



THE SPORTS MEDICINE PROGRAM OF STUDY

Education Planning Guide for High School and Beyond – Community and Technical College Preparation

Program of Study Overview

The following table provides an overview of courses and credits needed to complete this program of study while preparing for Community or Technical College entrance. Students pursuing this program of study should include at least **2 credits from courses listed 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 credit 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	Edmonds SD Graduation Requirements (22 credits)
9	Eng. 9	Soc. St. 9	Physical Science	Algebra 1	Health	Digital Communications	1.0 credit from Arts courses or CTE Equivalencies	1.5 credits from PE courses or CTE Equivalencies	
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				
11	Eng. 11	Soc. St. 11		Algebra 2 or other Math Class					
12	Eng. 12	Soc. St. 12				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.							

- 4.0 credits - English
- 3.5 credits - Social Studies
- 2.0 credits - Math
- 2.0 credits - Science
- 0.5 credits - Health
- 1.5 credits - Physical Education
- 1.0 credits - Art
- 1.5 credits - Career and Technical
- 0.5 credits - Senior Experience
- 5.5 credits - Electives
- High School and Beyond Plan Culminating Project
- WASL or Approved Alternative

Sample High School and Beyond Plan – Community and Technical College Preparation

The following sample 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 district graduation and community/technical college entrance requirements, and allows for additional Sports Medicine coursework or other electives.

Grade 9	
Semester 1	Semester 2
English 9	English 9
Social Studies 9	Digital Comm.
Algebra 1	Algebra 1
Physical Science	Physical Science
Health	PE
Art or Equivalent	Open Elective

Grade 10	
Semester 1	Semester 2
English 10	English 10
Social Studies 10	Social Studies 10
Geometry	Geometry
Life Science	Life Science
Open Elective	Open Elective
Open Elective	Art or Equivalent

Grade 11	
Semester 1	Semester 2
English 11	English 11
Social Studies 11	Social Studies 11
Math Class	Math Class
PE	Open Elective
Sports Medicine ^{TP}	Sports Medicine ^{TP}
Field Experience	Field Experience

Grade 12	
Semester 1	Semester 2
English 12	English 12
Social Studies 12	Social Studies 12
Senior Experience	PE
Open Elective	Open Elective
Open Elective	Open Elective
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 <p><i>NOTE: Students seeking entrance into a 4-year college/university will need to take additional coursework beyond these minimum requirements.</i></p>	Area colleges/universities offering graduate programs in Physical Therapy <ul style="list-style-type: none"> University of Washington Eastern Washington University