



Curriculum Plan 2025-2026

Program: Sports Medicine

CTSO Primary: HOSA

CTSO Secondary: N/A

Pathway: J6

WebXam: 23MC

Courses Offered

Level 1 Curriculum

Semester 1 Exercise Physiology And Biochemistry

Semester 2 Nutrition And Wellness

Level 2 Curriculum

Semester 1 Exercise And Athletic Training

Semester 2 Fitness Evaluation And Assessment

College Credits Available

Name	College	Semester Hours Available
ALH 1130 Basic Life Support Training for Healthcare Provider (American Heart Association BLS for Healthcare Provider and AHA Heartsaver First Aid cards required)	Sinclair College	1
CTES001 Introduction to Exercise Science, ODE Course 072000 (Exercise and Athletic Training), ENS 1116 Introduction to Exercise Science & Health Promotion	CTAG and Sinclair College	3
CTES002 Fitness and Health Foundations, ODE Course 072020 (Fitness Evaluation and Assessment), ENS 1118 Lifetime Physical Fitness & Wellness	CTAG and Sinclair College	3

Credentials Available

Name	ODE Points Available
CPR First Aid	1
Ohio State Apprenticeship Council Recognized Pre-Apprenticeship Program Certificate of Completion - Health	12
American College of Sports Medicine (ACSM) - Certified Personal Trainer	3
Ohio Driver's License (Self Obtained)	1
Ohio High School Athletic Association - Officiating License	4