



The health and wellness field is growing rapidly! Join the Exercise Science program to explore career paths in personal training and group fitness as well as the option to continue after high school in physical or occupational therapies and athletic training.

Students taking the Exercise Science program will develop skills and experience in nutrition, strength and conditioning program design, athletic training skills and technique, legal aspects of the sport and fitness industry, facilities management, injury prevention, as well as fitness program design, demonstration, and implementation.

Curriculum Highlights:

- Current trends in fitness
- Injury prevention in sports and fitness
- First Aid, CPR, and AED training and certification
- Nutrition
- Psychology of sport and fitness
- Opportunity to earn industry-recognized personal training and group fitness certifications
- Learn to design and implement strength and conditioning programs for athletes

Career Focus:

This program can serve as a foundation for multiple career paths including:

- Personal training
- Athletic training
- Wellness Coach
- Strength and Conditioning Coach
- Physical Therapy and Physical Therapy Assistant
- Occupational Therapy and Occupational Therapy Assistant
- Group Fitness Instructor
- Athletic Coach
- Massage Therapy

Exercise Science offers a wide variety of skills and knowledge for each student participating in the program to graduate and move into a high demand career in the health and fitness industry.

Location	DACC Campus
Grade Level	Junior and Senior
2020/2021 Fees* <i>Fees are subject to change. See our web site for a breakdown of individual costs.</i>	Exercise Science I: \$370.00
High School Credits Available	Exercise Science I: Anatomy (1 credit) Elective (2 credits) Exercise Science II: Elective (3 credits)
Organizations, Affiliations or CTSO	Health Occupations Students of America (HOSA)
College Connections	Articulation Agreement with Columbus State Community College
College Credits Available	CTES001 Introduction to Exercise Science: 3 credit hours** CTES002 Fitness and Health Foundations: 3 credit hours** Additional College Credit Plus integration currently in development
Industry Credentials Available	ACE (American Council of Exercise) Personal Training Certification: 3 points*** ACSM (American College of Sports Med.) Personal Training Certification: 3 points*** ACE (American Council of Exercise) Group Fitness Certification: 3 points*** First Aid, CPR, AED: 1 point***
Technology Integration	The Exercise Science program will use a wide range of fitness equipment as well as tools to measure respiratory response, metabolic rate, body composition and body fat, cardiovascular output, and, strength and endurance capacity.

**This program participates in the One-to-One Chromebook program. An additional fee will be applied unless the student chooses to bring their own technology. Fees are subject to change. See our web site for a breakdown of individual and additional costs.*

***CTAG, which stands for Career-Technical Assurance Guide. A CTAG works as guaranteed transfer credit to any state of Ohio public college that offers that class. Students must meet WebExam requirements to be awarded the credit. Fees are subject to change. See our web site for a breakdown of individual costs.*

****Industry credential recognized by ODE for points toward graduation.*

Instructor:

Samantha Paisie

(740) 480.1781

PaisieS@DelawareAreaCC.org

4565 Columbus Pike, Delaware, OH 43015

DACC | DELAWARE AREA
CAREER CENTER
Empower. Prepare. Inspire. Connect.
Elevate your life.



Enroll online at DelawareAreaCC.org/DACCApp

This document is provided to you as an overview of the Delaware Area Career Center program. The information is not intended to be a binding contract and is subject to change at any time. For more information or clarification, please see the program instructor.