

HEALTH SCIENCES SPORTS MEDICINE



PROGRAM LOCATION

LCC Main Campus (shuttle available)

SESSION OFFERED

AM/PM

AVERAGE LECTURE DAYS/WEEK

2-3 days

AVERAGE LAB DAYS/WEEK

2-3 days

HOMEWORK

Daily

REQUIRED READING

College level textbooks & workbooks
25+ pages/week



**EXPLORE THE POSSIBILITIES.
FAST TRACK YOUR FUTURE.**

This program is for students wishing to pursue a profession in the field of Sports Medicine. It includes components of Kinesiology (the study of human movement), Exercise Science, Physical Activity, Injury Prevention and Treatment, Rehabilitation and Nutrition. A variety of field trips will be scheduled throughout the year to expose students to various professional settings including Athletic Training, Group Fitness Instruction and Exercise Physiology. Students will have the opportunity to do a professional job shadow. Approximately 50% of class time is spent using hands on instruction, interaction and participation.

EXPECTED STUDENT OUTCOMES

- Perform a physical fitness assessment and compare the results to standardized norms
- Develop and implement an exercise routine
- Understand and demonstrate proper use of fitness room equipment
- Develop and lead a group fitness aerobics class
- Explain basic exercise physiology concepts
- Complete a nutritional analysis and analyze personal nutritional habits
- Explain the importance of body composition and its effect on health and fitness
- Define the components of a healthy lifestyle. Including stress management, addictive behaviors.
- Define addictive behaviors
- Develop and implement a personalized healthy lifestyle plan to prevent disease
- Recall historical facts that contributed to the birth of physical education as a profession
- Distinguish between the sub-disciplines of Kinesiology and their theories
- Identify and explain anatomical and physiological fundamentals of systems in the human body
- Evaluate various methods of sports-related risk management and injury prevention
- Demonstrate the skills of taping anatomical locations: basic to specific sport related injuries
- Describe the methods used to evaluate and assess sports injuries

CAREERS

Personal Trainer/Group Fitness Instructor
Athletic Trainer
Exercise Physiologist
Physical Therapy Assistant
Physical Therapist

MEDIAN WAGE

Fitness Trainer/Aerobics Instructor: \$18.34 hourly, \$38,160 annually
Athletic Trainer: \$45,630 annually
Exercise Physiologist: \$22.76 hourly, \$47,340 annually
Physical Therapy Assistant: \$27.21 hourly, \$56,610 annually
Physical Therapist: \$41.06 hourly, \$85,400 annually

EMPLOYMENT OUTLOOK

Faster than average, 10-14% - Much faster than average, 15%+

CERTIFICATIONS

CPR/First Aid
ACE Group Fitness Instructor Certification (possible)

SUCCESS INDICATORS

Interested in physical activity and interaction with others, able to use critical thinking to apply exercise, movement, and psychology principles to create exercise goals and programming, manage health risk factors, prevent and treat injuries, and assess fitness and body composition, passionate for helping others achieve physical activity goals, and effective in a team setting.

STUDENT LEADERSHIP

Students have the opportunity for leadership, competition, and community service through membership in HOSA.

12 COLLEGE CREDITS

PFHW 163 - Healthy Lifestyles
PFKN 170 - Foundations of Kinesiology
PFKN 210 - Athletic Training Principles
PFFT 109 - Introduction to Fitness
PFKN 106 - Group Fitness Instructor

ACADEMIC RIGOR

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