

# EXERCISE SCIENCE & SPORTS MEDICINE

2024-2025



**Exercise Science & Sports Medicine** is designed to provide students with an introduction to the area of fitness training, athletic training, and therapeutic careers. Students will be prepared to work as a rehabilitation aide, or move on to college for further study of athletic training, strength and conditioning, physical therapy, or occupational therapy.

### Program Highlights:

- Explore a wide range of career options related to personal/group fitness, athletic training, and physical and occupational therapy
- Assess an individual's overall fitness, endurance and nutritional status to develop a personal improvement plan
- Use professional equipment and techniques to assist with injury prevention and rehabilitation

### The Program Focuses on the Following State Approved Courses:

- Nutrition and Wellness
- Fitness Evaluation and Assessment
- Medical Terminology
- Exercise and Athletic Training



### COST-FREE COLLEGE CREDIT OPPORTUNITIES

#### Career Technical Assurance Guides (CTAGs)

- CTES001: Introduction to Exercise Science (3 Credit Hours)
- CTES002: Fitness and Health Foundation (3 Credit Hours)
- CTMT001: Medical Terminology (3 Credit Hours)

Articulated Credits through Hocking College – Up to 5 Credit Hours

Articulated Credits through the University of Northwestern Ohio – 3 Credit Hours

### INDUSTRY-RECOGNIZED CREDENTIALS (POINT VALUES)

- AMCA Physical Therapy Aide Certification (12 Points)
- CPR First Aid (1 Point)
- National Healthcareer Association (NHA) – Certified Phlebotomy Technician (CPT) (12 Points)
- Ohio Driver's License (1 Point)

### SIMULTANEOUS CREDIT OPPORTUNITIES

- Juniors have the opportunity to earn a simultaneous Anatomy & Physiology Science credit
- Seniors have the opportunity to earn a simultaneous English 12 credit

### OHIO MEANS JOBS OCCUPATIONS LISTED ACCORDING TO TYPICAL SALARY

OCCUPATION TITLE	TYPICAL SALARY-BOTTOM 10%	TYPICAL SALARY-MEDIAN	TYPICAL SALARY-TOP 10%	TYPICAL EDUCATION	ANNUAL JOB OPENINGS
Exercise Trainers and Group Fitness Instructors	\$22,170	\$33,130	\$58,700	HS Diploma or Equivalent	1,980
Massage Therapists	\$32,360	\$51,100	\$74,540	Postsecondary Certificate	500
Athletic Trainers	\$45,770	\$57,780	\$72,630	Master's Degree	100
Physical Therapist Assistants*	\$48,550	\$61,540	\$82,280	Associate's Degree	1030
Occupational Therapist Assistants*	\$49,960	\$62,470	\$81,230	Associate's Degree	760
Occupational Therapists	\$54,580	\$90,520	\$121,620	Master's Degree	430
Physical Therapists	\$73,860	\$98,440	\$127,000	Doctoral or Professional Degree	510

**JOB OUTLOOK COMPILED BY OHIO MEANS JOBS AS OF SEPTEMBER 2024; VISIT OHIOMEANSJOBS.COM FOR MORE INFORMATION.**

\*Denotes an In-Demand Occupation in the State of Ohio

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# EDUCATION WITH PURPOSE CAREER TREE®



## TECHNICAL CAREERS

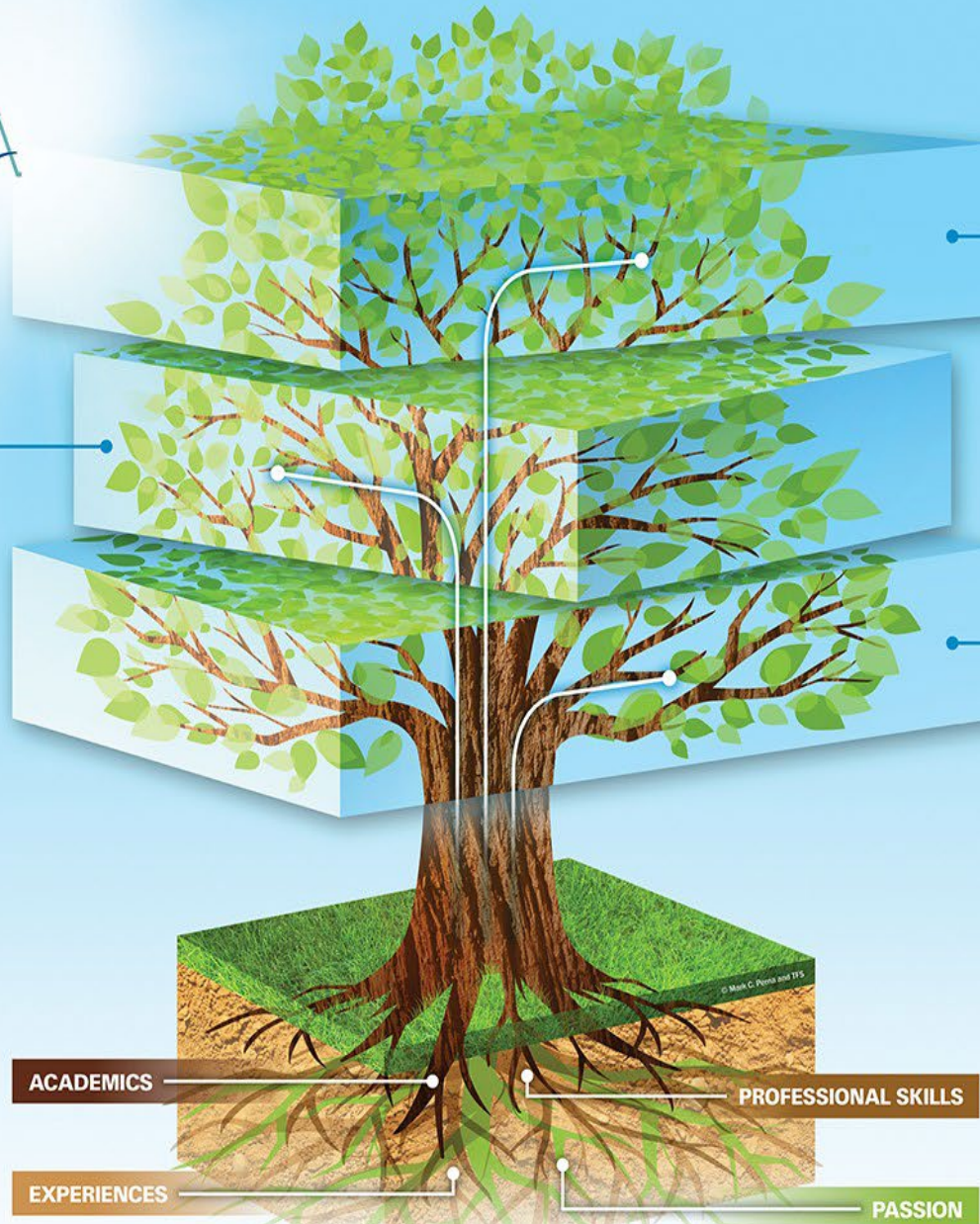
- Occupational Therapist Assistant
- Physical Therapist Assistant
- Massage Therapist
- Certified Personal Trainer
- Group Fitness Instructor
- Wellness Coordinator
- Tactical Strength and Conditioning Facilitator

## PROFESSIONAL CAREERS

- Physical Therapist
- Occupational Therapist
- Certified Athletic Trainer
- Health Care Administrator
- Certified Strength and Conditioning Specialist
- Exercise Physiologist
- Nutritionist/Dietitian
- Art/Music/Dance Therapist
- Physical Education or Health Instructor
- Physician Assistant
- Orthopedic Surgeon
- Health Information Specialist
- Therapeutic Recreation Specialist

## ENTRY-LEVEL CAREERS

- Rehabilitation Aide
- Fitness Area Attendant
- Wellness Center Staff



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