

COLLEGE TECH PREP

Athletic Health Care and Fitness 

Students gain knowledge through real-life experiences in the prevention, recognition, treatment, rehabilitation and administration of athletic, as well as other common injuries. Under the direction of two nationally certified and state-licensed athletic trainers, students develop both basic and advanced skills in the lab setting during the first year. Instruction in the second year focuses on individual career exploration outside of the classroom with local professionals in medical, clinical and fitness facilities. Level I students mentor with college students from The University of Akron. Level II students mentor with Kent State University students. In this College Prep Tech Career Pathway, Athletic Health Care and Fitness links directly to bachelor's degree programs at Kent State University and The University of Akron. Completers may receive college credit through The University of Akron's Credit Banking program or Kent State's Credit-by-Exam program.

Skills necessary for success

- Relates well with people
- Ability to work as part of a team
- Strong verbal communicator
- Confident and self-motivated
- Ability to respond in emergency situations
- Interested in sports and athletics

Areas of concentration

- Prevention and recognition of injuries
- First Aid, CPR and AED certification
- Treatment and rehabilitation of injuries
- Strength and conditioning principles
- Exercise, wellness and fitness programming

Professional Pathway

- Athletic trainer
- Physical therapist
- Physical therapy assistant
- Physician or nurse
- Firefighter/EMT
- Recreational/Occupational therapist
- P.E./Health teacher or coach
- Exercise/Sports psychologist
- Aquatics/Fitness instructor
- Personal trainer
- Strength and conditioning specialist

Program Requirement

- Minimum 2.5 GPA

Program Recommendation

- Excellent attendance record

Career interests/helpful background

- Biology and other science courses
- College Prep math and English

Higher education opportunities

- 7 college credits available at The University of Akron. See page 32.
- 3 college credits available at Kent State University. See page 32.
- Bachelor's degree
- Master's degree

GRADE LEVEL: 10, 11, 12

LENGTH: Two years

SCHOOL: Roosevelt

CREDIT:

Level I - Anatomy and Physiology 1; Tech Theory 1; Lab 1.

Level II - Tech Theory 1; Lab 1 Externship 1.

