



# SPORTS MEDICINE & EXERCISE SCIENCE

The Sports Medicine & Exercise Science program explores how the human body moves, performs and adapts to physical activity. Students study physiology and biomechanics to understand how muscles, bones and joints work together to support motion, strength and overall health. Through classroom instruction and hands-on activities, students learn about injury prevention, rehabilitation, fitness and athletic performance. The program provides a strong foundation in health and exercise science, helping students build the knowledge and skills need for college-level study and future careers.

## Curriculum:

- Biomechanics
- Career Exploration and College Preparation
- CPR, First Aid and Emergency Response
- Exercise Physiology
- Fitness assessment and training
- Health and wellness assessment
- Human anatomy and physiology
- Injury Prevention and Care

## Curriculum (cont'd):

- NASM Personal Training
- Nutrition and Wellness
- Sports Psychology

## Opportunities:

- Athletic Trainer
- Massage Therapist
- Occupational Therapist
- Personal Trainer
- Physical Education Teacher/Coach
- Physical Therapist



*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.

