



**HEALTH SCIENCE
& MEDICAL
TECHNOLOGY**
INDUSTRY SECTOR

Careers focused on sports and health blend skills from a variety of different fields

Whether the goal is weight loss, injury rehabilitation, or to simply get a great workout, as a trainer you cater to the needs of all students and fitness levels. The focus is on improving soft tissue quality and flexibility, increasing upper and lower body power, building full body strength and enhancing students' cardiovascular fitness.

Health Sports Academy

at Grant Union
High School



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

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.

Patient Care Pathway

This pathway connects the fields of sports medicine, multimedia productions, and business entrepreneurship—all under the umbrella of sports medicine. You will integrate all your studies in English, Math, Science, Health, and P.E. when preparing for entrance to college and careers in athletics or health. You'll get hands-on experiences working with student athletes to develop a range of skills. Classes also cover anatomy, nutrition, CPR, first aid and safety.



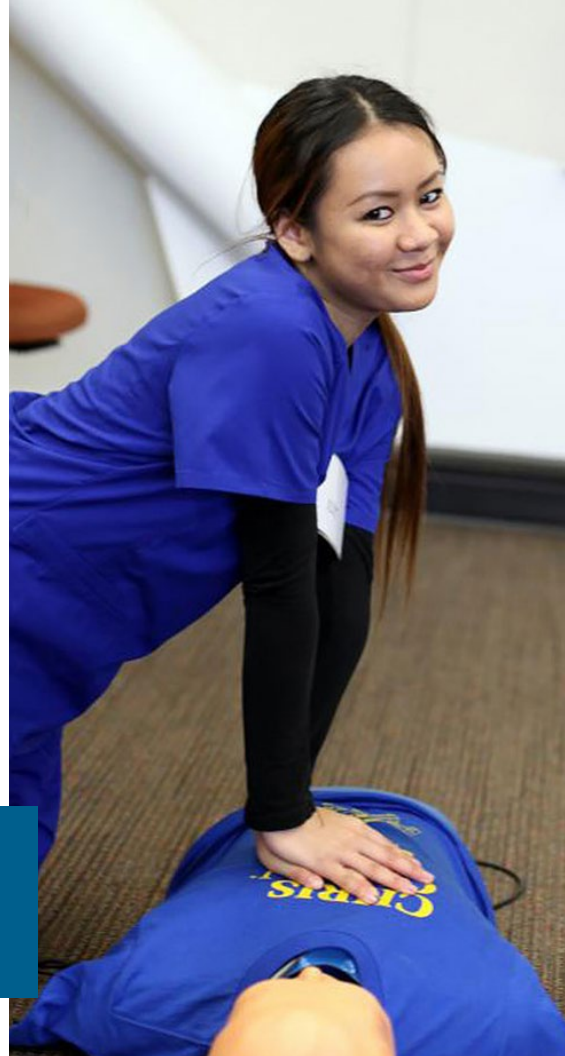
While you're in High School

UNIQUE FEATURES

- This program operates as a school-within-a-school where students study with the same group of students and teachers for all 3 years
- Students who qualify have the opportunity to participate in externships with local colleges/universities and healthcare organizations
- Community partnerships for learning include CSU Sacramento, UCD Medical Center, the Sacramento Kings and Sacramento River Cats
- Build experience working on campus with the Athletic Training Department, Athletics, and the Faculty/Staff Wellness program
- Graduates will be prepared to enter college majors and/or career fields related to sports and health—one of the fastest growing job sectors of the 21st Century

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

- ⋮ Exercise Science
- ⋮ Nutrition and Wellness Studies
- ⋮ Parks, Recreation and Leisure
- ⋮ Physical Education Teaching
- ⋮ Therapeutic Recreation

POTENTIAL CAREERS

- ⋮ Exercise Physiologists
- ⋮ Physical Therapists
- ⋮ Physician Assistants
- ⋮ Fitness/Aerobics Instructor
- ⋮ Physical Therapist Aide
- ⋮ Athletic Trainer

