



# Sports Careers Academy

## LAGUNA CREEK HIGH SCHOOL

The Sports Careers Academy offers a unique opportunity to explore a wide-ranging and growing field, including physical therapy, fitness training and athletic training. Students will have hands-on experience treating sports injuries and working with technology usually reserved for college students. Students also learn how to take care of their own health and wellness.

### Students graduate from the academy with:

- Personal trainer certification
- CPR/First-Aid certification
- Sports performance assessment training
- Knowledge about the care and prevention of athletic injuries
- Hands-on training with athletic trainers and physical therapists



### BENEFITS

- First Aid and CPR Certification
- Field trips to colleges, businesses and recreation facilities.
- A school-within-a-school with a small, dedicated staff.
- Career-related field trips to universities, sports teams and sports medicine facilities.
- Hands-on experience as an athletic trainer.
- Close bonds with classmates and teachers.
- Personal Trainer Certification
- Hospital Internship

“The academy has been a great experience. We get to do hands-on activities: we visit the middle school here, work the basketball games and help out injured players.”



### FUTURE CAREER OPTIONS

#### High School Diploma

- Optometric Assistant
- Medical Office Secretary
- Laboratory Assistant
- Pharmacy Aide
- Dental Assistant
- Medical Equipment Preparer
- Personal and Home Care Aide
- Psychiatric Aide
- Laboratory Animal Caretaker
- Central Supply Aide
- Personal Trainer

#### AA, AS Degree or Certificate

- Pharmacy Technician
- Registered Nurse (2 yr)
- Paramedic
- Operating Room Technician
- Emergency Medical Tech
- Licensed Vocational Nurse
- Radiology Technologist
- Dental Lab Tech
- Respiratory Therapist
- Cardiovascular Technologist
- Dental Hygienist
- Diagnostic Medical Sonographer
- Biomedical Tech
- Physical Therapy Assistant
- Respiratory Care Practitioner
- Medical Assistant
- Home Health Aide
- Geriatric Assistant
- Biotechnology Assistant

#### BS, BA or Post-Graduate Degree

- Speech-Language Pathologist
- Registered Nurse (4 yr)
- Nurse Practitioner
- Athletic Trainer
- Dietitians and Nutritionist
- Clinical Trials Researcher
- Biomedical Chemist
- Geneticist
- Health Services Administrator
- Industrial Hygienist
- Materials Management
- Medical/Public Health Social Worker
- Gerontologist

### COMMUNITY PARTNERS

- Dignity Health Rehabilitation Center
- California State University, Sacramento
- Cosumnes River College
- Elk Grove Soccer Club
- Laguna Creek Racquet Club
- Kaiser Hospital Sports Medicine Department
- Shriners Hospital for Children

## SAMPLE CAREER-THEMED COURSES

\* The sample program of study outlined below lists academy-specific courses and does not include the full list of graduation requirements in writing, math, VAPA, WL, etc. These courses are subject to change based upon industry trends.

### Career-Themed Course(s)

<b>10th Grade</b>	<b>Sports Therapy I:</b> This course is designed to give students an opportunity to explore the various careers available in the sports industry and to learn the workplace skills necessary to succeed in any career field, including goal-setting, leadership, problem-solving and communication.
<b>11th Grade</b>	<b>Sports Therapy II:</b> This two-semester course will provide participants with skills in athletic training, physical therapy, and fitness instruction. Background information in basic anatomy and physiology, nutrition, ethical and legal issues involved in medicine and medical terminology will be provided.
<b>12th Grade</b>	<b>Sports Therapy III:</b> This course is designed to engage students in advanced topics of Physical Therapy, Rehabilitation, Nutrition, Exercise Fitness and Sport Performance. Students will study theories and perform therapeutic exercise, and sport evaluation techniques. Students will design, evaluate and execute a professional program based on the following fields of study: Physical Therapy, Rehabilitation, Weight Management, Personal Fitness and Sport Performance.

## CONTACT INFORMATION



Laguna Creek High School  
Sports Careers Academy

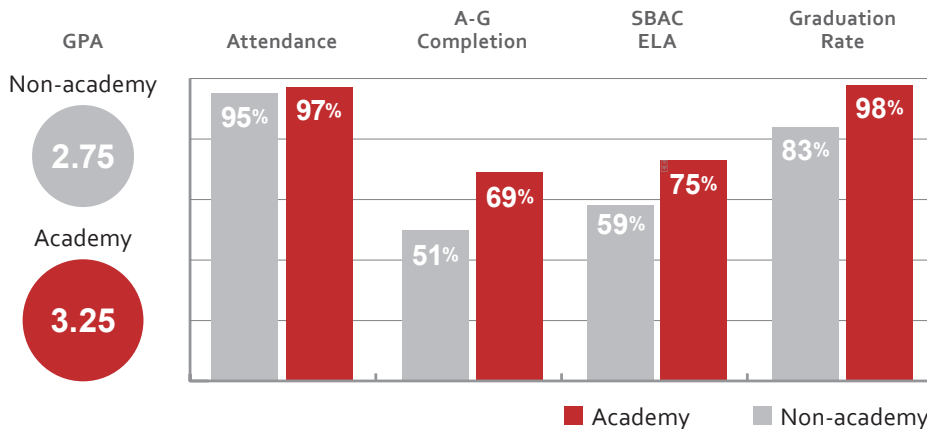
Tel: 916.686.1339

Email: LCHSportsa@egusd.net

Web: lchs.egusd.net

Web: www.EGUSDExplore.com

## ACADEMY VS. NON-ACADEMY DATA (DISTRICT-WIDE)



## CERTIFICATES

- First Aid/CPR
- National Academy of Sports Medicine  
Personal Fitness Trainer Certification