



THE SPORTS MEDICINE PROGRAM OF STUDY

Education Planning Guide for High School and Beyond – Four Year College/University Preparation

Program of Study Overview

The following table provides an overview of courses and credits needed to complete this program of study while meeting the [state's minimum 4-Year College/University entrance requirements](#). Students pursuing this program of study should include at least **2 credits from courses in Bold Italic** in their High School and Beyond Plan to meet the district's 2 credit requirement within a Field of Study area. Courses with a ^{TP} designation are those articulated for Tech Prep college credit, and can be applied toward the requirements of post-high school programs designated as Tech Prep ^{TP} Options below.

Gr	English	Social St.	Science	Math	Health/Sr. Exp	Career and Technical	Art	PE	World Lang	Edmonds SD Graduation Requirements (22 credits)
9	Eng. 9	Soc. St. 9	Physical Science	Algebra 1	Health	Digital Communications			World Language	
10	Eng. 10	Soc. St. 10	Life Science/Biology	Geometry		2 or more credits from the following courses: Sports Medicine ^{TP} Sports Medicine, Adv ^{TP} Field Experience	1.0 credits from Visual or Performing Arts Courses	1.5 credits from PE courses or CTE Equivalencies	World Language	
11	Eng. 11	Soc. St. 11	Chemistry or Physics	Algebra 2						
12	Eng. 12	Soc. St. 12	Mathematics or Science Course	Senior Experience						
Culminating Senior Project		The Culminating Senior Project includes a Portfolio of Work and Student Project which demonstrate skills learned through the Sports Medicine Program of Study.								

Sample High School and Beyond Plan – Four Year College/University Preparation

The following High School and Beyond Plan shows how the courses and credit requirements listed above for this program of study can be met over the course of 4 years. This schedule meets graduation and state minimum 4-Year College/University entry requirements. It is highly recommended that students compare their plan against the entrance requirements of particular colleges of interest.

Grade 9		Grade 10		Grade 11		Grade 12	
Semester 1	Semester 2	Semester 1	Semester 2	Semester 1	Semester 2	Semester 1	Semester 2
English 9	English 9	English 10	English 10	English 11	English 11	English 12	English 12
Social Studies 9	Digital Comm.	Social Studies 10	Social Studies 10	Social Studies 11	Social Studies 11	Social Studies 12	Social Studies 12
Algebra 1	Algebra 1	Geometry	Geometry	Algebra 2	Algebra 2	Senior Experience	PE or Equivalent
Physical Science	Physical Science	Life Science	Life Science	Chemistry/Physics	Chemistry/Physics	Math or Science	Math or Science
World Language	World Language	World Language	World Language	Sports Medicine ^{TP}	Sports Medicine ^{TP}	Open Elective	Open Elective
Health	PE	Arts Course	Arts Course	Field Experience	Field Experience	Open Elective	Open Elective

Post-High School Options for this Program of Study

The following are just some of the post-high school programs available in Washington for this program of study. For information about specific college credits earned for courses within this program of study, download the Sports Medicine Program of Study brochure at <http://humid.edmonds.wednet.edu/documents/fos/Sports.pdf>

	Earn a Fitness Specialist Certificate and enter the Workforce	Earn an Associate's Degree and enter the Workforce	Earn a Bachelor's Degree in Exercise Science and enter the workforce	Complete Graduate Studies in Physical Therapy and enter the workforce
Post-High School Options	Tech Prep ^{TP} Option – Lake Washington Technical College Students completing this program of study can earn up to 8 college credits which may be applied in full or part to the following programs: <ul style="list-style-type: none"> Fitness Specialist/Personal Trainer Fitness Specialist/Group Exercise Instructor 	Tech Prep ^{TP} Option – Lake Washington Technical College Students completing this program of study can earn up to 8 college credits which may be applied in full or part to the following programs: <ul style="list-style-type: none"> Fitness Specialist/Personal Trainer AAS 	Area colleges/universities offering Bachelor's Degree programs in Athletic Training and/or Exercise Science <ul style="list-style-type: none"> Seattle Pacific University Eastern Washington University Washington State University 	Area colleges/universities offering graduate programs in Physical Therapy <ul style="list-style-type: none"> University of Washington Eastern Washington University