



Sports & Human Performance

Health Science

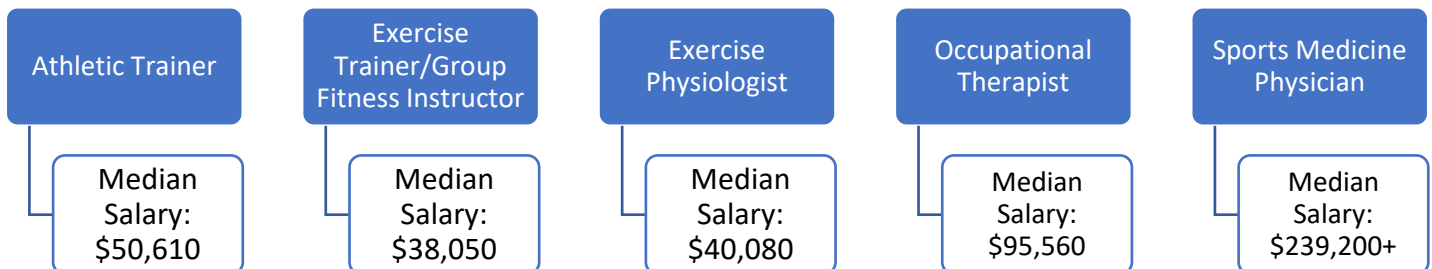
JOB OUTLOOK

Nationally, employment of exercise physiologists is projected to grow 8 percent from 2014 to 2024, faster than the average for all occupations. Demand may rise as hospitals emphasize exercise and preventive care as part of their treatment and long-term rehabilitation from chronic diseases. State employment figures are more robust with projected annual job openings for personal trainers at 125 annual job openings and a total percent change from 2014-2024 of 15.3 percent. Source: BLS.gov



OCCUPATION PROFILE

Athletic trainers specialize in preventing, diagnosing, and treating muscle and bone injuries and illnesses. **Exercise trainers and Group Fitness instructors** lead, instruct, and motivate individuals or groups in exercise activities, including cardiovascular workouts (for the heart and blood circulation), strength training, and stretching. They work with people of all ages and skill levels. **Exercise physiologists** develop fitness and exercise programs that help patients recover from chronic diseases and improve cardiovascular function, body composition, and flexibility. **Occupational therapists** evaluate and treat people who have injuries, illnesses, or disabilities. They help clients meet goals to develop, recover, improve, and maintain skills needed for daily living and working. **Sports Medicine Physicians** diagnose, treat, and help prevent injuries that occur during sporting events, athletic training, and physical activities.



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Memphis-Shelby County Schools



ROAD MAP TO SUCCESS

PROGRAM OF STUDY PROFILE

Sports & Human Performance is designed to prepare students to pursue careers in kinesiology and exercise physiology services. Upon completion, proficient students will be able to apply concepts of anatomy and physiology, physics, chemistry, bioenergetics, and kinesiology to specific exercise science contexts. Through these connections students will understand the importance that exercise, nutrition, and rehabilitation play in athletes or patients with debilitating or acute metabolic, orthopedic, neurological, psychological, and cardiovascular disorders.

CAREER PATHWAY

SECONDARY EDUCATION

- * Health Science Education
- * Anatomy & Physiology
- * Rehabilitation Careers
- * Exercise Science
- * Clinical Internship

CERTIFICATIONS

- * Massage Therapy

ASSOCIATES

- * Physical Therapy Assistant

BACHELORS:

- * B.S. Kinesiology

MSCS PARTICIPATING SCHOOLS: Cordova HS & Germantown HS

LOCAL EMPLOYERS: Baptist Memorial Hospital, Massage Envy, Methodist LeBonheur Healthcare, St. Francis Hospital, St. Jude Children’s Research Hospital, and YMCA of Memphis