

## Butler Tech Exercise Science 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 Butler Tech website at: <https://www.butlertech.org/high-school/> and selecting the corresponding career program.

### Recommended WorkKeys® Scores for Exercise Science

Applied Mathematics - 3	Graphic Literacy - 4
Workplace Documents - 5	

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

### Skills

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.
Critical Thinking	Using logic and reasoning to identify the strengths and weaknesses of alternative solutions, conclusions or approaches to problems.
Monitoring	Monitoring / Assessing performance of yourself, other individuals, or organizations to make improvements or take corrective action.

### Abilities Required

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	The ability to listen to and understand information and ideas presented through spoken words and sentences.

### Knowledge Required in Exercise Science

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 health-care measures.
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.
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.

## Exercise Science Activities

- Evaluate athletes' readiness to play and provide participation clearances when necessary and warranted.
- Care for athletic injuries, using physical therapy equipment, techniques, or medication.
- Conduct an initial assessment of an athlete's injury or illness to provide emergency or continued care and to determine whether they should be referred to physicians for definitive diagnosis and treatment.
- Assess and report the progress of recovering athletes to coaches or physicians.
- Perform general administrative tasks, such as keeping records or writing reports.
- Apply protective or injury preventive devices, such as tape, bandages, or braces, to body parts, such as ankles, fingers, or wrists.
- Plan or implement comprehensive athletic injury or illness prevention programs.
- Collaborate with physicians to develop and implement comprehensive rehabilitation programs for athletic injuries.
- Advise athletes on the proper use of equipment.
- File athlete insurance claims and communicate with insurance providers.
- Instruct coaches, athletes, parents, medical personnel, or community members in the care and prevention of athletic injuries.
- Inspect playing fields to locate any items that could injure players.
- Develop training programs or routines designed to improve athletic performance.
- Teach sports medicine courses to athletic training students.
- Recommend special diets to improve athletes' health, increase their stamina, or alter their weight.
- Conduct research or provide instruction on subject matter related to athletic training or sports medicine.
- 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	

### Personality

Social: People interested in this work like activities that include helping people, teaching, and talking, They do well at jobs that need:	
Dependability	Concern for Others
Stress Tolerance	Integrity
Adaptability / Flexibility	Initiative

### Available Certifications

AMCA – Physical Therapy Aide (12 points)	CPR/First Aid Certification (1 point)
American Council on Exercise- Personal Trainer (3 Points)	

### 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 Butler Tech.
Career Technical Credit Transfer	<p>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:</p> <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> <li>• For more information, go to <a href="http://www.transfercredit.ohio.gov">www.transfercredit.ohio.gov</a></li> </ul>
Articulated Credit	Butler Tech has agreements with certain colleges; if you attend one of those colleges you can get credit toward a specific degree.

\*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	