

	<h2>Great Oaks Exercise Science and Sports Medicine</h2> <h3>Essential Skills Profile</h3>
	<p>This profile provides an outline of the skills required for successful completion of this career program. Additional information is located on the Great Oaks website at <a href="http://hs.greatoaks.com/essential-skills-high-school-programs/">http://hs.greatoaks.com/essential-skills-high-school-programs/</a> and selecting the corresponding career program.</p>

### Recommended Work Keys Scores for Exercise Science and Sports Management

Applied Mathematics-3	Graphic Literacy-4
Workplace Documents-4	

\*Practice tests and more information at [www.act.org/workkeys](http://www.act.org/workkeys)

Essential Skills Needed to Successfully Complete the Program			
<b>Rating Key:</b>	<b>Low = Slightly Essential</b>	<b>Medium = Essential</b>	<b>High = Very Essential</b>

Key Vocational Factors		Rating
Visual Acuity	The ability to detect differences/details visually	Medium
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	Medium
Physical Mobility/Strength	Stooping, bending, walking, demonstrating and using equipment such as weights	Medium
Eye-hand Coordination	The ability to use tools	Medium
Auditory Acuity	The ability to detect differences in pitch and sound	Low

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:	
Multi step oral instructions	High
Written instructions/technical manuals-multi step	Medium
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	High

rockers for rehabilitation therapy, facial shields, cooling pads or compresses, therapeutic heating, wraps, etc.)	
Ability to use numerical data (count, measure, compute, etc.) in applied setting	High
Ability to discriminate between objects of similar:	
Size, shape, color, and spatial relationship	Medium
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

<b>Reading Skills *See Recommended Work Key Scores</b>	
<b>Math Skills *See Recommended Work Key Scores</b>	
Counting-Recording-Comparing-Calculating	Whole numbers
Calculating Fractions, ratios, formulas, square roots	Pre-Algebra/Geometry

### **Additional Abilities Required**

<b>Problem Sensitivity</b>	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.
<b>Deductive Reasoning</b>	The ability to apply general rules to specific problems to produce answers that make sense.
<b>Oral Comprehension</b>	The ability to listen to and understand information and ideas presented through spoken words and sentences.

### **Knowledge Required in Exercise Science and Sports Management Field**

<b>Customer and Personal Service</b>	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.
<b>Therapy and Counseling</b>	Knowledge of principles, methods, and procedures for diagnosis, treatment, and rehabilitation of physical and mental dysfunctions, and for career counseling and guidance.

<b>Medicine and Dentistry</b>	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 health-care measures.
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### 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 student has had student/athletic training at school	

### Exercise Science and Sports Management 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 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 of participants' physical capabilities.
Maintain fitness equipment.	Advise clients about proper clothing and shoes.

Plan physical education programs to promote development of participants' physical attributes and social skills.	Maintain equipment inventories, and select, store, 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
Data base user interface and query software	

### Available Certifications

AMCA – Physical Therapy Aide (12 points)	CPR/First Aid Certification (1 point)
American Council on Exercise- Personal Trainer	OSHA-10 Healthcare1 point)
American Heart Association Basic Life	American Heart Association Saver

### Possible College Credits

College Credit Plus in English, Math, Social Studies, or Science	Must be preapproved. Must pass a college course at an Ohio college or College Credit Plus class at Great Oaks.
Career Technical Credit Transfer	The Ohio Transfer to Degree Guarantee helps career and technical students transfer credits earned in high school to community college or four-year degree programs. The credit can be used at any Ohio public college or university: <ul style="list-style-type: none"> <li>• If you successfully completed your career-technical program and passed certain required assessments.</li> <li>• If you attend a similar program at a public Ohio college or university.</li> </ul>
Articulated Credit	Great Oaks has agreements with certain colleges; if you attend one of those colleges you can get

	<p>credit toward a specific degree. Currently, Great Oaks has agreements in your program with:</p> <ul style="list-style-type: none"> <li>• Cincinnati State Technical and Community College (Health and Fitness Technology, up to 14 credit hours possible)</li> <li>• Sinclair Community College (Life and Health Science, up to 3 credit hours)</li> <li>• Chatfield College (Associates of Arts Degree, up to 2 credit hours possible)</li> </ul>
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\*Additional college or post-secondary education may be required in this field

**Possible Career Pathways**

Personal trainer	Chiropractor
Occupational therapist	Athletic trainer
Physician's assistant	