



## Course Description

This program is for students wishing to pursue a profession in the field of Sports Medicine. It includes components of Kinesiology (the study of human movement), Exercise Science, Physical Activity, Injury Prevention and Treatment, as well as Rehabilitation and Nutrition.

A variety of field trips will be scheduled throughout the year to expose students to various professional settings, including Athletic Training and Exercise Physiology. Students will have the opportunity to do two professional job shadows. Approximately 40% of the class time is spent using hands-on instruction, interaction and participation.

## Student Leadership Opportunities

Students have the opportunity for leadership, competition and community service through membership in HOSA.

## Success Indicators

- Interested in physical activity and interaction with others
- Able to use critical thinking to apply exercise, movement, and psychology principles to create exercise goals and programming to help others achieve physical activity goals
- Manage health risk factors, assess fitness and body composition, and prevent and treat injuries
- Effective in a team setting

## College Credits (9)

- PFHW 163 – Healthy Lifestyles (2)
- PFKN 170 – Foundations of Kinesiology (3)
- PFKN 210 – Introduction to Athletic Training (3)
- PFFT 109 – Introduction to Fitness (1)

FOR MORE INFO:  
CONTACT YOUR COUNSELOR,  
CALL 517.483.1596, OR  
VISIT EATONRESA.ORG/CPC



## Course Overview:

**Program Location:** Lansing Community College (LCC) Downtown Campus (shuttle available)

**Sessions Offered:** AM/PM

**Average Lecture Days/Week:** 2-4 Days

**Average Lab Days/Week:** 1-3 Days

**Academic Rigor:** 5 out of 5

**Homework:** Daily

**Required Reading:** College-level textbooks and workbooks; more than 25 pages a week

## Learning outcomes include, but are not limited to:

- Perform a physical fitness assessment and compare the results to standardized norms
- Develop and implement an exercise routine
- Understand and demonstrate proper use of fitness room equipment
- Explain basic exercise physiology concepts
- Complete a nutritional analysis and analyze personal nutritional habits
- Explain the importance of body composition and its effects on health and fitness
- Define the components of a healthy lifestyle, including stress management and addictive behavior
- Define addictive behaviors
- Develop and implement a personalized, healthy lifestyle plan to prevent disease
- Recall historical facts that contributed to the birth of physical education as a profession
- Distinguish between the sub-disciplines of Kinesiology and their theories
- Identify and explain the anatomical and physiological fundamentals of systems in the human body
- Evaluate various methods of sports-related risk management and injury prevention
- Demonstrate the skills of taping anatomical locations that are basic to specific sport-related injuries
- Describe the methods used to evaluate and assess sports injuries

## Available Certification:

- CPR

Updated 12/2025

# SPORTS MEDICINE



## PROFESSIONAL CAREERS

- Athletic Trainer
- Occupational Therapist
- Physical Education Teacher
- Physical Therapist
- Physician Assistant
- Sports Medicine Physician
- Sports Psychologist
- Strength & Conditioning Coach

## TECHNICAL CAREERS

- Certified Personal Trainer
- Durable Medical Equipment Technician
- EMT (Emergency Medical Technician)/Paramedic
- Group Fitness Instructor
- Massage Therapist
- Occupational Therapist Assistant
- Pharmaceutical Sales Representative
- Physical Therapist Assistant

## ENTRY-LEVEL CAREERS

- Fitness Center Employee
- Occupational Therapist Assistant Aide
- Orthotics Technician
- Prosthetic Technician
- Physical Therapist Assistant Aide
- Physical Therapy Technician
- Recreational Therapist Aide
- Success & Lifestyle Coach

ACADEMICS

PROFESSIONAL SKILLS

EXPERIENCES

PASSION

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## Capital Region Technical Early College (CRTEC)

Students enrolled in this program may choose to participate in the Capital Region Technical Early College (CRTEC) program. This is a high school-to-college program where students start in grade 11 and end their 13th year with a degree or certification. This program gives students relevant career related experiences.



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