



SPORTS MEDICINE & EXERCISE SCIENCE

The Medina County Career Center's Sports Medicine and 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 (dual credit)
- Health screening
- Fitness testing
- Cardio-respiratory fitness and exercise
- Strength training program design
- Sports injuries and rehabilitation
- Special populations and health concerns
- Communication and teaching techniques
- Business development and management
- Professional ethics and legal guidelines

Certification*

- Certified Personal Trainer, National Academy of Sports Medicine (NASM)
- Group Fitness Instructor, American Council on Exercise
- Child Abuse Prevention
- Bleeding Control Basics
- CPR/First Aid
- OSHA 10-Hour

**Students who meet certification criteria will have the opportunity to test in their CT program.*

Some Employment Opportunities

- Personal fitness trainer
- Occupational therapist
- Athletic trainer
- Physical therapy
- Massotherapy
- Physical education teacher/coach



Facilities and Equipment

Students gain hands-on experience in our medical lab and exercise room. Some equipment includes:

- Vital sign equipment
- Treatment tables
- Taping supplies
- TENS unit
- Spinning bikes
- Treadmills
- Battling ropes
- Foam rollers
- Therabands
- Medicine balls
- Resistance machines
- Flexbands
- TRX

Students have the opportunity to earn college credits in this program.

Visit mcjvs.edu for more information about our Sports Medicine and Exercise Science program.

