

# EXERCISE SCIENCE & SPORTS MEDICINE

2020-2021



**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
- Athletic Injuries and Prevention



## 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)

## 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%	EDUCATION LEVEL	ANNUAL JOB OPENINGS
Fitness Trainers and Aerobics Instructors	\$18,930	\$30,640	\$58,130	HS Diploma or Equivalent	1,600
Massage Therapists*	\$19,510	\$40,410	\$66,070	Postsecondary Non-degree Award	460
Athletic Trainers	\$35,560	\$47,660	\$62,590	Master's Degree	90
Physical Therapist Assistants*	\$44,420	\$58,910	\$77,850	Associate's Degree	1,010
Occupational Therapist Assistants*	\$46,200	\$59,710	\$78,890	Associate's Degree	580
Occupational Therapists*	\$56,040	\$84,320	\$119,040	Master's Degree	370
Sports Medicine Physicians	\$60,930	\$187,200	\$187,200	Doctoral or Professional Degree	530
Physical Therapists*	\$62,360	\$87,760	\$119,600	Doctoral or Professional Degree	530

**JOB OUTLOOK COMPILED BY OHIO MEANS JOBS AS OF OCTOBER 2020; VISIT [OHIOMEANSJOBS.COM](http://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

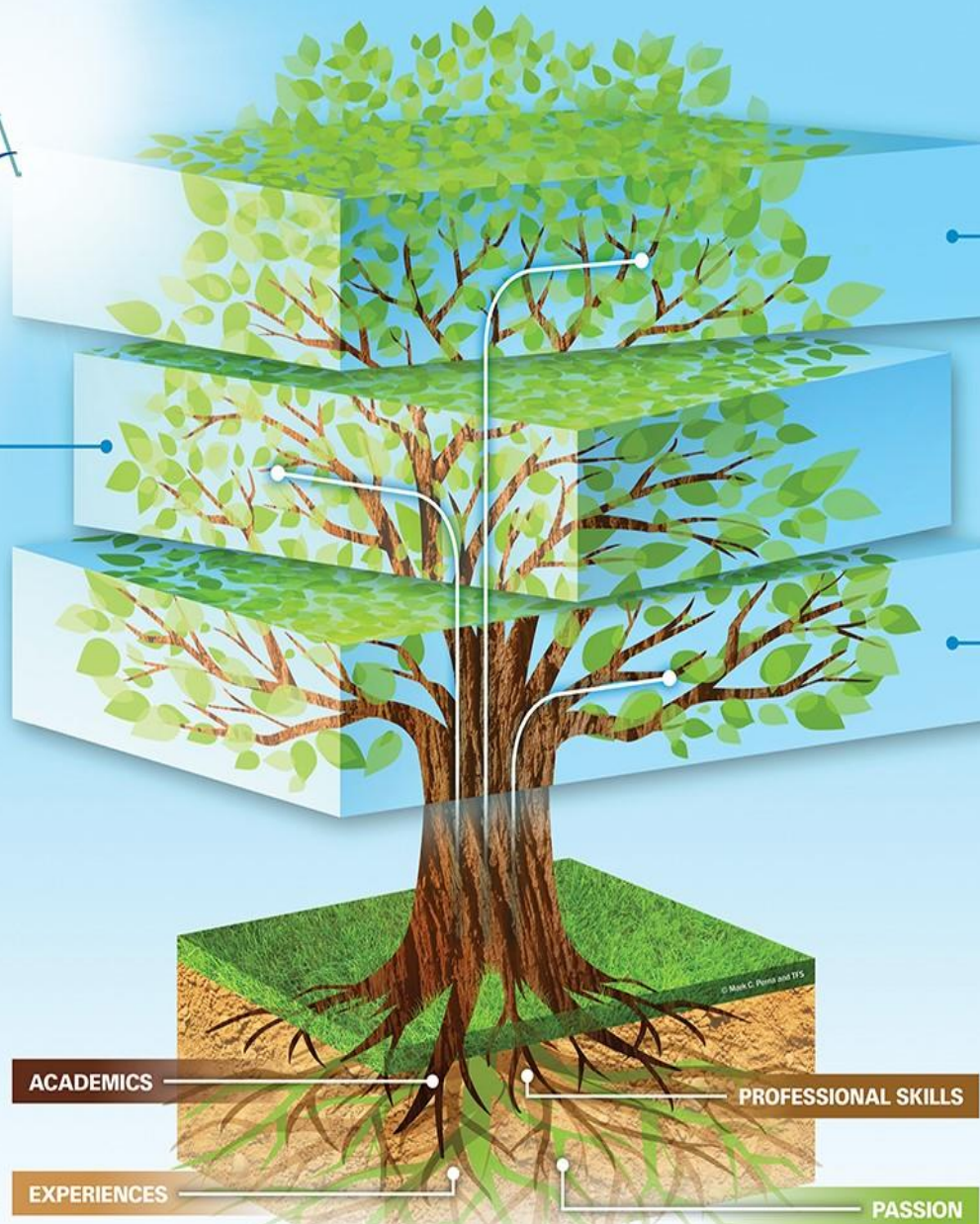
- Occupational Therapist Assistant
- Physical Therapist Assistant
- Massage Therapist
- Certified Personal Trainer
- Group Fitness Instructor
- Wellness Coordinator
- Tactical Strength and Conditioning Facilitator

## 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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