

Athletic Training and Recovery

Students who complete 2 credits in this pathway will meet their state graduation pathway through the CTE Sequence option.



The **Athletic Training and Recovery Program of Study** includes courses that provide students with an exploration into medical careers, medical language, anatomy/physiology, and medical evaluation/treatment/rehabilitation skills. Students will conduct hands-on projects and activities that prepare them for healthcare careers. While learning specific healthcare skills such as taping, wrapping, and evaluative techniques, students will also learn how to solve problems, analyze data, and work within a healthcare team to support physical and mental health.

Is this program a fit for you?

- 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
- Are interested in careers such as Fitness Training, Physical Therapy, and Athletic Training

High School Opportunities

After High School Options

Careers

Courses

- Exercise Science & Wellness
- Sports Medicine I
- Sports Medicine II + Practicum
- Sports Med Lower Extremity + Pract.
- Sports Med Upper Extremity + Pract.
- Sports Med Head & Back + Practicum
- Sports Med Gen Medical & Special Consideration + Practicum

Additional Possibilities

- HOSA
- Lead - Dr. Jodee Roberts

Career Connected Learning

- Job Shadows/Internship
- Career Exploration Field Trips

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CTE Pathway Coordinator

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2 year option

- Medical/Clinical Assistant
- Physical Therapy Assistant

4 year option

- Exercise Science and Kinesiology
- Foods, Nutrition, and Wellness Studies
- Pre-Physical Therapy Studies
- Athletic Training/trainer
- Occupational Therapy/Therapist

Example of Careers and Salary

- Physical Therapy Assistance \$45,290
- Athletic Trainer \$ 46,630
- Exercise Physiologist \$ 47,340
- Occupational Therapist \$ 81,910
- Physical Therapist \$ 85,400

*Data Source - Schoolinks

Program Courses

Program High School Courses	Grades	Equivalencies	CIHS.	Dual Credit	Industry Recognized Certificate (IRC)
Exercise Science & Wellness	9, 10, 11, 12	Health/Science			Certified Personal Training 1st Aid/CPR
Sports Medicine 1 Sports Medicine 2 + Practicum	9, 10, 11, 12	Health/Science		X	Basic Life Support (BLS Certification) Blood Borne Pathogens Certification ACE Personal Trainer Certificate
Sports Med Lower Extremity + Practicum Sports Med Upper Extremity + Practicum	10, 11, 12				ACE Personal Trainer Certificate 1st Aid/CPR, Basic Life Support (BLS) Cert. Blood Borne Pathogen Certificate
Sports Med Head & Back + Practicum Sports Med Gen Medical & + Practicum Special Consideration	11, 12				ACE Personal Trainer Certificate 1st Aid/CPR, Basic Life Support (BLS) Cert. Blood Borne Pathogen Certificate

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