Great Oaks Exercise Science and Sports Medicine Essential Skills Profile

This profile provides an outline of the skills required for the successful completion of this career program. Additional information is located on the Great Oaks website at https://hs.greatoaks.com/future-students/essential-skills-for-high-school-programs and select the corresponding career program.

Recommended WorkKeys ® Scores for Exercise Science and Sports Medicine

Applied – 4
Workplace Documents – 4
Graphic Literacy – 4

*Practice tests and more information at https://jobseeker.ohiomeansjobs.monster.com/Assessments/Home.aspx

Recommended Essential Skills to Successfully Complete the Program			
Rating Key:	**Low = Slightly Essential**	**Medium = Essential**	**High = Very Essential**

Key Vocational Factors		**Rating**
Visual Acuity	The ability to detect differences/details visually	High
Depth Perception	The ability to detect the physical distance/depth of objects in space and time	Medium
Oral Communication	The ability to express/explain ideas	High
Written Communication	The ability to communicate in a written format and record information accurately	High
Physical Mobility/Strength	Stooping, bending, walking, demonstrating, and using equipment such as weights	High
Eye-hand Coordination	The ability to use tools	Medium
Auditory Acuity	The ability to detect differences in pitch and sound	Medium

Worker Trait Skills	**Rating**
Ability to get along with others	High
Ability to work independently, without close supervision	Medium
Ability to work toward work including tasks of minimal interest	Medium
Ability to work accurately, recheck, and correct work, to an industry standard	Medium
Dependability (Attendance and Punctuality)	High
Ability to follow and retain:	
Multistep oral instructions	High
Written instructions/technical manuals - multistep	High
Simple to complex diagram instructions	Medium
Visual models or demonstrated instructions	Medium

Ability to use tools of trade (pedometers, fitness weights, sports equipment, exercise balls, emergency medical services first aid kits, balance beams or boards or bolsters or rockers for rehabilitation therapy, facial shields, cooling pads or compresses, therapeutic heating, wraps, etc.)	High
Ability to use numerical data (count, measure, compute, etc.) in an applied setting	High
Ability to discriminate between objects of similar:	
Size	High
Shape	High
Color	High
Spatial relationship	High
Ability to organize work process/follow defined procedures	High
Ability to follow sequence or to determine sequence of actions to a successful conclusion	High
Dexterity (fine finger)	High
Active Listening: Giving full attention to what other people are saying, taking time to understand the points being made, asking questions as appropriate, and not interrupting at inappropriate times	High
Critical Thinking: Using logic and reasoning to identify the strengths and weaknesses of alternative solutions, conclusions or approaches to problems	High
Monitoring: Monitoring/Assessing performance of yourself, other individuals, or organizations to make improvements or take corrective action	High

Applied Mathematics Skills * Recommended WorkKeys® Scores 4	
Understanding of numbers	Work with whole numbers and decimals. Convert fractions to decimals and/or convert from decimals to percentages.
Mathematical Calculations	Use one or two-step calculations to solve problems, decide what information, calculations or unit conversions to use to answer a problem
Solving problems with math	Solve problems that require mathematical operations with multiple units (e.g. 6 feet 4 inches or 4 hours 30 minutes), identify calculation mistakes
Workplace Documents Skills * Recommended WorkKeys® Scores 4	
Complexity	Mostly clear and direct but with multiple details, may have complex sentences and/or conditional situations
Information and detail	May need to meet inferences, differentiate/interpret details
Vocabulary	Industry jargon, acronyms, use context to understand words
Graphic Literacy Skills * Recommended WorkKeys® Scores 4	
Using Charts/graphs	Locate information in charts or graphs
Interpreting Information	Compare two or more pieces of information, identify trends/patterns, make inferences and identify graphics that accurately represent data

Additional Recommended Abilities

Problem Sensitivity	The ability to tell when something is wrong or is likely to go wrong. It does not involve solving the problem, only recognizing there is a problem.
Deductive Reasoning	The ability to apply general rules to specific problems to produce answers that make sense.
Oral Comprehension	Listening to and understanding information and ideas presented through spoken words and sentences.
Executive Functioning	The ability to memorize, understand multi-step procedures, and complete multiple tasks successfully.

Knowledge Required in Exercise Science and Sports Management Field

Customer and Personal Service	Knowledge of principles and processes for providing customer and personal services. This includes customer needs assessment, meeting quality standards for services, and evaluation of customer satisfaction.
Therapy and Counseling	Knowledge of principles, methods, and procedures for diagnosis, treatment, and rehabilitation of physical and mental dysfunctions, and for career counseling and guidance.
Medicine and Dentistry	Knowledge of the information and techniques needed to diagnose and treat human injuries, diseases, and deformities. This includes symptoms, treatment alternatives, drug properties and interactions, and preventive healthcare measures.

Additional Considerations

Like to instruct and teach others	Looking to help people
Being aware of others' reactions and understanding why they react as they do	Interest in one's health and wellness
Ability to work in groups and on teams	Enjoy exercise and physical activity
Basic understanding of Health and Disease	Like Science and its challenges
Helpful if the student has had student/athletic training at school	Ability to apply clinical/massage techniques to clients
Clinical evaluation of clients.	Being aware one might be within another's intimate personal space when working with them to complete massages, skin fold, and manual muscle tests

Exercise Science and Sports Medicine Work Activities

Evaluate individuals' abilities, needs, and physical conditions, and develop suitable training programs to meet any special requirements.	Explain and enforce safety rules and regulations governing sports, recreational activities, and the use of exercise equipment.
Observe participants and inform them of corrective measures necessary for skill improvement.	Instruct participants in maintaining exertion levels to maximize benefits from exercise routines.
Teach proper breathing techniques used during physical exertion.	Monitor participants' progress and adapt programs as needed.
Teach and demonstrate the use of gymnastic and training equipment such as trampolines and weights.	Provide students with information and resources regarding nutrition, weight control, and lifestyle issues.
Conduct therapeutic, recreational, or athletic activities.	Organize and conduct competitions and tournaments.
Administer emergency first aid, wrap injuries, treat minor chronic disabilities, or refer injured persons to physicians.	Teach individual and team sports to participants through instruction and demonstration, utilizing knowledge of sports techniques and participants' physical capabilities.
Maintain fitness equipment.	Advise clients about proper clothing and shoes.
Plan physical education programs to promote the development of participants' physical attributes and social skills.	Maintain equipment inventories, and select stored or issue equipment as needed.
Plan or implement comprehensive athletic injury or illness prevention programs.	Instruct coaches, athletes, parents, medical personnel, or community members in the care and prevention of athletic injuries.
Develop training programs or routines designed to improve athletic performance.	Confer with coaches to select protective equipment.
Massage body parts to relieve soreness, strains, or bruises.	Perform team support duties, such as running errands, maintaining equipment, or stocking supplies.

Technology

Word Processing software	Spreadsheet software
Office Suite software	Medical software
Database user interface and query software	Scheduling Software
POS Software	Fitness Program Software

Certifications Students Can Earn

Credential	Ohio Graduation Points
AMCA – Physical Therapy Aide	12
American Council on Exercise- Personal Trainer	3
AHA Basic Life Support CPR/First Aid Certification	1
OSHA-10 Healthcare	1
CPR/First Aid	1
Stop the Bleed *Live Oaks Career Campus only	1

Possible College Credits

College Credit Plus (CCP)	The CCP program provides Ohio high school students an opportunity to complete college courses and earn transcripted credit.
Career Technical Assurance Guides (CTAGs)	CTAGs award college credit for career-technical coursework to students who complete an approved course and earn a qualifying score at the end of course exam.
Articulated Credit	Some Great Oaks career-technical programs have agreements with colleges where students can earn credit toward a specific degree.

Please speak with your school counselor, Great Oaks counselor and/or career technical instructor to learn more about these potential opportunities.

Possible Career Pathways

Personal Trainer	Physical therapy aide
Athletic Trainer	Physical Therapist
Occupational Therapist Assistant	Massage Therapist