

HEALTH SCIENCE & MEDICAL TECHNOLOGY PATHWAY: SPORTS MEDICINE/ATHLETIC TRAINING/PRE-MEDICINE

Grade	Recommended Pathway Electives
9	<p>Biology 1-2 <i>Introductory study of living things and learn how bodies perform life functions. Meets UC/CSU "D" life science requirement.</i></p> <p>Health <i>Students will learn introductory information about nutrition and fitness. This course is also a PUSD graduation requirement.</i></p>
10	<p>First Responder*# <i>Students will learn CPR, anatomy/physiology, checking for vital signs, bandaging, universal precautions, lifting and moving patients, and bleeding control. Students will use equipment such as mannequins, blood pressure cuffs, thermometers, splints, tourniquets, defibrillators, bandages, stethoscopes and stretchers. Students learn basic medical terminology and prevention of disease transmission.</i></p>
11	<p>Sports Medicine/Athletic Training 1-2* <i>The activities and projects introduce students to the roles and responsibilities of an athletic trainer and to the sports medicine team. Students will learn anatomy and physiology, assessment of injuries, knowledge of injury prevention recognition and rehabilitation. Students will participate in 20 hours of field experience in the sports medicine environment. This course meets the UC/CSU "G" academic elective requirement.</i></p> <p>Human Biology 1-2 <i>Students will study forensic science, infectious disease, topics in medical ethics, human body organ systems, including nervous, muscular, skeletal, circulatory, respiratory. Course aligned with Sports Medicine 1-2 curriculum. Meets UC/CSU "D" life science requirement.</i></p>
12	<p>Sports Medicine/Athletic Training 3-4* (Capstone) <i>Advanced learning of the concepts started in Sports Medicine 1-2 with 20 hours field experience.</i></p>

Collegiate undergraduate students typically major in Exercise Science, Pre-Athletic Training, Kinesiology, Health Science or Biology for a Bachelor 's degree. Athletic Training is a Master of Science degree at the collegiate graduate level and is now an expected level of education for a professional job in the field.

High School Recommendations:

- Meet or exceed UC/CSU A-G requirements with a successful Biology, Chemistry and Physics experience
- Follow our recommended pathway
- Participate in hands-on course opportunities to get ready for real-world experiences

Articulates with Palomar Community College for 3 credits

- ✓ EME 100 Emergency Medical Responder (*this course is required prerequisite course for all students in EMT/EMS program at Palomar CC and would cost \$300, including the textbook, if taken at Palomar*)

*Career and Technical Education (CTE) course