

The Sports Exercise Science program is designed to prepare students for entry-level positions in any of the four health-fitness settings: clinical, commercial, community or corporate. This program includes everything from the study of the body's responses to physical exercise to learning about bodily injuries and diseases. Students will learn scientifically based content and apply learned material with hands-on experiences. This program prepares students to take certification exams to become certified as a personal trainer and to become certified physical therapy aide. Completion of the Sports Exercise Science program may act as a stepping stone to prepare students for undergraduate education in athletic training, exercise physiology/ science, physical therapy, sports nutrition, sports medicine, biomechanics and other allied health disciplines.

## SKILLS LEARNED:

- Athletic injury prevention
- Concepts in rehabilitation of orthopedic injury
- CPR/first aid/AED
- Human anatomy and physiology
- Medical terminology
- Fitness safety
- Sports specific training
- Fitness screening & evaluation
- Health and fitness trends
- Nutrition/weight management
- Wellness program design
- Personal training
- Physical therapy skills
- Fitness/exercise equipment use

## UNIFORM DETAILS:

Uniforms are ordered through the Apollo website. All students who were accepted prior to the first day of school are expected to be in uniform by September 16th. Students accepted within the first two weeks of school must be in uniform by October 1st. Students who are not in uniform by these deadlines may be sent home or have daily grade reductions for professionalism.

### Purchased through online portal:

- T-shirt (short or long sleeve)
- Crewneck sweatshirt
- Jogger scrubs
- Polo shirt (mandatory for school-to-work, job shadow or apprenticeship)

### Can be purchased anywhere:

- Athletic shoes (No slides, clogs, sandals, Hey Dudes or boots in lab/class only)

## CREDENTIALS STUDENTS CAN EARN:

- PTAC (12 Points)
- CPR/First Aid (1 Point)
- OSHA Healthcare(1 Point)
- NASM Personal Training

## COLLEGE CREDIT:

Students may earn up to 6 hours of cost-free college credit.

## STUDENT PURCHASED TOOLS:

Students will receive information prior to the start of school in August.

## TYPICAL SCHOOL DAY SCHEDULE:

- 8:00 am – 2:25 pm
  - Buses leave at 2:20
  - Drivers at 2:25
- First-year students have lab in the morning and second-year students have lab in the afternoon.
  - Some schedules may vary.



## INSTRUCTOR

Jody Benda  
jody.benda@apollocc.org  
567.998.2927