SPORTS SCIENCE CAREERS

PROGRAM SUMMARY
- Do you want to change people’s lives and make them feel good about themselves?
- Sports Science Careers gives you the flexibility to choose the hours that suit your lifestyle.
- The fitness and wellness industry is one of the fastest growing in the country.
- If you are outgoing and active, this is a rewarding career choice.
- Internships will expand your occupational knowledge and help you explore your field of study.
- Get real world experience working with allied health care continuum professionals.
- Students are taught by Certified Personal Trainers.

COLLEGE CREDIT CONNECTIONS
- Bryant and Stratton
- Canisius College
- Erie Community College
- Niagara County Community College
- SUNY Canton

SPECIAL NOTES
- Students are responsible for purchasing a uniform for the fitness lab.
- Students will be prepped for a Personal Training Certification (NASM, ACE, NETA).
- Students in this program are eligible for post-secondary dual enrollment opportunities.

PROGRAM ELIGIBILITY
- Technical Endorsement
- 3.75 Credits per Year
- Pathways to Graduation (CTE and CDOS)

PROFESSIONAL CAREERS
- Exercise Physiologist
- Strength and Conditioning Coach
- Physical Therapist
- Athletic Trainer
- Physical Education Teacher
- Nutritionist / Registered Dietitian
- Chiropractor

TECHNICAL CAREERS
- Group Exercise Instructor
- Certified Personal Trainer
- Cross Fit Level 1 Coach
- Gym Manager
- Massage Therapist
- Yoga / Pilates Instructor
- Physical Therapist Assistant

ENTRY LEVEL CAREERS
- Health Sales Associate
- Fitness Club Front
- Desk Receptionist
- Fitness Coach
- Lifestyle Coach
- Sports Coach
- Recreation Coordinator
- Professional Bodybuilder
SPORTS SCIENCE CAREERS

FITNESS SAFETY
- CPR First Aid
- Proper Form
- Equipment Maintenance
- Spotting Techniques
- Injury Prevention
- Proper Warm-Up and Cool Down Techniques

FUNCTIONAL MOVEMENT SCREENING
- 5 Major Movements
- Posture
- Stability
- Mobility
- Balance
- Flexibility

HEALTH FITNESS TRENDS
- Social Media
- Research Based CEC’s
- Allied Health Care

HUMAN ANATOMY PHYSIOLOGY
- Muscle Origins and Insertions
- Joint Actions / Movement
- VT1 and VT2 Thresholds

NUTRITION AND WEIGHT MANAGEMENT
- Metabolic Syndrome
- Basal Metabolism
- Caloric Education
- Body Composition

SPECIAL PROGRAM DESIGN
- Special Population and Needs
- Older Adults / Special Needs
- Chronic Illness and Needs
- Youth Clientele

STARTING A FITNESS BUSINESS
- Marketing of a Big Box Gym and Training Studio
- Legal and Ethical Implications
- Fitness Programs and Class Instruction
- Nutrition, Weight Loss, Energy and Sports Performance
- Risk Management

SPORT SPECIFIC TRAINING
- Utilize the Same Equipment and Technology as Professionals
- Employment Opportunities in Strength and Conditioning
- Injury Prevention
- Sport Skill Assessments

CARDIOVASCULAR AND RESISTANCE TRAINING
- Design a Structured Exercise Routine for Client Goals
- Weight Loss
- Muscle Building / Assessments
- Cardiovascular Endurance / Assessments
- Exercising to Benefit Chronic Diseases and / or Avoid Risk Factors