



**HEALTH SCIENCE  
& MEDICAL  
TECHNOLOGY**  
INDUSTRY SECTOR

***Active lifestyles and sports are part  
of modern life***

Sports medicine and kinesiology open the door to a wide range of exciting careers in physical medicine and health education.

***Learn to treat and prevent injuries  
from physical activity***

With a strong foundation in anatomy and exercise sciences, you'll gain knowledge and skills needed to provide scientifically-grounded and community-focused expertise to a diverse clientele ranging from children to older adults.



**CAREER  
TECHNICAL  
EDUCATION**  
TWIN RIVERS UNIFIED  
SCHOOL DISTRICT

[www.trusd.net/cte](http://www.trusd.net/cte)

Twin Rivers Unified School District programs, activities, and practices shall be free from unlawful discrimination, harassment, intimidation, and bullying based on actual or perceived race, color, ancestry, national origin, ethnic group identification, age, religion, marital or parental status, physical or mental disability, sex, sexual orientation, gender, gender identity, or gender expression; or on the basis of a person's association with a person or group with one or more of these actual or perceived characteristics.

**Sports  
Medicine**  
*at Foothill High School*

## Patient Care Pathway

Learn the basic skills and fundamentals of health science, including recognition, treatment and prevention of chronic and acute injury. You'll acquire skills needed in becoming entry-level practitioners in the sports medicine and health and fitness industries. Coursework will focus on the understanding of nutrition, exercise, careers, anatomy, physiology, medicine, virtual labs, first aid, legal and ethical concerns, and medical administration.



## While you're in High School

### UNIQUE FEATURES

- Gain introductory and advanced knowledge of anatomy, physiology, and medical terminology
- Learn injury evaluation, treatment and prevention using medical equipment and current athletic performance programs
- Develop injury management skills and rehabilitation techniques through hands-on practice and real-life applications

### GRADUATION OPPORTUNITIES

- Certifications in CPR, AED and first aid training are offered
- Fulfills A-G requirement for Biology/Life Sciences (D)
- Seniors who meet the requirements can earn a Career Pathways Cord at graduation

### How to participate!

- ⋮ Find out more program info from a CTE teacher on campus
- ⋮ Make an appointment with your counselor to plan your classes



## Pathways in college and beyond

Community college programs provide a great opportunity to continue your training and prepare for your first job. You will receive the same quality training as private programs, but for only a fraction of the price.

### COLLEGE MAJORS

- ⋮ Nutrition and Wellness Studies
- ⋮ Physical Education Teaching
- ⋮ Pre-Med/Nursing
- ⋮ Physical Therapy
- ⋮ Kinesiology
- ⋮ Exercise Science
- ⋮ Therapeutic Recreation

### POTENTIAL CAREERS

- ⋮ Medical Nurses or Doctors
- ⋮ Physical Therapists or Aides
- ⋮ Physician Assistants
- ⋮ Chiropractor
- ⋮ Nutritionist
- ⋮ Exercise Physiologists
- ⋮ Fitness/Aerobics Instructor
- ⋮ Personal Trainer

