

EXERCISE SCIENCE & SPORTS MEDICINE

2022-2023



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)

SIMULTANEOUS CREDIT OPPORTUNITIES

- Juniors have the opportunity to earn a simultaneous Anatomy & Physiology Science 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	\$19,250	\$28,410	\$53,640	HS Diploma or Equivalent	1,900
Massage Therapists*	\$20,150	\$48,000	\$66,070	Postsecondary Certificate	460
Athletic Trainers	\$36,530	\$48,560	\$64,600	Master's Degree	90
Physical Therapist Assistants*	\$44,970	\$60,720	\$81,460	Associate's Degree	970
Occupational Therapist Assistants*	\$46,410	\$61,020	\$80,700	Associate's Degree	560
Occupational Therapists*	\$57,690	\$86,120	\$119,690	Master's Degree	350
Physical Therapists*	\$64,160	\$89,680	\$121,300	Doctoral or Professional Degree	480

JOB OUTLOOK COMPILED BY OHIO MEANS JOBS AS OF SEPTEMBER 2021; VISIT OHIOMEANSJOBS.COM FOR MORE INFORMATION.

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

Instructor: Gretchen Reichow 419.666.1120 Ext. 1218 greichow@pentacc.org

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EDUCATION WITH PURPOSE

CAREER TREE



TECHNICAL CAREERS

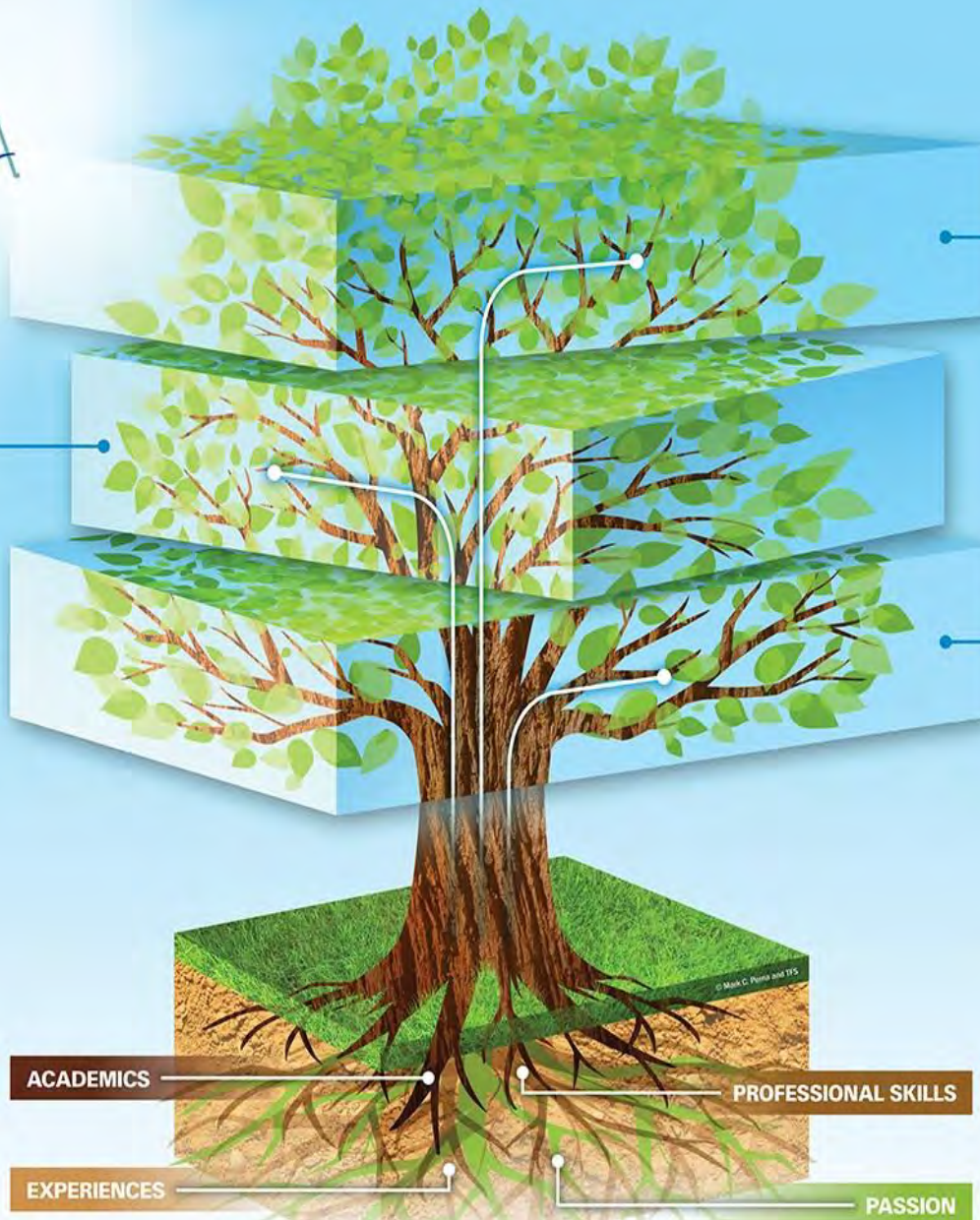
- Occupational Therapist Assistant
- Physical Therapist Assistant
- Massage Therapist
- Certified Personal Trainer
- Group Fitness Instructor
- Wellness Coordinator
- Tactical Strength and Conditioning Facilitator

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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