

## SPORTS MEDICINE

This course is for those wishing to pursue one of the many professions within the field of Sports Medicine. Included in this course are components of Kinesiology, Exercise Science, Physical Activity, Injury Prevention, Rehabilitation, Nutrition, and maintaining a Healthy Lifestyle. You will be provided the opportunity to understand and navigate the college/university environment, value of learning, and student responsibilities within the healthcare professions. Also, you will learn about the healthcare culture, interprofessional education, ethical and legal issues, employment opportunities and market demands. All of this while having the opportunity for hands-on experiences and real-world situations. You will be able to participate in job shadowing with local employers getting you ready for your career!



### LOCATION

CCRESA

### CAREERS

Athletic Trainer, Biomechanist, Coaching, Chiropractor, Cardiac Rehabilitation Specialist, Sports & Exercise Psychologist

### ACADEMIC AND TECHNICAL SKILLS

Interested in health care, overall mind-body wellness, or physical activity, interacting with others, ability to apply critical thinking, passion for helping others achieve health/wellness goals, and effective in a team setting functioning as both a leader and under the direction of a group leader.

**\*DIRECT COLLEGE CREDIT**