

PERSONAL TRAINER

CERTIFICATE OF PROFICIENCY

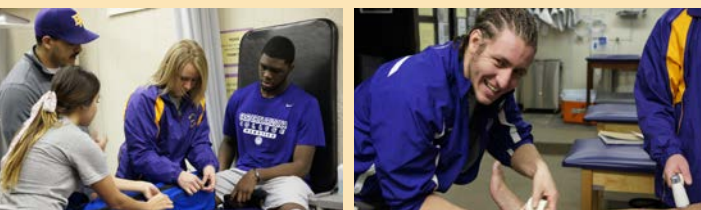
SPORTS MEDICINE & REHABILITATIVE THERAPIES

CERTIFICATE OF PROFICIENCY

(Postsecondary)

Students in this program will learn basic exercise science, nutrition, fitness assessment, exercise programming, and instructional and spotting techniques. Students who successfully complete the program are prepared to earn national certification as an American Council of Exercise (ACE) Personal Fitness Trainer. They may pursue further education leading to a career as an athletic trainer or a physical therapist.

Salary Range: \$13.91-\$14.68 per hour



SPORTS STUDIES

ASSOCIATE OF ARTS DEGREE (TRANSFER DEGREE)

(Postsecondary)

Recipients of this degree are prepared to pursue a major in Athletic Training, Wellness, Kinesiology, or related Sports Medicine at a four-year college or university. Since program requirements differ between universities, the official transfer pathway (www.aztransfer.com/ transfer pathways) of the school which you plan to attend upon leaving EAC should be consulted in order to adjust this program to meet your personal needs.

Funding provided to support these programs through Carl Perkins Basic Grant and Eastern Arizona College. For more information, visit www.eac.edu/about_eac/perkins.

CONTACT INFORMATION

GIFT Superintendent, Troy Thygerson
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EAC Occupational Advisor, Gayrene Claridge
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(928) 428-8341 or (800) 678-3808 ext. 8341

EAC Sports Medicine and Rehabilitative
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EAC Sports Studies Advisor, Jim Bagnall
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615 North Stadium Avenue,
Thatcher, Arizona 85552
www.eac.edu



Programs of Study Sports Medicine and Rehabilitative Therapies

Arizona Career and Technical Education Program of Study

Associate of Arts in Sports Studies



WHAT IS PROGRAMS OF STUDY?

A guide for high schools, parents, and students to utilize outlining high school-to-college academic and career education coursework for various Career and Technical Education (CTE) programs funded through the Carl Perkins Grant.

The Programs of Study must lead to an industry-recognized credential or certificate at the college level, or an associate or baccalaureate degree.

WHAT ARE THE BENEFITS?

- Students are provided a path to follow to meet their educational/career goals.
- Students may receive college credit for courses taken at the high school (i.e. dual enrollment).
- Students have the potential to earn certification, licensure, and/or a degree sooner than students who begin their educational goals post-high school.
- Helps students avoid taking unnecessary college courses, saving time and money.
- Provides parents an opportunity to be involved in their child's education.

HOW IS THIS MADE POSSIBLE?

Through the collaboration of the Eastern Arizona Programs of Study Consortium - local high schools, Gila Institute for Technology (GIFT), and Eastern Arizona College.

HOW DO I ENROLL?

Interested students must contact the Gila Institute for Technology Office at (928) 348-3393 to apply for acceptance into the GIFT Program.

SECONDARY (High School) Courses needed to complete Personal Trainer Certificate and Sports Medicine & Rehabilitative Therapies Certificate					POSTSECONDARY (College) Courses needed to complete Sports Studies Associate of Arts Degree (transfer degree)			Testing <i>High School</i> Arizona's College and Career Ready Standards (AZCCRS) Arizona's Career Technical Education (AZCTE) Skills Assessment <i>College</i> Reading, Writing, Math Placement Testing (COMPASS) Certificates/Degrees <i>High School</i> Personal Trainer, Certificate of Proficiency (Eastern Arizona College) Sports Medicine & Rehabilitative Therapies, Certificate of Proficiency (Eastern Arizona College) ACE Personal Fitness Trainer – National Certification <i>College</i> Sports Studies, AA degree (transfer degree) Academic requirement must be completed to obtain certificate/degree (see catalog for more information)
Grade	11 th Grade		12 th Grade		Grade	Freshman		
	Semester 1	Semester 2	Semester 1	Semester 2		Semester 1	Semester 2	
English					English	*ENG101 (3 cr.)	*ENG102 (3 cr.)	
Math					Math	*MAT154 (4 cr.)		
Science					Science	BIO201 (4 cr.)	BIO202 (4 cr.)	
Other Required Courses/Electives					Humanities	Humanities (3 cr.)	Humanities (3 cr.)	
					Social Sciences	PSY101 (3 cr.)	Non-PSY (3 cr.)	
					Options		Options (6 cr.)	
					Elective	Elective (1 cr.)	Elective (3 cr.)	
GIFT Sponsored EAC Course	HCE101 (2 cr.)	HCE156** (4 cr.)	HHP/HPE141 (1 cr.)	HHP/HPE100** (3 cr.)				
	HCE112 (2 cr.)	HHP/HPE140 (1 cr.)	HHP/HPE212 (2 cr.)	HHP/HPE210** (3 cr.)				
	HHP/HPE274** (3 cr.)	HHP/HPE211 (2 cr.)	HHP/HPE240 (1 cr.)	HHP/HPE241 (1 cr.)				
	HHP/HPE276** (3 cr.)	HHP/HPE270** (3 cr.)	HHP/HPE278** (3 cr.)	HHP/HPE272 (3 cr.)				
			HHP/HPE292** (3 cr.)					
GIFT Courses/CTSO	Students in this Program of Study will be participating in the following Career and Technical Student Organization (CTSO): HOSA – Future Health Professionals							
<div style="display: flex; align-items: flex-start;"> <div style="margin-right: 10px;"> <div style="width: 15px; height: 10px; background-color: #ccccff; border: 1px solid black; margin-bottom: 5px;"></div> Required Courses <div style="width: 15px; height: 10px; background-color: #ffcccc; border: 1px solid black; margin-bottom: 5px;"></div> Career and Technical Education Courses <div style="width: 15px; height: 10px; background-color: #ffcc99; border: 1px solid black; margin-bottom: 5px;"></div> Career and Technical Education Courses that apply toward the Personal Trainer Certificate </div> <div> <p>* May be adjusted based on skill level</p> <p>** GIFT sponsored courses that apply toward the Sports Studies AA</p> </div> </div>					<p><i>For assistance with the Personal Trainer or Sports Medicine & Rehabilitative Therapies Certificate contact:</i> Troy Thygerson, GIFT Superintendent, at troy.thygerson@eac.edu (928) 348-8878 Andrea Bagnall, Sports Medicine Instructor, at andrea.bagnall@eac.edu (928) 428-8913</p> <p><i>For assistance with the AA degree contact:</i> Jim Bagnall, EAC Athletic Director, at jim.bagnall@eac.edu (928) 428-8414</p>			
Note: Students who did not complete CTE courses during high school will not follow this Program of Study and should consult the applicable contact for assistance.								

Eastern Arizona College Courses

Core Curriculum Courses

HCE 101	Basic Life Support
HCE 112	Medical Terminology
HCE 156	Science for Allied Health
HHP/HPE 100	Personal Health
HHP/HPE 140	Fitness and Sports Medicine I
HHP/HPE 141	Fitness and Sports Medicine II
HHP/HPE 210	Introduction to Exercise Science and Physical Education
HHP/HPE 211	Professional Activities - Weight Training
HHP/HPE 212	Professional Activities - Aerobic Fitness
HHP/HPE 240	Fitness and Sports Medicine III
HHP/HPE 241	Fitness and Sports Medicine IV
HHP/HPE 270	Introduction to Sports Medicine
HHP/HPE 272	Rehabilitative Techniques

HHP/HPE 274	Sports Nutrition
HHP/HPE 276	Sports Psychology
HHP/HPE 278	Kinetic Anatomy
HHP/HPE 292	Athletic Training Practicum I

General Education Courses

BIO 201	Human Anatomy and Physiology I
BIO 202	Human Anatomy and Physiology II
ENG 101	Writing Communications I
ENG 102	Writing Communications II
MAT 154	College Algebra
PSY 101	Introduction to Psychology

Students will need an additional six Humanities credits, three non-PSY Social Sciences credits, six Options credits, and four Elective credits for the AA degree.