



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 |