

South Gibson County High School Scholars' Prep Guide 2019-2020

Course: Exercise Science

Curriculum for the upcoming course and information of which students should be aware:

Exercise Science is an applied course designed to prepare students to pursue careers in kinesiology and exercise physiology services. Upon completion of this course, proficient students will be able to apply concepts of anatomy and physiology, physics, chemistry, bioenergetics, and kinesiology to specific exercise science contexts. Through these connections students will understand the importance that exercise, nutrition, and rehabilitation play in athletes or patients with debilitating or acute metabolic, orthopedic, neurological, psychological, and cardiovascular disorders. In addition, students have the opportunity to incorporate communication, goal setting, and information collection skills in their coursework in preparation for future success in the workplace.

Areas that might be challenging for students:

As a level four course, we will cover new content that students may not have been exposed to before. They will learn skills and concepts related to Exercise Science. Terminology and new vocabulary may also be challenging for students. The students must also often rely on knowledge from previous courses, such as Health Science, Anatomy and Physiology, and Rehabilitation Careers as they advance to the higher level classes in the health science career clusters.

Suggestions on how students can prepare for the upcoming course:

Students can be prepared for Exercise Science by completing Health Science, Anatomy and Physiology, and possibly Rehabilitation Careers. Students will recall concepts and vocabulary learned in these courses. Become familiar with medical terms and words parts. Refresh yourself on knowledge learned in previous health science courses as we will build on that knowledge. Be prepared to be active and participate in class, take good notes and show effort.

Suggested activities or resources (if applicable):

Bls.gov is a great resource for learning about possible therapeutic careers. Quizlet has many lists of healthcare related terms and medical terminology for learning terms that are required for understanding. Hosa.org under competition guidelines has skills rubrics that are beneficial to understanding.