

SPORTS SCIENCE CAREERS

NYS CIP CODE: 39.9031

Program Summary

- Do you want to change people's lives and make an impact on their physical health?
- The fitness and wellness industry is one of the fastest growing in the country.
- If you are outgoing and active, this is a rewarding career choice.
- Internships will expand your occupational knowledge and help you explore your field of study.
- Get real world experience working with allied health care continuum professionals.
- Students are taught by Certified Personal Trainers and Strength and Conditioning Coaches.

College Credit Connections

- Bryant and Stratton College
- Canisius College
- Niagara County Community College
- SUNY Canton
- SUNY Erie

Additional Information

- Students are responsible for purchasing a uniform for the fitness lab.
- Students will be prepped for a Personal Training Certification (NASM, ACE, NETA).
- Students in this program are eligible for post-secondary dual enrollment opportunities.

Professional Careers

Athletic Trainer
Chiropractor
Exercise Physiologist
Nutritionist / Registered Dietitian
Physical Education Teacher
Physical Therapist
Strength and Conditioning Coach

Technical Careers

Certified Personal Trainer
Cross Fit Level 1 Coach
Group Exercise Instructor
Gym Manager
Massage Therapist
Physical Therapist Assistant
Yoga / Pilates Instructor

Entry Level Careers

Desk Receptionist
Fitness Club Front
Fitness Coach
Health Sales Associate
Lifestyle Coach
Professional Bodybuilder
Recreation Coordinator
Sports Coach



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Fitness Safety

- CPR First Aid
- Proper Form
- Equipment Maintenance
- Spotting Techniques
- Injury Prevention
- Proper Warm-Up and Cool Down Techniques

Functional Movement Screening

- 5 Major Movements
- Posture
- Stability
- Mobility
- Balance
- Flexibility

Health Fitness Trends

- Social Media
- Research Based CEC's
- Allied Health Care

Human Anatomy Physiology

- Muscle Origins and Insertions
- Joint Actions / Movement
- VT1 and VT2 Thresholds

Nutrition and Weight Management

- Metabolic Syndrome
- Basal Metabolism
- Caloric Education
- Body Composition

Special Program Design

- Special Population and Needs
- Older Adults / Special Needs
- Chronic Illness and Needs
- Youth Clientele

Starting a Fitness Business

- Marketing of a Big Box Gym and Training Studio
- Legal and Ethical Implications
- Fitness Programs and Class Instruction
- Nutrition, Weight Loss, Energy and Sports Performance
- Risk Management

Sport Specific Training

- Utilize the Same Equipment and Technology as Professionals
- Employment Opportunities in Strength and Conditioning
- Injury Prevention
- Sport Skill Assessments

Cardiovascular and Resistance Training Program Design

- Design a Structured Exercise Routine for Client Goals
- Weight Loss
- Muscle Building / Assessments
- Cardiovascular Endurance / Assessments
- Exercising to Benefit Chronic Diseases and / or Avoid Risk Factors

