

Discover EXERCISE SCIENCES

As a student in the 21st century, your future is at your fingertips. Whether you know exactly what you want or are still considering your options for the future, Butler Tech, in collaboration with Lakota Local Schools, provides you with possibilities to explore.

Career & Technical Student Organizations & Competitions

Students enrolled in Butler Tech courses at Lakota may have the opportunity to participate in a variety of career and technical student organizations (CTSOs) at the regional, state and national levels. Students participate in activities designed to expand their leadership abilities, utilize their academic instruction in real-world settings, and encourage them to pursue their education in their career field of interest. Annually, more than 1,000 Lakota students participate at the state and national levels.

Career-Technical Credit Transfer (CT²)

Several Butler Tech courses at Lakota offer guaranteed transfer of college credits to Ohio's public colleges and universities, allowing students to enter college with free college credit. This technical credit saves students time and money!

Below is a list of courses available that are CT² and CCP approved in Exercise Science:

- Exercise and Athletic Training II
- Fitness Evaluation and Assessment

bt Butler
Tech
in Lakota Local
Schools

Butler Tech offers the following Exercise Sciences courses in Lakota Local Schools:

- Exercise and Athletic Training I
- Exercise and Athletic Training II
- Fitness Evaluation and Assessment
- Sports Exercise Psychology

Why Butler Tech Courses

An industry leader in teen education, Butler Tech provides career-technical education options beginning in the 7th grade on-site at Lakota Local Schools. Students who take Butler Tech courses are prepared to make important decisions about college and careers because our teachers and curriculum are driven by providing real-world experiences for students.

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Lakota**



Butler Tech Exercise Sciences Course Offerings at Lakota

Offered at Lakota East and West Campuses

Exercise and Athletic Training I

ZSPT1 | 2 semesters / 1 credit

In this year-long course students will identify signs and symptoms of injury and apply emergency procedures and techniques used in the immediate care of athletic-related trauma. Students will learn clinical and field evaluative processes, injury prevention techniques, conditioning techniques, treatment, taping, bracing, and rehabilitation of musculoskeletal injuries and conditions. Students will design and implement conditioning programs, including nutritional considerations and ergogenic aids. Emphasis is placed on the synthesis of information gathered through injury history, observation, and manual muscle testing. This course is designed as the introductory course to the field of Exercise Science and Sports medicine.

This course serves as a prerequisite for students interested in continuing in the Exercise Science and Sports Medicine program. Students may be concurrently enrolled in Sports Exercise Psychology.

This course DOES NOT meet the health requirement for graduation.

Exercise and Athletic Training II

Z4160 High School Credit | Z4160C High School and CCP Credit
2 semesters / 1 credit

In this year-long, senior-level course, students will apply procedures and techniques used in athletic training and in the care and rehabilitation of athletic injuries and therapeutic exercise. Topics include injury prevention, conditioning, and wound care techniques of the musculoskeletal system. Students will learn techniques in the analysis of mechanical factors related to human movement. In addition, current trends, technology, legal considerations, and the role of exercise science in relationship to other health fields will be emphasized.

Prerequisite: Students need to have taken Athletic Injury and Prevention or Exercise Science and Athletic Training I, as well as Sports Exercise and Psychology.

*College Credit Available: Eligible for 3 CCP Semester Hours
Credentials Available: CPR, Physical Therapy Aide*

Fitness Evaluation and Assessment

Z3160H High School Credit | Z3160HC High School and CCP Credit
2 semesters / 1 credit | 2 Semester / 2 credits - When taken for CCP Credit (EXS 151 & EXS 152)

In this year-long, senior level course, students will complete comprehensive fitness evaluations and develop individualized training programs. Students will administer lab and field tests of cardiovascular endurance, body composition, joint flexibility and muscular strength, power, and endurance. Emphasis is placed on assessing body composition, neuromuscular flexibility, agility, balance, coordination, and proprioception. Additionally, students will identify components of physical fitness and communicate how physical activity impact health and wellness.

Prerequisite: Students need to have taken Athletic and Injury Prevention, as well as Sports Exercise and Psychology. It is highly recommended that students take Exercise and Athletic Training concurrently. CCP approved for 6 credit hours at Cincinnati State

Sports Exercise and Psychology

ZSPT2 | 2 semesters / 1 credit

In this year-long, junior level course, students apply practical and theoretical information as it relates to psychology of sport. Students will analyze what an injured athlete goes through, in regards to, major psychological changes during injury and rehabilitation. Students examine the reciprocal relations among physical activity, exercise behavior, and biochemical and physiological adaptation. Topics include theories of behavior change, exercise psychology interventions, the relationship between athlete burnout rate/injury predisposition and the general health care patients go through to recover quicker from injury with guided mental practice. Further, students will identify psychosocial determinants and effects associated with adopting and maintaining an exercise program and develop strategies for promoting optimal performance in athletes.

Prerequisite: Athletic Injury and Prevention. Students may be concurrently enrolled in Athletic Injury and Prevention.

This course DOES NOT meet the health requirement for graduation.

Discover Exercise Science through Butler Tech
and pursue a career that's right for you.



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See your guidance counselor
for registration information.

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