

# sports fitness training



The *Sports Fitness Training* program is the study of physiology and biomechanics in relation to the ability of the human body to adapt to motion, movement, and physical activity. The program is designed to prepare students with the basic knowledge to help them transition to college or to a career in athletic training, fitness, or the health care field, such as physical or occupational therapy.

### Employment Opportunities:

- *Personal fitness trainer*
- *Fitness/allied health aide*
- *Athletic trainer*
- *Physical therapy*
- *Massotherapy*
- *Physical education teacher/coach*

### Technical Core Curriculum:

- *Human anatomy and exercise physiology*
- *Human biomechanics and applied kinesiology*
- *Personal fitness*
- *Nutrition and weight control*
- *Medical terminology*
- *Health screening*
- *Fitness testing*
- *Group Fitness Certification*
- *Cardio-respiratory fitness and exercise*
- *Muscular strength and endurance*

- *Strength training program design*
- *Flexibility*
- *Exercise design*
- *Special populations and health concerns*
- *Musculoskeletal injuries*
- *CPR, AED and First Aid certifications*
- *Principles of adherence and motivation*
- *Communication and teaching techniques*
- *Business development and management*
- *Professional ethics and legal guidelines*
- *Nautilus Strength Training Certification*
- *SkillsUSA*

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