

# Sports & Human Performance

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

The **Sports & Human Performance Program of Study** prepares students to understand how the human body functions and how it responds to exercise and nutrition. Students will be doing hands-on work to create a program that maximizes their wellness and performance. This program will allow students to do projects that support other individuals and teams to reach their performance peak mentally, nutritionally, and through physical activity.



Is this program a fit for you?

- Enjoy helping and working with people
- Enjoy fitness training and a healthy lifestyle
- Are interested in helping others reach their goals and peak performance
- Want to help teams or individuals perform at the highest level nutritionally, mentally, and physically

## High School Opportunities

### Courses

- Exercise Science & Wellness
- Health Care Fundamentals
- Human Physiology
- Sports/Human Performance

### Additional Possibilities

- HOSA
- Lead - Ryan Bushy

### Career Connected Learning

- Job Shadows/Internship
- Career Exploration Field Trips

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## After High School Options

### Certificates

- Personal Trainer

### 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
- Dietetics/Dietitian
- Sports & Fitness Administration/Management
- Physical Education Teaching/Coaching

## Careers

### Example of Careers and Salary

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|--|-----------|
| • Sports Mngt. Coach, Sports Strategists | \$ 34,460 |
| • Personal Trainer, Instructor           | \$ 38,160 |
| • Exercise Physiologist                  | \$ 47,340 |
| • Dietician/Nutritionist                 | \$ 58,920 |
| • 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
Health Care Fundamental	9, 10, 11, 12	Health/Science		X	Basic Life Support (BLS) Certification
Human Physiology	10, 11, 12	Life Science			YouScience - Medical Anatomy & Physiology
Sports/Human Performance	10, 11, 12	Science			