

Exercise Science

Curriculum Plan 2022-2023

Area of Concentration: J6

CTSO: HOSA

Program Courses

EMIS Course Code	Course Name	Grade	Is this course a CTAG?
072000	Exercise Sci and Athletic Training	10	Yes
072015	Nutrition and Wellness	10	No
072025	Athletic Injuries and Prevention	11	No
072020	Fitness Eval and Assessment	11	Yes
072150	Medical Terminology	12	Yes
072000	Health Science Capstone	12	N/A

Industry Credentials/Certifications

Industry Credentials Offered	ODE Points Available	Completed during Grade
Physical/Occupational Therapy Aide	12	
Group Fitness Instructor	3	
NASM Certified Personal Trainer	3	
BLS CPR/First Aid	1	
OSHA 10	1	

College Credit Opportunities

Course Name	College	Credit Hours	Completed during Grade
CTES001 Introduction to Exercise Science	CTAG	3	10
CTES002 Fitness and Health Foundations	CTAG	3	11
CTMT001 Medical Terminology	CTAG	3	12

Work-Based Learning Opportunities

CTSO Competitions	
On the job placement opportunities	

Tasks

- Teach exercise or fitness techniques.
- Develop educational or training programs.
- Evaluate capabilities or training needs.
- Enforce rules or regulations.
- Explain regulations, policies, or procedures.
- Demonstrate activity techniques or equipment use.
- Administer first aid.
- Perform basic equipment maintenance.
- Teach health or hygiene practices.
- Distribute resources to patrons or employees.
- Maintain supply or equipment inventories.
- Organize recreational activities or events.
- Maintain client information or service records.
- Promote products, services, or programs.
- Sell products or services.
- Advise customers on the use of products or services.
- Provide medical or cosmetic advice for clients.
- Administer therapeutic massages.

EXERCISE SCIENCE

Program of Study

Aligned with Sinclair – Exercise Science EXSC.S.AAS

Secondary	9	English 9	Algebra I or Geometry	Physical Science	World History	PE/PE	Health/ Career Exploration	Elective
	10	English 10	Geometry or Algebra II	Biology	U.S. History	Elective	Exercise Science and Athletic Training 072000	Nutrition and Wellness 072015
	11	English 11	Algebra II or Pre-Calculus	Chemistry or Environmental Science	American Government	Elective	Athletic Injuries and Prevention 072025	Fitness Evaluation and Assessment 072020
	12	English 12	Adv Math	Elective	Elective	Elective	Medical Terminology 072150	Health Science Capstone 072000

Post-Secondary	Fall Year 1	ENS 1116 Intro to Exer Sci & Hlth Pro	ENS 1118 Lifetime Phy Fit & Well	BIO 1121 Human Anat & Physiology	ALH 1101 Intro to Healthcare Delivery	ENG 1101 English Comp I	
	Spring Year 1	ENS 1214 Pers & Comm Health Behav	DIT 1111 Nutrition for Health & Fitness	BIO 1222 Human Anat & Physio II	HIM 1101 Medical Terminology	MAT 1130 Math in Health Sciences	
	Summer Year 1	PSY 1100 General Psychology			COM 2211 Effective Public Speaking		
	Fall Year 2	ENS 2316 Motor Devel & Motor Learn	ENS 2318 Fit Assess & Exer Presc	ENS 1212 Business Management Exsc	ALH 1132 HS First Aid, CPR & AED	ALH 1110 Principles of Electrocard	ENS 2416 Cert Prep Course
	Spring Year 2	ENS 2417 Methods of Teaching	ENS 2317 Methods of Teaching Lab	ENS 2418 Exer Presc for Spec Pops	ENS 2419 Health Promo Fit & Spt Prog	ENS 2471 Enss Practicum	

Key	Required Course	Recommended Elective Courses	High School Career-Technical Courses Bold =College Credit Opportunity
------------	-----------------	------------------------------	---