



# Fitness & Wellness



## IS THIS YOU?

- Do you like people?
- Do you enjoy exercising?
- Are you an honest person?
- Are you energetic?
- Do you have a passion for helping people?
- Are you supportive of others?
- Do you aspire to be a good leader?



## LEARN BY DOING:

- Physical Activity and Personal Fitness
- Methods for evaluating health and skill-related fitness
- Measuring Body Composition
- Safety and injury prevention
- Designing a personal fitness program
- Nutrition and your personal fitness
- Basics of resistance training
- Careers in Sports Medicine
- Athletic Training



## CAREERS:

- Group Fitness Instructor
- Personal Trainer
- Athletic Trainer
- Exercise Physiologist
- Health Coach
- Physical Therapist Assistant
- Physical Therapy Aide
- Physical Therapist
- Strength & Conditioning Specialist



## PROGRAM BENEFITS:

- First Aid/CPR Certification
- Personal Trainer Certification
- OSHA Certification
- Active Member of SkillsUSA

## A Day at the Fort:

**1st Year:** Your morning consists of three classes: Anatomy & Physiology, Introduction to Health Science, and Medical Terminology. Each class will build the foundation needed to be successful in the healthcare industry. You will wear a uniform daily, which is currently black scrubs. Participation in team building activities through SkillsUSA will prepare you for your future leader roles.

**2nd Year:** The uniform in the senior year is a warm-up of your choosing. You will spend your day gaining knowledge through reading, writing, group discussions, role plays, and projects. The remainder of the day is spent in the exercise lab gaining an understanding of the human body in action. Learn to motivate yourself and others, create exercise routines, and lead group cardio rotations.

## About Us:

- Safe learning environment—we respect each other
- Exercise lab to include various pieces of up-to-date equipment, is separate from classroom

## Things You'll Do:

- Acquire knowledge of fitness and nutrition
- Exercise
- Obtain First Aid/CPR Certification
- Participate in SkillsUSA activities



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