 2.5 GPA

Career interests/helpful background

- Biology and other science courses
- College Prep Math and English

Higher education opportunities

- College credits available. See page 36.
- Bachelor's degree
- Master's degree

GRADE LEVEL: 10, 11, 12

LENGTH: Two years

SCHOOL: Roosevelt

COURSES & CREDITS:

Level I: Adv/Honors Anatomy & Phys. 1cr (4.5-Science); IA Exer. & Athl. Training 1 cr (5.0) ; IB Medical Terminology 1cr (5.0)

**Level II: Adv/Honors Anatomy & Phys. 1cr (4.5-Science); IIA Fitness Eval. & Assess, 1cr (5.0); IB AHC&F Capstone 1cr (4.0)
4.5 and 5.0=credit weighted on a 4.0 scale**

