

The Henrico County Advanced Career Education (ACE) Centers offer training opportunities in the following areas for the 2016-2017 school year:

ADVANCED CAREER EDUCATION (ACE) CENTER at HERMITAGE
804-756-3020

Air Cond., Refrigeration & Plumbing	Graphic Communications
Automotive Technology	Greenhouse Management
Barbering	Landscaping
CAD - Computer-Aided Drafting & 3D Animation	Legal Systems Administration
Cosmetology	Medical Systems Administration
Criminal Justice	Nurse Aide
Culinary Arts	Practical Nursing I
Diesel Technologies	Precision Machining Technology
Electricity & Cabling	Sports Medicine
Emergency Medical Technician	Veterinary Assistant
	Web Development/Programming

ADVANCED CAREER EDUCATION (ACE) CENTER AT HIGHLAND SPRINGS
804- 328-4075

Auto Body Repair	Electricity & Cabling
Automotive Technology	High Tech Academy
Carpentry	Tourism Marketing and Sales
Computer Systems Technology	Masonry
Cosmetology	Nurse Aide
Criminal Justice	Pharmacy Technician
Early Childhood Education & Services	Practical Nursing I
	Radio Broadcasting & Journalism

Henrico County Public Schools does not discriminate on the basis of race, color, national origin, sex, religion, age or disability in employment or provision of programs, services, or activities. Reasonable accommodation will be provided upon request for individuals with disabilities.

For additional information, please contact a counselor in your school or write or call:

*Career and Technical Education Department
Henrico County Public Schools
3751-C Nine Mile Road, Henrico, VA 23223-0420
(804) 781-1810
HENRICOCTE.COM*



Traits, Interests, Aptitudes

Applicants must have a strong desire for service above self. Sports medicine and athletic training are rewarding careers but require long hours and overtime on nights and weekends. They should enjoy sports and working with athletes. Students should possess good social and communication skills to relate accurate terminology to coaches, patrons, physicians, and athletes. Being punctual, polite, and confident are important for success in this program. An aptitude for studying health sciences and/or allied medical careers is preferred.

Volunteer and School Service

Students will be expected, as an integral part of this class, to be involved with the athletic program at their home high school. The teacher and the athletic department in each high school will work together to arrange/approve volunteer and school service assignments. This could include the following: sports medicine aide, team manager, student trainer, coaches' aide, youth organization referee or coach.

Career and College Information

This class is for students who are interested in a sports or sports-medicine-related career. This is an excellent introductory course to prepare for a future in sports medicine, sports management, physical education, sport communications, and athletic training. In order for an individual to be eligible to become a Certified Athletic Trainer they must have successfully graduated from an accredited four-year university sports medicine/athletic training program. There are various colleges and universities in Virginia that are accredited in the field of sports medicine/athletic training and physical therapy. Individuals must also pass the National Athletic Training Association Board of Certification exam. Possible certifications for students completing this course prior to post-secondary education include: C.P.R./AED certified, first aid certification, personal trainer, aerobics instructor, sport first aid instructor, E.M.T., medical assistant, and first responder.

SPORTS MEDICINE

Course No. 7660/7662
3 credits/periods

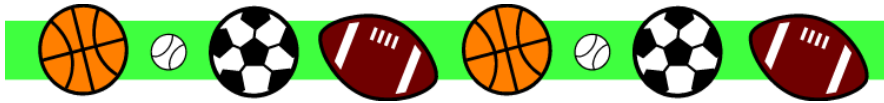
36 weeks

Elective

Grade Level 11 or 12

**Recommended: Successful completion of
Biology and Physical Education 10**

The sports medicine course is designed to provide eleventh and twelfth grade students with a strong foundation in the field of sports medicine/athletic training and other medical fields. Students will develop skills in the prevention, recognition, assessment, management, disposition, and rehabilitation of injuries. Students will learn the principles of designing exercise programs for healthy individuals and developing proper diets through the essentials of nutrition. Upon successful completion, students should be able to assess injuries and illnesses, provide immediate and long-term care, determine the outlook, and design a basic rehabilitation program.



Major Units of Study

- Sports medicine and the athletic trainer/careers
- First aid/C.P.R./AED/first responder
- Anatomy and physiology
- Recognition and evaluation of injuries/illnesses
- Injury management/treatment and disposition
- Nutrition and diet for athletic training
- Therapeutic modalities/Therapeutic exercise
- Legal and ethical concerns
- Professional and career development
- Youth organization activities
- School service
- Personal Trainer

This course is offered at ACE Center at Hermitage.