



Fitness & Wellness



READY4SUCCESS



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?
- 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
- First Aid CPR



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 Skills USA

A Day at the Fort:

AM: Your morning would consist of three classes, Anatomy and Physiology, Introduction to health science and Medical Terminology. You will be in each class for 45 minutes where you will build a foundation needed to be successful in the healthcare industry. You will wear a uniform daily, which is currently black scrubs. You will participate in team building activities through Skills USA as we prepare you for your future leader roles.

PM: The uniform in the senior year is a warm up of students choosing. You will spend the first hour and a half of 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. You will learn to motivate yourself and others, create exercise routines, and lead group cardio rotations, to mention a few.

About US:

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



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Things You'll Do:

- Acquire knowledge of fitness and nutrition
- Exercise
- Obtain First Aid/CPR certification
- Participate in Skills USA activities