



## Curriculum Plan 2024-2025

**Program:** Sports Medicine

**CTSO Primary:** HOSA

**CTSO Secondary:** N/A

**Pathway:** J6

**WebXam:** 23MC

### Courses Offered

#### Level 1 Curriculum

Semester 1 Exercise Physiology And Biochemistry

Semester 2 Nutrition And Wellness

#### Level 2 Curriculum

Semester 1 Exercise And Athletic Training

Semester 2 Fitness Evaluation And Assessment

### College Credits Available

| Name  | College                   | Semester Hours Available |
|---|---------------------------|--------------------------|
| ALH 1130 Basic Life Support Training for Healthcare Provider (American Heart Association BLS for Healthcare Provider and AHA Heartsaver First Aid cards required) | Sinclair College          | 1                        |
| CTES001 Introduction to Exercise Science, ODE Course 072000 (Exercise and Athletic Training), ENS 1116 Introduction to Exercise Science & Health Promotion        | CTAG and Sinclair College | 3                        |
| CTES002 Fitness and Health Foundations, ODE Course 072020 (Fitness Evaluation and Assessment), ENS 1118 Lifetime Physical Fitness & Wellness                      | CTAG and Sinclair College | 3                        |

### Credentials Available

| Name   | ODE Points Available |
|--|----------------------|
| American Heart Association Basic Life Support (BLS) for Healthcare Provider and Heartsaver First Aid | 1                    |
| ACSM American College of Sports Med Certified Personal Trainer                                       | 3                    |
| Ohio Driver's License  | 1                    |
| Ohio High School Athletic Association – Officiating License  | 4                    |