

SPORTS MEDICINE PATHWAY

SPORTS MEDICINE 10, 20, 30

(5 credits each level)

The 10, 20, and 30 levels of Sports Medicine offer a foundation for those students who are interested in such careers as Athletic Therapy, Physiotherapy, Occupational Therapy, Nursing, Chiropractic, Sports Medicine, Physician, Kinesiology, Pro Athlete/Coach, Firefighter, Paramedic (EMR/EMT), Fitness Instructor, Massage Therapy or any other of the many Medical and Sport Sciences. The aim of Aberhart's Sports Medicine program is to enable individuals to develop the knowledge, skills, and attitudes, necessary to be successful in the pursuit of the many medical, first aid and sport career pathways related to Sports Medicine. Sports Medicine includes a knowledge base of human anatomy, physiology, kinesiology, taping and strapping, therapeutic modalities, athletic training, the prevention, treatment, and rehabilitation of injuries, sports nutrition, massage therapy, emergency first aid/ CPR and much more. The major emphasis of these three levels is to apply the skills learned to real life situations. The 20 and 30 level courses build upon the principles and skills learned in Sports Medicine 10, with the focus of expanding upon injury rehabilitation and the application of these principles.

The five one-credit courses to be completed at each level.

Sports Medicine 10 Credits -Health Services Foundations, Musculoskeletal System, Injury Management 1, Technical Foundations for Injury Management and First Aid/CPR with AED.

Sports Medicine 20 Credits - Injury Management 2, Cardiovascular System, Intermediate level Project Course : Physio and Rehab with our special needs ACCESS class, Community Volunteerism 1 – Service hours, Pain and Pain Management.

Sports Medicine 30 Credits - Injury Management 3, First Responder 1, Advanced level Project course – taping skills and modalities, Community Volunteerism 2 – Service Hours, Senior level Project course – Advanced ACCESS class physio and rehab, Senior Practicum.

First Aid certification at each level:

Sports Medicine 10 - Standard First Aid with level C CPR.

Sports Medicine 20 - HCP (Health Care Provider) CPR certification.

Sports Medicine 30 - Standard First Aid Recertification, CPR Recertification at the HCP (Health Care Provider) CPR level. *HCP - CPR is an entrance requirement for nursing and dental hygienist programs and is recommended for those going into Sports Medicine and Medical pathways .

A fee is required to cover the First Aid certifications, and off-campus lab experiences at SAIT.

For further program details and CTS course outlines please refer to the Alberta Education Senior High School Health Services (HES) Programs of Study at:

<http://education.alberta.ca/teachers/program/cts/program-of-studies/hrh.aspx>