



SPORTS MEDICINE

COURSE PATHWAY

9th	Health Science I
10th	Health Science II
11th	Anatomy & Physiology Sports Medicine I
12th	Sports Medicine II Internship -OR- Sports Medicine Lab

POTENTIAL CAREERS

Athletic Trainer
Chiropractor Assistant
Exercise Physiologist
Kinesiotherapist
Health Educator
Physical Therapist
Physical Therapist Assistant
Occupational Therapist
Massage Therapist
Rehabilitation Counselor

MEET THE INSTRUCTORS

Alexandra Forshee
Licensed Athletic Trainer
Certified Athletic Trainer



PROGRAM OVERVIEW

Sports Medicine is designed for students interested in fields such as athletic training, physical therapy, fitness, physiology of exercise, kinesiology, nutrition, and other sports medicine related fields. The course of study includes an overview of the measures for the prevention, management, and rehabilitation of athletic related injuries. Students will learn basic anatomy as it applies to athletic injuries, protective equipment, taping and bracing to protect the injured area, and different theories of evaluation and rehabilitation techniques as they apply to athletic injuries. Problems such as nutrition, physical examination, wound care, environmental conditions, therapeutic modalities, first aid/CPR, and emergency procedures will be taught. During the senior year students will have an opportunity to complete an internship at a site associated with their career choice.

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Sports Medicine is the perfect amount of submergence to understand the basics of athletic training while also being super prepared for a future in any medical field.

HANNAH W.

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