

## Mission Valley Regional Occupational Program

### Sports Therapy 2 Course Outline

**Course Title:** Sports Therapy 2: NASM Personal Trainer

**CTE Career Sector and Pathway:**

Health Science and Medical Technology; Patient Care (pathway 198)

**CALPADS Number:** 7922

**Job Titles:**

**NHCSS Clusters**

**O\*NET Codes**

#### *Entry-level*

Massage Therapist		31-9011.00
Masseur/Masseuse	334.374-010	
Physical Therapist Aide	355.354-010	31-2022.00
Recreation Aide	195.367-030	
Chiropractic Assistant	079.364-010	
Orthopedic Assistant	078.664-010	

#### *Technical-level*

Occupational Therapist Assistant	076.364-010	31-2011.00
Physical Therapist Assistant	076.224-010	31-2021.00
Recreational Therapist	076.124-014	29-1125.00
Fitness Trainer and Aerobic Instructor		39-9031.00
Sports Instructor	153.227-018	

#### *Professional-level*

Certified Athletic Trainer (ATC)	153.224-010	29-9091.00
Physical Therapist	076.121-014	29-1123.00
Chiropractor	079.101-010	29-1011.00
Surgeon	070.101-094	29-1067.00
Occupational Therapist	076.121-010	

#### **Course Description:**

Sports Therapy 2 expands on what students have learned in Sports Therapy 1. Students must pass both semesters of Sports Therapy 1 with a minimum grade of “B” and have the recommendation of the instructor in order to continue to Sports Therapy 2. Students will complete the NASM Certified Personal Trainer curriculum. In addition, students will complete an internship at a different site from the internship completed in year 1.

Revised: July 2023

Approved by Advisory:

### Goals and/or Major Student Outcomes

- Identify and adhere to applicable professional standards and codes of conduct including business and professional development practices.
- Recognize and apply exercise psychology and behavioral coaching techniques for a wide variety of clients.
- Identify concepts and structures of anatomy and physiology, human movement science, exercise metabolism, nutrition, and supplementation.
- Select, perform, and interpret results from a client fitness assessment.
- Provide instruction and demonstrate proper exercise techniques for clients.
- Design client-specific exercise programs based on assessment results and client abilities.

**Prerequisites:** Pass Sports Therapy 1 with a grade of B or better and instructor's recommendation

Unit	Content Area Skills	Hours
Integrated Throughout the course	<b><u>Workplace Basic Skills &amp; Behaviors</u></b> (Necessary skills for any occupation – <a href="#">MVROP SLO #1</a> ) Learner Outcomes: A. Apply skills learned in class. B. Analyze information and make decisions. C. Communicate verbally and in writing. D. Work independently and as a team member in a diverse workplace. E. Work reliably, responsibly, and ethically. a. Identify types of harassment and complaints b. Describe laws related to harassment c. Understand and apply the <b>HIPAA</b> act ( <i>certification</i> )	Integrated Throughout the course
Integrated throughout the course	<b><u>Career Technical Skills</u></b> Learner Outcomes (Occupational competencies – <a href="#">MVROP SLO #2</a> ) A. Use appropriate technology. B. Understand and practice occupational safety standards. a. Use correct body mechanics while performing procedures in the laboratory or clinical area. b. Observe all safety standards established by the Occupational Safety and Health Administration (OSHA), especially the Occupational Exposure to Hazardous Chemicals Standards & the <b>Blood borne Pathogen Standard</b> ( <i>certification</i> ).	Integrated throughout the course

	<ul style="list-style-type: none"> <li>c. Observe all regulations for patient safety while performing procedures in any area.</li> <li>d. List the main classes of fire extinguishers</li> <li>e. Locate and describe the operation of the nearest fire alarm</li> <li>f. Describe the evacuation plan according to school policy</li> </ul>	
<p>Final Unit or any best fit within the course</p> <p><b>MANDATORY FOR ALL ROP COURSES</b></p>	<p><b><u>Job Employment Skills</u></b>  (Occupational competencies – <a href="#">MVROP SLO # 3</a>)  Learner Outcomes:</p> <ul style="list-style-type: none"> <li>A. Develop a plan to achieve career goals. <ul style="list-style-type: none"> <li><b>a. Create a Career Portfolio</b> <ul style="list-style-type: none"> <li>i. Cover letter</li> <li>ii. Application</li> <li>iii. Resume</li> <li>iv. Thank you letter</li> </ul> </li> </ul> </li> </ul>	

## Course Outline:

### Section 1. Professional Development and Responsibility

1. Modern State of Health and Fitness
2. The Personal Training Profession

### Section 2. Client Relations and Behavioral Coaching

3. Psychology of Exercise
4. Behavioral Coaching

### Section 3. Basic and Applied Sciences and Nutritional Concepts

5. Nervous, Skeletal, and Muscular Systems
6. Cardiorespiratory, Endocrine, and Digestive Systems
7. Human Movement Science
8. Exercise Metabolism and Bioenergetics
9. Nutrition
10. Supplementation

### Section 4. Assessment

11. Health, Wellness, and Fitness Assessments
12. Posture, Movement, and Performance Assessments

### Section 5. Exercise Technique and Training Instruction

13. Integrated Training and the OPT Model
14. Flexibility Training Concepts
15. Cardiorespiratory Training Concepts

16. Core Training Concepts
17. Balance Training Concepts
18. Plyometric (Reactive) Training Concepts
19. Speed, Agility, and Quickness Training Concepts
20. Resistance Training Concepts

#### **Section 6. Program Design**

21. The Optimum Performance Training Model
22. Introduction to Exercise Modalities
23. Chronic Health Conditions and Special Populations

#### **Additional Items:**

**A. Articulation Agreements:** This course is not articulated with a college.

**B. UC/CSU A-G Status:** This course does not meet a UC/CSU a-g requirement.

**C. Certifications:** At the conclusion of this course, students will be eligible to sit for the certification exam for the NASM Certified Personal Trainer