



## Course Profile

### Sports Medicine

**Course Location:** DeWitt High School

#### Prerequisites:

1) Students must have local approval based on high school graduation requirements.

#### Description:

This course is for those wishing to pursue a profession in sports medicine. Careers include: athletic training, physical therapy, personal trainer, sports medicine, physician, physical education teacher, and many more!

Foundations of Kinesiology will examine the multiple aspects of physical education and kinesiology as a discipline, major, and profession. Sub-disciplines and career options in the field, along with historical perspectives, current issues in physical education, and future directions of the field will also be discussed. Students will have the opportunity to do a professional job shadow.

The Athletic Training portion will be an overview of prevention, management, and rehabilitation of athletic injuries. The student will learn to assess injuries and proper use of such things as ice, heat, range of motion and strengthening. Other topics will include legal implications for athletic training, first aid principles, and taping procedures.

The Healthy Lifestyles course includes such things as behavior modification, disease risk management, exercise program design and implementation, fitness assessment, general and sports nutrition, body composition and weight management, and stress management. Students will complete a comprehensive Health Risk Appraisal and create a Healthy Lifestyle Plan.

Introduction to Fitness is designed to introduce general fitness and wellness concepts to students. With supervision of an instructor, students will develop and participate in exercise plans tailored to their individual needs.

#### Credits:

This course provides the opportunity to earn the following **direct credits** from **Lansing Community College**:

Credits	To be eligible to earn credit, students must achieve:
<b>PFHW 163 (2 credits)</b> Healthy Lifestyles	<ul style="list-style-type: none"> <li>• Accuplacer reading level 5</li> <li>• Accuplacer writing level 6</li> </ul>
<b>PFKN 170 (3 credits)</b> Foundations of Kinesiology	<ul style="list-style-type: none"> <li>• Accuplacer reading level 5</li> <li>• Accuplacer writing level 6</li> </ul>



### Credits

To be eligible to earn credit, students must achieve:

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#### **PFKN 210 (3 credits)**

Athletic Training Principles

- Accuplacer reading level 5
- Accuplacer writing level 6

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#### **PFFT 109 (1 credit)**

Introduction to Fitness

- Accuplacer reading level 5
  - Accuplacer writing level 6
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### Accuplacer Assessment:

To be eligible to receive Lansing Community College (LCC) credit for the course, students are required to take the Accuplacer assessment exam and obtain the listed minimum scores. LCC will admit students before the beginning of the school year as a necessary step prior to Accuplacer testing. The exam is taken as part of the course in the fall.

LCC staff will admit all incoming Career Connections students prior to the end of the current school year. At the session, students will need to bring their driver's license and Social Security card, as well as supply their full legal name, Social Security number, and correct address, including apartment numbers or P.O. box numbers. Schools will let students know the date when this enrollment is scheduled.

If on the first attempt a student does not attain the required scores, retakes are an option. The Accuplacer exam can be waived if a student submits ACT or SAT test results for verification that list comparable scores. Further Accuplacer exam information is available from the course instructor or by calling Lansing Community College at 517-483-9666.

### Direct Course Credits:

Career Connections students are eligible for both high school and Lansing Community College credit. As is the case with all classes, students must earn the credit; it is not automatically granted by simply attending the class.

Students enrolling in this course are also enrolled at LCC. There will be an official transcript that lists grades by class at the end of the school year.

When sending application information to post-secondary institutions (colleges, universities, community colleges, trade schools, etc.), students should include the credit information listed on this sheet so that admissions counselors fully understand the makeup of this Career Connections course. High school counselors should include this information on official school transcripts as well. Ultimately, students bear the responsibility of conveying the LCC class information to post-secondary institutions.

Further information is available from the course instructor or by calling the Career Connections administration office at 989-224-6831.

### Credit Information:



Listed below are the Lansing Community College degree and certificate programs that align with this course.

The following LCC programs contain PFHW 163:

- 0235 – Nursing, PN Option – Certificate of Achievement
- 0222 – Nursing, RN Option – Associate in Applied Science
- 1255 – Therapeutic Massage – Certificate of Achievement

The following LCC program contains PFHW 163, PFKN 170 & PFKN 210:

- 1639 – Kinesiology/Exercise Science – Associate in Science Degree – Choice 4

If you are interested in any of these LCC programs, you can find more information at the LCC website: [http://www.lcc.edu/catalog/degree\\_certificateprograms/current/](http://www.lcc.edu/catalog/degree_certificateprograms/current/)

Scroll down to the name of the program you are interested in and click on it. You will see a curriculum guide that will explain all the requirements for that program.

**Learn more about our courses. Visit the Career Connections tab on the Clinton County RESA website at [CCRESA.org](http://CCRESA.org).**

*It is the policy of the Clinton County Regional Educational Service Agency (RESA) that no discriminatory practices based on gender, race, religion, color, age, national origin, disability, height, weight, marital status, sexual orientation, political affiliations and beliefs, or any other status covered by federal, state or local law be allowed in providing instructional opportunities, programs, services, job placement assistance, employment or in policies governing student conduct and attendance. Any person suspecting a discriminatory practice should contact the Associate Superintendent for Special Education, 1013 S. US-27, St. Johns, MI 48879, or call 989-224-6831.*