

# Academy for Sports Medicine



The Academy for Sports Medicine provides students with a solid foundation in the growing fields of exercise science, fitness studies, physical therapy, athletic training, and injury prevention and treatment.

## ***FRESHMAN YEAR STUDIES INCLUDE***

- Introduction to Exercise Science
- Educational and certification requirements for exercise science careers
- Academic studies include:
  - Anatomy, Nutrition, Psychology, Bio-mechanics, and First Aid

## ***SOPHOMORE YEAR STUDIES INCLUDE***

- Exploration of the Lower Extremities
  - Introduction to injury and healing as related to joints, muscles and bones of the lower extremity
  - Structure and function, common injuries, emergency care, treatment and rehabilitation
  - Strengthening techniques
  - Return to play guidelines
  - Working with special populations

## ***JUNIOR YEAR STUDIES INCLUDE***

- Fitness Training
  - Fitness assessments
  - Program Design
  - Functional Anatomy
  - Exercise Technique
  - Exercise Modalities
  - National Academy of Sports Medicine Personal Trainer Certification

## ***SENIOR YEAR STUDIES INCLUDE***

- **College Option:** Providing students meet the academic criteria, they may attend County College of Morris for all academic and occupational courses and earn up to 22 credits, paid for by Morris County Vocational School District
- **Continue at MCST** for advanced courses/projects
- **STRUCTURED LEARNING EXPERIENCE (SLE) :** Required 160 hour Internship

***STUDENTS WHO GRADUATE FROM THIS PROGRAM may continue post-secondary studies in:***  
*Athletic Training, Personal Training, Exercise Science, Exercise Physiology, Nutrition,  
Physical Therapy, and Pre-medicine*

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**ALL INQUIRIES PERTAINING TO PRE-ADMISSION SHOULD BE SUBMITTED TO**  
**Gina DiDomenico, Student Recruitment & Community Relations**  
**Email: [didomenicog@mcvts.org](mailto:didomenicog@mcvts.org) - Phone: 973-627-4600 ext. 277**