



USD #233 Individual Plan of Study  
 Electronic file located in Xello - "Course Planner"  
 Located at Olathe North  
 sportsmedicine.olatheschools.org  
 Twitter: @OlatheSportMed  
 Apply at: [21stcentury.olatheschools.com](http://21stcentury.olatheschools.com)

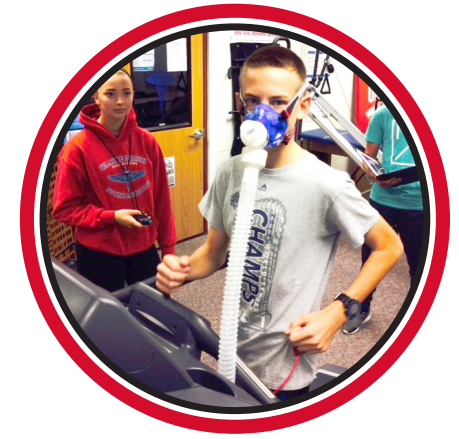
# Sports Medicine & Exercise Science Academy



Graduation Requirements	9th Grade	Credits	10th Grade	Credits	11th Grade	Credits	12th Grade	Credits	Y 13
English (x4 credits)	English I <b>OR</b> Honors English I	1	English II <b>OR</b> Honors English II	1	English III <b>OR</b> AP English Language	1	English IV <b>OR</b> College Prep English <b>OR</b> AP English Literature	1	
Math (x3 credits)	Must take 1.0 math 9th gr year as recommended by facilitator & math teacher	1	Must take 1.0 math 10th gr year as recommended by facilitator & math teacher	1	Must take 1.0 math 11th gr year as recommended by facilitator & math teacher	1	May take 1.0 math 12th gr year as recommended by facilitator & math teacher for higher endorsement	1	
Science (x3 credits) (1 Life; 1 Physical; 1 Elective)	Biology <b>OR</b> Honors Biology	1	Chemistry <b>OR</b> Honors Chemistry	1	Anatomy & Physiology	1	MUST TAKE 1.0 Science 12th Gr. Year Recommended: College <b>OR</b> AP Biology <b>OR</b> College <b>OR</b> AP Chemistry <b>OR</b> Physics <b>OR</b> AP Physics I	1	
Social Studies (x3 credits) (1 World; 1 US; 0.5 Govt; 0.5 elective)	World History <b>OR</b> Honors World History	1	Recommended: Sports Psychology	.5	US History <b>OR</b> AP US History	1	US Govt <b>OR</b> AP US Govt	.5	
PE/Health (1 credit)	Options any year(s): PE; Strength & Conditioning I & II, Lifetime Fitness, Cheerleading, Dance Team 1+ Health will be taken in conjunction with one of these options							1	Y 14
Fine Arts (1 credit) (Visual or Performing)	Student choice - any year(s) 1+								
World Lang/Appl Comm (1 credit)	Student choice - any year(s) 1+ College-bound students should enroll in 2 years of the same World Language.								
Life Skills: Consumer & Personal Finance (0.5 credit)	May take Consumer & Personal Finance during 10th 11th or 12th grade .5 (may be taken online through eAcademy)								
Practical & Consumer (1 credit)	Students fulfill Practical & Consumer graduation requirement fulfilled through 21st Century Academy courses								
Technology (0.5 credit)	Student choice - any year(s) .5								
Individual Focus (6 credits) 21st Century Academy Coursework	Sports Medicine I	1	Care of Athletes	1	Sports Medicine II	1	Sports Medicine Senior Capstone	1	
Total Credits: (24 total needed for graduation)	9th grade total:	7	10th grade total:	7	11th grade total:	7	12th grade total:	3+	

**NOTE:** Credits beyond requirements in any category will fall under individual focus.

Students may earn an endorsement on their transcript for completing all Academy requirements, including successful completion of coursework, outside-the-classroom learning opportunities, field experiences, and capstone projects. Refer to the Academy's Endorsement Requirements provided by facilitator or found on the web at [www.21stcentury.olatheschools.com](http://www.21stcentury.olatheschools.com)



## Who We Are:

Combine your interest in Sports and Science through this award-winning hands-on curriculum.

- Explore a variety of Health Career Fields through coursework, shadowships, projects and internships
- Mentor with a professional athletic trainer
- Assist in the assessment of athletic injuries on the field and in their rehabilitation in a well-equipped training facility
- Learn to measure cardiovascular fitness on a treadmill with a VO2 Max Computer

## What We Do:

- Use fully equipped Athletic Training Facility and Sports Medicine Lab.
- Have hands-on experiences including taping/wrapping sports injuries, first aid, emergency care, rehabilitation of injuries, and use of therapeutic exercise/modalities.
- Earn opportunities for travel to competitions, exhibits, and college visits.
- Gain clinical field experiences with industry professionals including, but not limited to, physical therapists, strength coaches, physical educators, nutritionist, and paramedics.
- Have opportunity to earn NASM Certifications and/or Internship placement.

[SportsMed@olatheschools.org](mailto:SportsMed@olatheschools.org) • 913.780.7140 • Twitter:  @OlatheSportMed

*Explore careers in this field with the Occupational Outlook Handbook at <https://www.bls.gov/ooh/>*