

# SPORTS EXERCISE THERAPY

Sports Exercise Therapy introduces students to fitness, athletic training, exercise science, sports medicine, personal training, and rehabilitation. Students will be prepared to work as a physical therapy aid and/or a certified personal trainer, or move on to college for further study of athletic training, exercise science, physical therapy, or occupational therapy.



## Admission

- ✓ Completion of sophomore year of high school
- ✓ 2 Units of English
- ✓ 2 Units of Science
- ✓ 2 Units of Math
- ✓ 2 Units of Social Studies
- ✓ 1 Unit of Health & Physical Education

## Opportunities

- ✓ Early Job Placement
- ✓ College Credit Plus
- ✓ HOSA - Health Occupations Students of America

**Vantage Career Center**

419.238.5411 x2126  
818 N Franklin St, Van Wert,  
OH 45891

<https://www.vantagecareercenter.com/SportsExTher.aspx>

GET THE **EDGE**



## Focus

Students will learn to...

- ✓ Use professional equipment and the newest techniques to gain hands on skills with injury prevention and rehabilitation
- ✓ Assess an individual's overall health, fitness, and nutrition status to develop a personal improvement plan
- ✓ Explore a wide range of sports medicine and fitness careers through practical lab experiences
- ✓ Use physical therapy, injury recognition, and sports-specific exercises to train the physically active
- ✓ Help people live healthier lives through exercise, rehabilitation, and nutrition

## Certifications

- ✓ NACM - Personal Training Certification
- ✓ ACMA - Physical Therapy Aide
- ✓ AHA: CPR/First Aid
- ✓ OSHA 10 Hour General Industry (Healthcare)
- ✓ NHA: EKG Certification
- ✓ Stop The Bleed

## Career Advanced Placement

Seniors who meet the qualifications may choose to go on early placement their senior year. Students gain valuable skills and experience in the Career Advanced Placement (CAP) Program while working in a job in their career field, earning a wage and a grade.



Scan for more Information

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