



# SPORTS MEDICINE & EXERCISE SCIENCE

The Sports Medicine & Exercise Science program studies physiology and biomechanics in relation to the ability of the human body to adapt to motion, movement and physical activity. This program is designed to prepare students to transition to college and pursue a career in the athletic training, fitness, or health care fields.

## Curriculum:

- Human anatomy and exercise physiology
- Human biomechanics and applied kinesiology
- Personal fitness
- Nutrition
- Medical terminology
- Health screening
- Fitness testing
- Cardio-respiratory fitness and exercise
- Strength training program design
- Sports injuries and rehabilitation
- Special populations and health concerns

## Curriculum (cont'd):

- Communication and teaching techniques
- Business development and management
- Professional ethics and legal guidelines

## Certifications:

- Bleeding Control Basics
- CPR / First Aid
- Certified Personal Trainer, National Academy of Sports Medicine (NASM)
- Child Abuse Prevention
- OSHA 10-Hour: Healthcare

## Opportunities:

- Athletic Trainer
- Massotherapy
- Occupational Therapist
- Personal Fitness Trainer
- Physical Education Teacher/Coach
- Physical Therapy



*Students have the opportunity to earn industry credentials and college credits.*



Visit [mcjvs.edu](http://mcjvs.edu) for more information about our Sports Medicine & Exercise Science program.

