

9118 Intro to Athletic Training and Sport Physiology (CP or H) (9, 10, 11, 12) A1, A3, C1, C3, S1, S2

Semester Course - 2.5 Cr.

Dive into the thrilling world of sports and fitness with our *Athletic Training and Sport Physiology* course, specifically tailored for high school students and taught by a *Certified Athletic Trainer*. This dynamic semester-long class offers a deep dive into the human body, focusing on peak athletic performance and effective injury rehabilitation. Topics include musculoskeletal anatomy, physiology, and the intricacies of sports injuries. Learn about injury prevention skills, trauma assessment, emergency care, and sports nutrition, all through a hands-on learning experience.

Step into the role of a sports health professional with practical skills training in First Aid, CPR, and injury assessment. Master the technique of taping and injury prevention while exploring the world of rehabilitation exercises and diet evaluation. This course is about transforming your passion for sports into knowledge and skills that extend beyond the classroom. Whether you're an athlete, a future sports medical expert, or simply have an interest in fitness and health, Athletic Training and Sport Physiology is your opportunity to gain valuable hands-on experience in the dynamic field of sports health.