

Sports Medicine Pathway



The Sports Medicine Professions Pathway is a great program for students interested in helping people through personal fitness or athletic training. **Students who complete 2 credits in this pathway will meet state ELA and Math testing requirements, and...**

- Obtain First/Aid and CPR Certification.
- Gain understanding of Human Anatomy and Physiology and Athletic Training techniques.
- Participate in a Sports Medicine practicum working with district Athletic Trainers.
- Earn college credits which can be applied directly into partner college programs.
- Meet 3rd Year Science, Health and PE credit requirements through their Pathway courses.

This CTE Pathway is a great fit for students who...

- ✓ Enjoy helping and working with people.
- ✓ Enjoy fitness training and assisting others in their fitness goals.
- ✓ Are interested in helping others who are injured and in need of medical care.
- ✓ Enjoy learning about science as it relates to improving the lives of others.
- ✓ Are interested in career fields such as Fitness Training, Physical Therapy, and Athletic Training.

Start Your Pathway with 2 or more credits of Pathway courses

Then, After You Have Finished High School...

Finally, Begin Your Career!

| Sample Plan for Career and College Readiness in this Pathway | |
|--------------------------------------------------------------|----------|
| Grade 9 | |
| English | |
| Math | |
| Science | |
| World History 9 | Health |
| PE | Art |
| Elective | Elective |
| Grade 10 | |
| English | |
| Math | |
| Social Studies | |
| Science | |
| Elective | Art |
| Elective | Elective |
| Grade 11 | |
| English | |
| Math | |
| US History | |
| Anatomy/Physiology (if available) | |
| Elective | Elective |
| Sports Medicine with Field Experience | |
| Grade 12 | |
| English | |
| Sr. Social Studies | |
| Personal Finance | Elective |
| Elective | Elective |
| Elective | Elective |
| Adv. Sports Medicine with Field Exp | |

Apply college credits earned in this Pathway directly into these partner college programs:

Edmonds Community College

- All Allied Health Education Certificate and Degree programs

Lake Washington Institute of Technology

- Fitness Specialist/Personal Trainer degree program
- Physical Therapist Assistant program

Continue your training in another college program such as:

Eastern Washington University

- Athletic Training degree program

Washington State University

- Athletic Training degree program

Jobs you can get with 2-Years Post-High School Training:

EMT/Paramedic
Fitness/Personal Trainer
Physical Therapist Assistant

Jobs you can get with 4 or more Years Post-High School Training:

Athletic Trainer
Exercise Physiologist
Occupational Therapist
Physician
Physical Therapist

For more information on these and other occupations related to this pathway, visit

<http://careerbridge.wa.gov/>



Edmonds SD Career and Technical Education

Pathway Courses and Descriptions

| Pathway Courses | Grades | Length | Equivalencies | EWHS | MHS | LHS | MTHS | SLHS |
|------------------------------|--------|---------------------|---------------------|------|-----|-----|------|------|
| Anatomy and Physiology* | 10-12 | 1 credit, Full year | 1 credit Science | | ✓ | | ✓ | |
| Sports Medicine* | 10-12 | 1 credit, Full year | .25 Health or .5 PE | ✓ | ✓ | ✓ | ✓ | |
| Advanced Sports Medicine* | 10-12 | 1 credit, Full year | .25 Health or .5 PE | ✓ | ✓ | ✓ | ✓ | |
| Sports Med. Field Experience | 10-12 | 1 credit, Full year | .25 Health or .5 PE | ✓ | ✓ | ✓ | ✓ | |

✓ *Course is available at this school* * *College Credit Available*

ANATOMY & PHYSIOLOGY

SCI408/409 (YR)

Grades 11-12

Equivalency: 1 credit Lab Science

Gain basic information regarding the chemistry and organization of living matter needed to understand cellular, tissue and organ functions. Study the structure and physiology of the major organ systems, and perform dissections.

Students can earn college credit through this course.

SPORTS MEDICINE

PHE032/033 (YR)

Grades 10-12

Equivalency: .25 credit Health or .5 PE

Study health, fitness, anatomy, physiology, injury treatment, injury response, and nutrition. First Aid, CPR, athletic injury prevention, care and rehabilitation and emergency procedures will also be taught. *Students enrolled in this class are required to register for Field Experience (PHE037/038).* **Students can earn college credit through this course.**

ADVANCED SPORTS MEDICINE

PHE040/041 (YR)

Grades 11-12

Equivalency: .25 credit Health or .5 PE

Prerequisite: Sports Medicine

Expand your knowledge of sports medicine, in preparation for careers in athletic training, physical therapy, and other health/medical occupations. *Students enrolled in this class are required to register for Field Experience (PHE037/038).* **Students can earn college credit through this course.**



SPORTS MEDICINE FIELD EXPERIENCE

PHE037/038 (YR)

Grades 10-12

Equivalency: .25 credit Health or .5 PE

Prerequisite: Concurrent enrollment in PHE032/033 or PHE040/041.

Experience will be obtained through working with athletic teams and high school sports event coverage. Students will arrange 90 hours after school each semester with the teacher.



WCTSMA



Washington Career & Technical
Sports Medicine Association