

# Discover EXERCISE SCIENCE

### Industry Overview

With a nationwide growing emphasis on the importance of taking care of our health, the field of sports medicine is ever expanding. New technological developments, including activity trackers and smartwatches along with new medical innovations, have enhanced the landscape for sports medicine and science professionals.

### Butler Tech Exercise Science Program Overview

Sports and patient care come together in the active careers of Sports Medicine. Learn how the body works, how to make it stronger, and help patients recover from and prevent injuries. Apply procedures and techniques used in athletic training, injury prevention and rehabilitation. Practice clinical and field evaluative processes, conditioning techniques and treatment options.

The Hamilton High School state-of-the-art labs are filled with the same tools used by professionals in the field. The classrooms is designed to simulate real-world medical facilities.

Experienced instructors prepare students for careers in this booming industry in a lab with advanced exercise and training equipment.

### Hands-On Experience

Learn Sports Medicine by actually doing it. Butler Tech has a unique partnership with local hospitals and sports training facilities, YMCA, offering students hands-on opportunities through job potential shadowing.

### Student Organization

All students at our Hamilton High School campus participate in the Health Occupations Student Association (HOSA), a career technical student organization for future health professionals. Compete in a variety of health-related challenges through HOSA to enhance your knowledge, skill and leadership development.

**bt** Butler  
Tech  
in Hamilton City  
Schools

### Coursework

- Emergency procedures
- Exercise and athletic training, including athletic taping
- Exercise physiology
- Fitness assessment and evaluation
- General health and wellness
- Injury recognition and prevention
- Injury rehabilitation and treatment
- Medical terminology
- Nutrition & wellness
- Senior capstone  
*independent research project  
in the field of your choice*
- Weight management

### Certifications

- CPR
- First aid
- OSHA Healthcare 10
- Personal trainer
- Physical therapy aide
- Stop the Bleed



Your **PASSION**. Your **PURPOSE**. Your **IMPACT**.

## 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.

## Personality

### Social

People interested in this work like activities that include helping people, teaching, and talking. They do well at jobs that need:

- Adaptability / Flexibility
- Concern for Others
- Dependability
- Integrity
- Initiative
- Stress Tolerance

## Career Pathways

- Athletic Trainer
- Chiropractor
- Occupational Therapist
- Personal Trainer
- Physician's Assistant



**"This program provides a unique opportunity for students to explore a career in sports medicine before they even graduate from high school. My hope is that the students will find their passion for the medical field."**

*Instructor, Exercise Science*

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

Butler Tech connects high school students to career technical education in more ways than ever. Complete your traditional academic courses in half of each school day and fill the other half of your day with career-focused labs and on-the-job training. Each moment in a Butler Tech career technical program is a step toward building your future.



See your guidance counselor for application information.

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