



Sports Medicine

Health Science & Medical Technology Sector

- The healthcare profession is one of the fastest growing economic industry sectors. Compassion, commitment, and a caring attitude contribute to the delivery of safe and effective health care.
- Health careers range from entry level to management including both patient care and administrative jobs. Doctors and Nurses only make up 40% of health care jobs.
- Students choosing a career in this industry sector are looking at a promising future. Almost all health professions are experiencing shortages.

Benefits of Taking This Pathway

- Certifications in CPR, AED and first aid training are offered with each course in the pathway.
- Seniors who meet the following requirements are eligible for a Career Pathways Cord at Graduation:
- Completion of a Pathway Program, with a B or better within the pathway.
- Earn an overall GPA of 2.0

Potential College Majors

- Pre-Med
- Nursing
- Athletic Training
- Physical Therapy
- Kinesiology
- Exercise Science

Potential Careers

- Physical Therapists
- Physician Assistants
- Athletic Trainer
- Chiropractor
- Nutritionist
- Exercise Physiologists
- Fitness Instructor
- Personal Trainer

Sites

- FHS
- GUHS

Sports Medicine at FHS

Pathway Courses

Kinesiology

(FHS)

Grades: 11-12 **Duration:** Year

HS Grade Req: Life Science **UC/CSU a-g:** Life Science

Prerequisite: none

CTE Pathway: Sport Medicine (concentrator course)

Course Description: This course takes an interdisciplinary approach to the study of human movement that can lead to an understanding of the health and exercise professions. An overview of career opportunities in teaching, coaching, allied health, and fitness professions will be covered. Emphasis is on the practical application of these concepts as practitioners in sports medicine, exercise science, and movement-oriented careers. This class meets the content standards for Health Science and is a pre-requisite to Sports Medicine 2.



Sports Medicine 2

(FHS)

Grades: 11-12 **Duration:** Year

HS Grad Req: Life Science **UC/CSU a-g:** Life Science

Prerequisite: Kinesiology

CTE Pathway: Sports Medicine (capstone)

Course Description: In this course students will explore each of the human body systems. In addition, for each body system students will study a wide range of health care aspects that include the following categories: human body systems pathologies, medical terminology, health care careers, public health, fitness training certification, coaching, CPR/first aid certification, medical insurance, sports media, and sports management. This course offers internship opportunities with various high school sports teams.

Continuing Pathways Post-Secondary

American River College:

- Kinesiology AA Degree for Transfer to CSU
- Physical Education AA Degree
- Sports Medicine AS Degree
- Fitness Specialist Certificate

CSU Sacramento:

- Kinesiology BS Degree
- Community Health Education BS Degree
- Occupational Health & Safety BS Degree

Sports Academy at GUHS

Pathway Courses

Health Sports Career

(GUHS)

Grades: 10 **Duration:** Year

HS Grad Req: Elective **UC/CSU a-g:** None

Prerequisite: None

CTE Pathway: Sports Medicine or Sports Health Academy (introductory)

Course Description: Health Sports Career Exploration is an introductory course for students interested in the Health Sports Academy. It provides students with the opportunity to explore health related issues, professions, team/event management, and media varying from certification programs to post-graduate studies related to the Sports and Health industry sectors. The course provides the information needed for defining career choices that culminate in a career plan and are consistent with the student's career goals.



Sports Medicine 1

(GUHS)

Grades: 10 **Duration:** Year

HS Grad Req: Elective **UC/CSU a-g:** Elective

Prerequisite: Health Sports Career

CTE Pathway: Sports Medicine or Sports Health Academy (introductory)

Course Description: Students will learn the fundamentals and skills necessary in the field of physical medicine. Instruction includes basic anatomy and physiology, treatment and care of athletic injuries, immediate and temporary care of injuries, nutrition, sport psychology, clinic/office management practice, procedures, standards, and ethics. In addition, students will learn about the possible ca-



Sports Academy 2

(GUHS)

Grades: 11 **Duration:** Year

HS Grad Req: Life Science **UC/CSU a-g:** Elective

Prerequisite: Sports Medicine 1

CTE Pathway: Sports Health Academy (concentrator)

Course Description: In this intermediate course, you will explore skeletal, muscular, and integumentary system, and Kinesiology. In addition, you will be studying a wide range of rehabilitation techniques and care of common injuries in sports that include the following categories: athletic training, fitness training certification, CPR/first aid certification, job seeking/general workplace skills, sports media (GSPN), entrepreneurship, and event management.



Sports Academy 3

(GUHS)

Grades: 10 **Duration:** Year

HS Grad Req: Elective **UC/CSU a-g:** None

Prerequisite: Sports Academy 2

CTE Pathway: Sports Health Academy (capstone)

Course Description: In this advanced course you will explore internship opportunities and managing events in sports medicine, sports media, and sports management. In addition, you will be studying ethical principles and concepts in media, medicine, and management in sports include the following categories: leadership skills, moral issues in sports marketing, fitness training recertification, CPR/first

Continuing Pathways Post-Secondary

American River College:

- Kinesiology AA Degree for Transfer to CSU
- Physical Education AA Degree
- Sports Medicine AS Degree
- Fitness Specialist Certificate

CSU Sacramento:

- Kinesiology BS Degree
- Community Health Education BS Degree
- Occupational Health & Safety BS Degree