Sports & Human Performance

The **Sports & Human Performance Program of Study** prepares students to

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

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		After High Sch	nool Options	Careers	
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 Cindy Murie CTE Pathway Coordinator murie.c@wenatcheeschools.org	2 y 4 y	 Pre-Physical Thera Athletic Training/t Occupational Thera Dietetics/Dietitian Sports & Fitness Administration/Mage 	Assistant nd Kinesiology and Wellness Studies apy Studies rainer 'apy/Therapist	 Example of Careers and Salary Sports Mngt. Coach, Sports Strategists Personal Trainer, Instructor Exercise Physiologist Dietician/Nutritionist Occupational Therapist Physical Therapist 	7 \$ 34,460 \$ 38,160 \$ 47,340 \$ 58,920 \$ 81,910 \$ 85,400
				*Data Source - Schoolinks	
Program Courses					
Program High School Courses	Grades	Equivalencies	CIHS. Dual Credit	t 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	Х	Basic Life Support (BLS) Certificati	on
Human Physiology	10, 11, 12	2 Life Science		YouScience - Medical Anatomy & F	Physiology
Sports/Human Performance	10, 11, 12	2 Science			

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