



Sports Science Careers

2 YEAR PROGRAM

KENTON, POTTER

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
- Niagara County Community College
- SUNY Canton
- SUNY Erie

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)

Career Paths

PROFESSIONAL CAREERS

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

TECHNICAL CAREERS

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

ENTRY LEVEL CAREERS

Desk Receptionist
 Fitness Club Front
 Fitness Coach
 Health Sales Associate
 Lifestyle Coach
 Professional Bodybuilder
 Recreation Coordinator
 Sports Coach

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 PROGRAM DESIGN

- 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

