Sports Medicine Career Exploration Curriculum

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Curriculum Structure

The *Sports Medicine Career Exploration* curriculum is composed of the following lessons. Approximate lesson times are included.

Lesson	Title	Approximate Time
One	Career as an Athletic Trainer	60 minutes
Two	Career as an Exercise Physiologist	80 minutes
Three	Career as a Personal Trainer	80 minutes
Four	Physical Therapy Career	85 minutes
Five	Kinesiotherapist Career	85 minutes
	Total	**6.5 hours**

Lesson Structure

Each lesson begins with a Lesson Overview, Lesson Objectives, and a Lesson at a Glance table which lists the lesson activities, materials required, suggested preparation steps, and approximate class time.

Lesson Sections

The actual lesson follows the overview, which will contain some of the sections described below.

FOCUS
Every lesson begins with a FOCUS activity intended to capture participants' attention. This may be in the form of a small or large class discussion, a game, a review of previous lesson information, or a demonstration. During this activity, participants are introduced to the topic of the lesson.

LEARN
The LEARN activity in each lesson varies in its presentation mode. It may be a slide presentation, group activity, or demonstration.

REVIEW
The majority of lessons end with a REVIEW activity intended to briefly review the lesson's key messages or main points.

Lesson One – Career as an Athletic Trainer

Lesson Overview

In this lesson, participants will explore what it is like to work as an athletic trainer. Participants will learn about typical job duties, pay, job outlook, and potential for positions relating to athletic training.

Lesson Objectives

After completing this lesson, participants will be able to:

- Understand the job duties of occupations related to being an athletic trainer
- Identify the roles and requirements of athletic trainers
- Discuss the impact and job outlook of athletic training as a career choice

Lesson at a Glance

Activity	Materials	Preparation	Approximate class time
FOCUS	• Career videos	1. Prepare to show the videos	10-30 minutes
LEARN	• *Career Collage* handout • Career video links	1. Print/photocopy *Career Collage* handout 2. Prepare to play videos	15-60 minutes
REVIEW	• *Act It Out* handout • *Career Skit Rubric* • Props for skits • Timer	1. Pint/copy the *Act It Out* handout 2. Have participants access the *Career Skit Rubric*	30-60 minutes

Lesson One – Career as an Athletic Trainer

FOCUS: What is it?

10-30 minutes

Purpose:

Understanding the definition of what an athletic trainer is and does is the first step here. Students will have a greater understanding of what types of environments athletic trainers can work within.

Materials:

- Career videos

Facilitation Steps:

1. Share this information with the participants: Athletic trainers specialize in preventing, diagnosing, and treating muscle and bone injuries and illnesses. Many athletic trainers work in educational settings, such as colleges, universities, elementary schools, and secondary schools. Others work in hospitals, fitness centers, physicians' offices, or for professional sports teams.

   The median annual wage for athletic trainers was $49,860 in May 2020.

   Employment of athletic trainers is projected to grow 23 percent from 2020 to 2030, much faster than the average for all occupations. About 3,100 openings for athletic trainers are projected each year, on average, over the decade. Many of those openings are expected to result from the need to replace workers who transfer to different occupations or exit the labor force, such as to retire.

2. Ask participants for what they think are the benefits of working as can athletic trainer in a school setting versus a clinical setting. Explain that they are going to watch a few shorts video that introduce them to this occupational choice.

3. On a whiteboard make a K-W-L chart. Ask students to identify what they already know about being an athletic trainer. Also have them identify what they would like to learn.

4. Play one or more of the following videos:

   The Pros and Cons of Athletic Training

   https://www.youtube.com/watch?v=bI0iCA-lpVI

   Dream Jobs – Athletic Trainer

   https://www.youtube.com/watch?v=wSqx_Dr7Cbk

   Career Spotlight Series Athletic Training

   https://www.youtube.com/watch?v=aswuxpzfVh4

   How to Become an Athletic Trainer

   https://www.youtube.com/watch?v=F-d56DNb9KE

5. Return to your K-W-L chart. Ask for volunteers to fill in the column "L" to indentify what they learned by watching the video clips you shared.

Lesson One – Career as an Athletic Trainer

LEARN: Would You Rather…

15-60 minutes

Purpose:

Participants will reflect on work environments available to athletic trainers. They will research to assess the subtle differences between the work environments.

Materials:

- *Career Collage* handout
- Career video links

Facilitation Steps:

1. Give participants the *Career Collage* worksheet. Ask participants what they think a career collage might look like for the occupation chosen.
2. Explain that each participant will choose one of the athletic training work environments listed.
3. Explain to participants that they will have about 15 minutes to research the career and take some notes.
4. Debrief as a class. Ask students to identify which occupational environment they preferred. Was there a big dfference in the number of students choosing one over the other? Why or why not? Have each student share the information they found in their research after two minutes. This way students will learn about many different occupations and differences between them.
5. Share these videos on each type of athletic trainer or share some of your own.

   Inside the Job of an NFL Athletic Trainer

   https://www.youtube.com/watch?v=IGI896nXjSs

   Athletic Trainer in the Community College Setting

   https://www.youtube.com/watch?v=8GIf5S_Z_90

   Athletic Training in a High School Setting

   https://www.youtube.com/watch?v=qFaiTqKUJfU

   Athletic Training in a Clinical Setting

   https://www.youtube.com/watch?v=37CQdnDLXR4

Career Collage

Directions: Choose one of the athletic trainer work environments listed below. Use the space provided to research key facts about the career. Collect as much information as possible.

Athletic Trainer Career Options:

At a college/university
At a secondary school
In a hospital
In a fitness center
In a physician's office
For a professional sports team

Main Duties:	**Required Training:**
Job Outlook:	**Other:**

Which career option would you choose and why?

Lesson One – Career as an Athletic Trainer

REVIEW: Walking in an Athletic Trainer's Shoes…

30-60 minutes

Purpose:

The purpose of this activity is to have participants walk in the shoes of an athletic trainer through role play.

Materials:

- *Act It Out* handout
- *Career Skit Rubric*
- Props for skits
- Timer

Facilitation Steps:

1. Divide the class into six small groups. Give each group one of the *Act It Out* handouts. Explain to participants that they should use the information on the handout and their own research to create a short skit about A Day in the Life of an Athletic Trainer. Have participants access the *Career Skit Rubric* so they understand what they will be held accountable for.
2. Supervise participants as they prepare their skits. Provide help with finding research online if they have additional questions that are not detailed on the *Act It Out* handout. Encourage them to outline scenarios in the skit that show a true reflection of the job.
3. After participants have finished preparing their skits, have each group act it out.
4. Following each skit, discuss that group's specific scenario. Allow participants to ask questions about that career scenario to those group members.

Act It Out

Athletic Trainer

Major responsibilities:

- Apply protective or injury-preventive devices, such as tape, bandages, and braces
- Recognize and evaluate injuries
- Provide first aid or emergency care
- Develop and carry out rehabilitation programs for injured athletes
- Plan and implement comprehensive programs to prevent injury and illness among athletes
- Perform administrative tasks, such as keeping records and writing reports on injuries and treatment programs

Add more in the space below:

Career Skit Rubric

	Excellent 4 points	Good 3 points	Average 2 points	Needs Improvement 1 point	Total
Accuracy	All information is accurate	Almost all information is accurate	Most information accurate	Very little information is accurate	
Role	Excellent teamwork in skit presentation – responsibility is evenly shared	Good teamwork in presentation but one person had a bit more responsibility	Fair teamwork with one member responsible for a majority of the presentation	Little or no teamwork exhibited	
Knowledge	The skit shows a thorough understanding of all job responsibilities	The skit shows a fairly clear understanding of job responsibilities	The skit shows only a partial understanding of the job responsibilities	The skit does not reflect knowledge of the job responsibilities	
Creativity	Used several props and added several visuals like photos or animations	Used one prop and one visual effect	Used a prop or visual effect	Used no props or visual effects	
Required Elements	The scenario in the skit is appropriate for the job	The scenario for the skit is mostly appropriate for the job	Half of the skit scenario does not apply to the job	The scenario is off the mark entirely	

20 points 100%

15 points 75%

10 points 50%

Total _____

Lesson Two – Career as an Exercise Physiologist

Lesson Overview

In this lesson, participants will explore a career as an exercise physiologist. Participants will learn about typical job duties, pay, job outlook, and potential relating to this career area.

Lesson Objectives

After completing this lesson, participants will be able to:

- Identify what exercise physiologists do
- Compare and contrast the roles and requirements of self-employed exercise physiologists vs. those that work in a hospital setting
- Discuss the impact of exercise physiolgists for patients/clients

Lesson at a Glance

Activity	Materials	Preparation	Approximate class time
FOCUS	• Videos about being a counselor • *A Day in the Life of an Exercise Physiologist* handout	1. Print/photocopy the *A Day in the Life of an Exercise Physiologist* handout	10-15 minutes
LEARN	• *Creating an Infographic: What's the Exercise Physiology Buzz?* handout • *Plain white paper* • *Markers* • *Internet access*	1. Have participants access the *Creating an Infographic: What's the Exercise Physiology Buzz?* 2. Model infographic sample websites	45 minutes
REVIEW	• *Exercise Physiology Is/Is Not the Career Field for Me* • Infographics created and posted by participants in the Learn portion of the lesson	1. Print/photocopy the *Exercise Physiology Is/Is Not the Career Field for Me*	20 minutes

Lesson Two – Career as an Exercise Physiologist

FOCUS: What is Exercise Physiology?

10-15 minutes

Purpose:

Exercise physiologists design exercise and rehabilitation programs to help individuals get fitter and to avoid or recover from medical conditions such as obesity, arthritis, diabetes, cancer, osteoporosis, depression, asthma, and cardiovascular diseases. Participants gain an overview of what this career entails.

Materials:

- Videos about being a counselor
- *A Day in the Life of an Exercise Physiologist* handout

Facilitation Steps:

1. Share theis information with the participants: Exercise physiologists develop fitness and exercise programs that help injured or sick patients recover. About half of exercise physiologists are self-employed. Most others work for hospitals and other healthcare providers. Most exercise physiologists work full time.

   The median annual wage for exercise physiologists was $50,280 in May 2020. Employment of exercise physiologists is projected to grow 13 percent from 2020 to 2030, faster than the average for all occupations. About 1,500 openings for exercise physiologists are projected each year, on average, over the decade. Many of those openings are expected to result from the need to replace workers who transfer to different occupations or exit the labor force, such as to retire.

2. Ask participants what they think a typical day is like in the life of an exercise physiologist. Have them complete the column about what they already know and what they would like to know about an exercise physiologist career.

3. Play one or both of the vollowing videos:

   Exercise Physiologists Career Video

   https://www.youtube.com/watch?v=pWnrk93KdqU

   What is an Exercise Physiologist?

   https://www.youtube.com/watch?v=EB1LWCp1gqg

4. Have them complete the third column identifying what they have learned in the video clips.

A Day in the Life of an Exercise Physiologist

Directions: Identify what you already know about being an exercise physiologist, what you want to know and what you have learned during the lesson.

Know	Want to Know	Learned

Lesson Two – Career as an Exercise Physiologist

LEARN: Exercise Physiologist Infographic

45 minutes

Purpose:

The purpose of this activity is to have participants better understand what exercise physiologists do.

Materials:

- *Creating an Infographic: What's the Exercise Physiologist Buzz?* handout
- Plain white paper
- Markers
- Internet access

Facilitation Steps:

1. Give participants the *What's the Exercise Physiologist Buzz?*. Explain to participants that they will make a digital infographic about this career.
2. Share a sample infographic so they understand

   https://www.exercise-physiology.com.au/blog/exercise-physiology-infographic1504559
3. Encourage participants to make sure their infographics include the required information. Using color, images, and a unique layout will make the infographic visually appealing for others.
4. Have participants print and post their infographics in a conspicuous location for use during the **Reflection** part of the lesson. Allow time for participants to view infographics created by their peers.

Creating an Infographic: What's the Exercise Physiology Buzz?

What is an infographic?

An infographic is a collection of pictures, charts, and text that give an easy-to-understand overview of a topic.

As you prepare to make your infographic digitally, use the internet to research the following information:

- ❑ Career in exercise physiology
- ❑ Education requirements
- ❑ Primary duties/responsibilities
- ❑ Professional organizations
- ❑ Work environment – self-employment vs. work in a clinical setting

Other requirements:

- ❑ At least one image or chart
- ❑ Neatness
- ❑ Use of some color
- ❑ Creative layout
- ❑ Large enough fonts for ease of reading information

Lesson Two – Career as an Exercise Physiologist

REVIEW: Reflection

20 minutes

Purpose:

Participants will reflect on a career in exercise physiology. They will conduct a gallery walk to reflect on key information about this career path.

Materials:

- *Exercise Phsiology Is/Is Not the Career Field for Me*
- Infographics created and posted by participants in the **Learn** portion of the lesson

Facilitation Steps:

1. Have participants access *Exercise Physiology Is/Is Not the Career Field for Me.*
2. Post all of the infographics around the room. As participants walk through the gallery and look at different participants' infographics, they will respond to facts they observe on the infographic. Based on the number of participants/infographics to review, provide about 15 minutes for this activity.
3. Once participants have completed *Exercise Physiology Is/Is Not the Career Field for Me,* provide an opportunity for them to discuss what they recorded in each section.
4. Allow participants to share their thoughts about a career in this field before wrapping up this lesson. Specific questions might include: What would you enjoy? What would you find the most challenging?

Exercise Physiology Is/Is Not the Career Field for Me

Directions: Record information from the infographics in the spaces provided. Circle in the title if a career in exercise physiology is or is not for you.

This is interesting!	Shocking info?!?!?!	Is this for real?
I want to know more about this:	This sounds like something I would like:	I am not too sure about this:
I have a question:	I want to remember this:	Other (you choose):

Lesson Three – Career as a Personal Trainer

Lesson Overview

Personal fitness trainers work with an individual client or a small group. They may train in a gym or in clients' homes. Personal fitness trainers assess the clients' level of physical fitness and help them set and reach their fitness goals. This lesson will provide a thorough introduction to these career opportunities.

Lesson Objectives

After completing this lesson, participants will be able to:

- Identify careers related to personal training
- Compare and contrast the roles and requirements of careers in personal training
- Discuss the impact of personal trainers

Lesson at a Glance

Activity	Materials	Preparation	Approximate class time
FOCUS	• Personal trainer career video links • *Personal Trainer Career Paths and Environments* handout • *Pros and Cons* handout	1. Print/photocopy the *Pros and Cons* worksheet 2. Print/photocopy the *Personal Trainer Career Paths and Environments* handout	15 minutes
LEARN	• *Personal Trainer for a Day* handout • Internet access	1. Print/photocopy the *Personal Trainer for a Day* worksheet	45 minutes
REVIEW	• *Personal Trainer Investigation Station* handout • Additional video links	1. Print/photocopy the *Personal Trainer Investigation Station* worksheet	20 minutes

Lesson Three – Career as a Personal Trainer

FOCUS: Career Paths – How Different Can It Be?

15 minutes

Purpose:

There are a plethora of career paths to be found for personal trainers. Participants will gain an overview of careers in this pathways.

Materials:

- Personal trainer career video links
- *Personal Trainer Career Paths and Environments* handout
- *Pros and Cons* handout

Facilitation Steps:

1. Share this information with the participants:

   The U.S. Bureau of Labor Statistics (BLS), www.bls.gov, predicts about 15 percent job growth for fitness trainers and instructors, including personal trainers, over the period from 2019 through 2029. This growth is much faster than average compared to all occupations. In 2019, there were approximately 373,700 fitness trainers and aerobics instructors employed in the country, and the expected employment growth should result in an increase of 57,600 jobs by 2029.

   The following factors are projected to create sustained job growth for these professionals:

   - Aging people wanting to remain physically fit
   - The dangers of childhood obesity
   - Businesses offering employees fitness programs annual wage for all occupations of $41,950.

2. Give students the *Personal Fitness Career Paths and Environments* handout. Ask participants to choose one occupation from this list. Ask how what they think working in this occupation might be like.
3. Give participants the *Pros and Cons* worksheet. Tell them they are to choose two occupations from this list.
4. Play one or all of the following videos:

   Fitness Instructor Work Day
   https://www.youtube.com/watch?v=k4QDaod3e68

   What is a Personal Trainer
   https://www.youtube.com/watch?v=Cb0YtB1DPZg

   What is a Corporate Fitness Trainer
   https://www.youtube.com/watch?v=L5DIOGCAwAU

   Working on a Cruise Ship as a Fitness Instructor
   https://www.youtube.com/watch?v=rApGl6QVWf8

   How to Start a Fitness Clothing Line
   https://www.youtube.com/watch?v=HlHhdCFuydY

   As an alternative, allow students to find videos doing their own research on the two paths they have chosen from the list.
5. After the video viewing is done, go through the *Pros and Cons* worksheet and ask participants to choose two of the personal training career paths from the list. If students need to do more research about the pathways they have chosen, allow for time.

Personal Trainer Career Paths and Environments

Training and Coaching Individual Gym Members
Group Exercise Instructor
Independent Classes
Contract Personal Trainer
Independent Personal Trainer
In-Home Clients
Your Own Home
Outdoor Boot Camp
Apartment Complexes
Community Centers
High-End Coaching
Corporations
Online Personal Training
Cruise Ships
Resorts and Spas
Retirement Communities
Physical Education Teacher
Yoga Instructor
Corrective Exercise Specialist
Strength and Conditioning Coach
Health and Wellness Coach
Lifestyle and Weight Management Consultant
Fitness Technician Engineer
Fitness Apparel Design
Gym Management
Gym Ownership
Consulting
Professor or Instructor

Pros & Cons:

Personal Trainer Career Paths and Environments

Directions: Record pros and cons for two career paths in the respective spaces.

Path:_____	
Pros:	Cons:
Path: _____	
Pros:	Cons:

Lesson Three – Career as a Personal Trainer

LEARN: Personal Trainer for a Day

45 minutes

Purpose:

The purpose of this activity is to have participants understand what it is like to work as a personal trainer.

Materials:

- *Personal Trainer for a Day* handout
- Internet access

Facilitation Steps:

1. Day in the Life of a Personal Trainer

   https://www.youtube.com/watch?v=THqdwQ77_uU

   https://www.youtube.com/watch?v=m1gnJojUr7g

   https://www.youtube.com/watch?v=FlvhqSg6FmE

   https://www.youtube.com/watch?v=KdkwC-rymmM

   There are many more if you search in YouTube.
2. Give participants the *Personal Trainer for a Day* worksheet.
3. Explain to participants that using the internet and their knowledge, they will create a detailed journal for what their day might be like on the job as a personal trainer.
4. Encourage participants to make sure their detailed journal entries contain accurate information for that occupation.
5. Divide participants into groups of four and have them discuss their detailed journal entries.

Personal Trainer for a Day

Use the space provided to record the details of your day as a personal trainer. Use personal knowledge and the internet to make your journal sound as interesting and accurate as possible.

Time	Activity/Job Duty	My Reaction

Lesson Three – Career as a Personal Trainer

REVIEW: Reflection

20 minutes

Purpose:

Participants will reflect on a career in personal training. They will complete a short research project to learn more about this career.

Materials:

- *Employment and Career Counseling* handout
- Additional video links

Facilitation Steps:

1. Give participants the *Personal Training Investigation Station* handout.
2. Instruct participants to complete a short research project to learn more about a career in personal training.
3. Once participants have completed the *Personal Training Investigation Station* handout, have them discuss what they recorded in each handout section.
4. Allow participants to share their thoughts about a career in this area before wrapping up this lesson. Specific questions can be: What would you find most interesting? What would be the most challenging for you?
5. If time allows, share additional videos on careers in personal training.

   Starting a Personal Training Career in Today's World

   https://www.youtube.com/watch?v=t1mc6PPvVBQ

   Fitness Trainer Salary

   https://www.youtube.com/watch?v=yXBscl4HGRw

   How Do You Know If Becoming a Personal Trainer is Right For You?

   https://www.youtube.com/watch?v=B7vom98K7gU

   Personal Trainer Consultation

   https://www.youtube.com/watch?v=JuuCexi8qdA

Personal Training Investigation Station

Directions: Use the internet to research more about a career as a personal trainer.

Title:	Job Description (list at least 3 requirements): 1. 2. 3. 4. 5.
Required Training:	Job Outlook – What Does the Future Look Like?

Lesson Four – Physical Therapist

Lesson Overview

A physical therapist is a healthcare professional that diagnoses and treats patients for conditions that limit their mobility for everyday tasks. They consult with patients to gain information about their medical history and symptoms to better develop a treatment plan. They also teach their patients proper therapeutic exercise techniques to promote movement. Participants will take part in a variety of activities to better understand the careers that fall into this category.

Lesson Objectives

After completing this lesson, participants will be able to:

- Identify careers relating to physical therapy
- Discover what typical job dutities are for physical therapists
- Discuss the impact of physical therapists on patients

Lesson at a Glance

Activity	Materials	Preparation	Approximate class time
FOCUS	• Physical therapy video links • *Occupation Profile*	1. Print/photocopy the *Occupation Profile* worksheet	15-20 minutes
LEARN	• *A Day in the Life of* ___ handout • *Occupational Profile* handout • Markers	2. Print/photocopy the *A Day in the Life* ___ worksheet	45 minutes
REVIEW	• *Why Do They Matter?* handout	1. Give participants the *Why Do They Matter?* handout	10 minutes

Lesson Four – Physical Therapy Careers

FOCUS: Occupation Profile

15-20 minutes

Purpose:

Careers relating to physical therapy are varied. To better understand the careers that fall into this category, let's complete the *Occupation Profile*.

Materials:

- Physical Therapy video links
- *Occupation Profile*

Facilitation Steps:

1. Share this information with the participants: Employment of physical therapists is projected to grow 21 percent from 2020 to 2030, much faster than the average for all occupations.

   About 15,600 openings for physical therapists are projected each year, on average, over the decade. Many of those openings are expected to result from the need to replace workers who transfer to different occupations or exit the labor force, such as to retire.

   The median annual wage for physical therapists was $91,010 in May 2020.

2. Give participants the *Occupation Profile* worksheet. They should use the information about this career highlighted in the videos or research the information on their own.

3. Play these videos:

   What is a Physical Therapist?

   https://www.youtube.com/watch?v=waDJloQ0SXg

   What Does a Physical Therapist Do?

   https://www.youtube.com/watch?v=XjurB2aJD_k

   Physical Therapy Career Video

   https://www.youtube.com/watch?v=FOF71Lb5SkA

4. After participants complete the *Occupation Profile* worksheet, have them share their answers. Explain to participants that they will use their *Occupation Profile* worksheet in the **Learn** portion of the lesson.

Occupation Profile –
Physical Therapist Related Career

Job Title:
Job Outlook:
Typical Duties:
Salary:
Required Education:

Lesson Four – Physical Therapy Careers

LEARN: A Day in the Life of…

45 minutes

Purpose:

The purpose of this activity is to have participants better understand what a typical day is like in the life of a physical therapist.

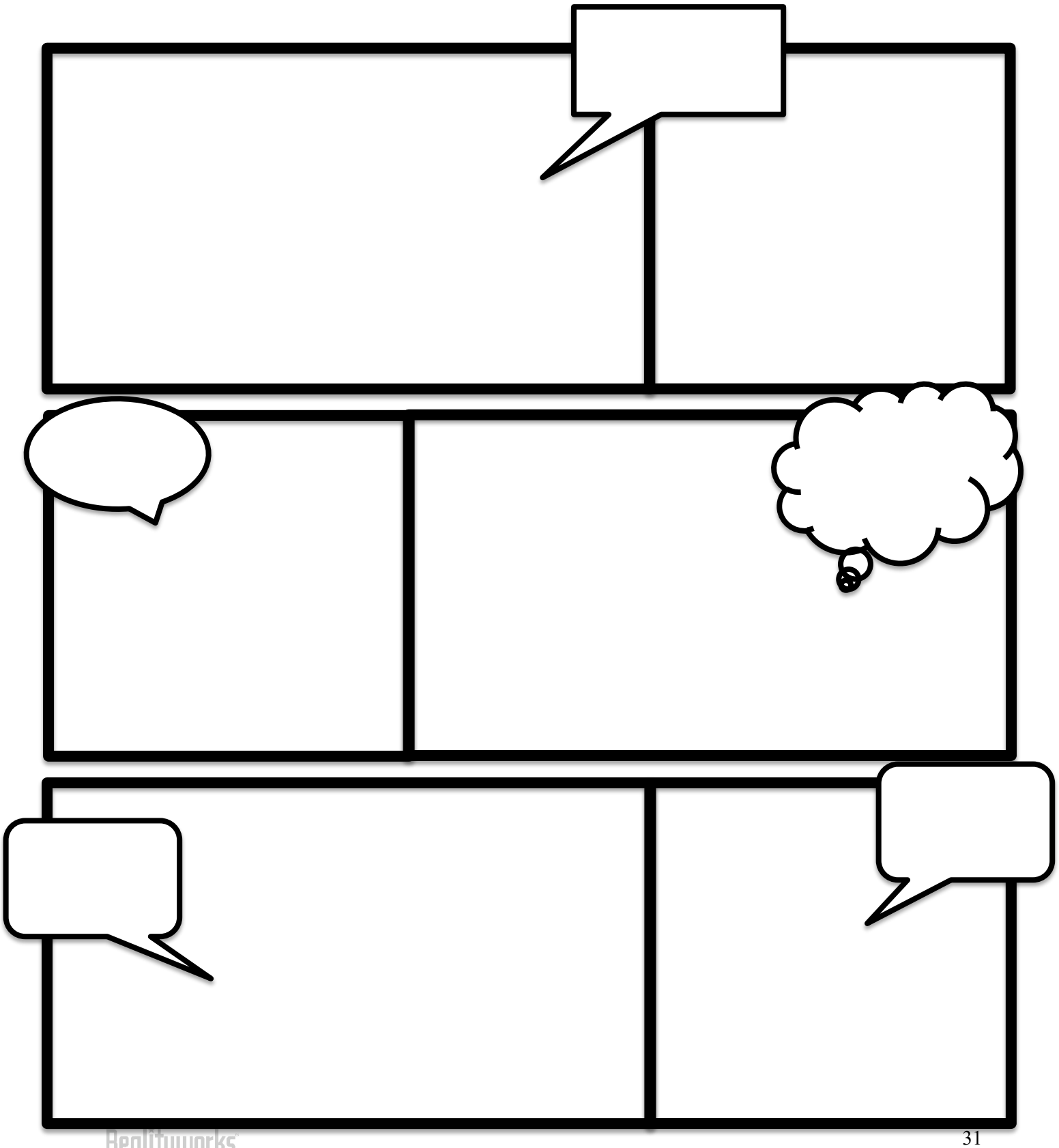
Materials:

- *A Day in the Life of* ___ handout
- *Occupational Profile* handout
- Markers

Facilitation Steps:

1. Give participants the *A Day in the Life of* - _____ worksheet.
3. Have participants use their completed *Occupational Profile* worksheets to create a comic strip that combines information about a typical day for for physical therapists.
4. Have participants create their comic strip using the *A Day in the Life* ___ worksheet. Alternatively, they may create a comic strip layout on plain paper if desired.
5. Have participants share their finished comic strips aloud. Then have them post their comic strips in a public place within the room.

A Day in the Life of _____:



Lesson Four – Physical Therapy Careers

REVIEW: Reflection

10 minutes

Purpose:

Participants will reflect on physical therapy careers.

Materials:

- *Why Do They Matter*? handout

Facilitation Steps:

1. Review the career information observed throughout the lessons.
2. Explain to participants that they are going to reflect on their learning throughout this lesson.
3. Pass out the *Why Do They Matter?* handout. Discuss the instructions and allow participants to ask any questions.
4. Allow participants to complete the *Reflection* part of the lesson.
5. Take time to review the participants' answers. Allow participants to share what they learned about becoming a physical therapist.

Why Do They Matter?

Directions: In the space provided, write at least five sentences about the benefits or advantages to patients because of physical therapists.

Lesson Five – Kinesiotherapist Career

Lesson Overview

Students will be intorduced to kinesiotherapy. Kinesiotherapists develop and monitor exercise programs to help people regain muscle strength and function lost due to injury or disease. Some kinesiotherapists focus on specific types of patients or conditions, such as people recovering from injuries or those with degenerative musculoskeletal disease.This lesson will introduce participants to a career that they may not be aware of.

Lesson Objectives

After completing this lesson, participants will be able to:

- Identify careers available in sports medicine including kinesiotherapy
- Describe the roles and requirements of kinesiotherapists
- Discuss what kinesiotherapists do on the job

Lesson at a Glance

Activity	Materials	Preparation	Approximate class time
FOCUS	• *Educated Guesses* handout • *Educated Guesses* – Answer Key	1. Print/photocopy the *Educated Guesses* handout	10-15 minutes
LEARN	• *Job Search 101* handout • Video links • Internet access	1. Prepare links for viewing. 2. Print/photocopy the *Job Search 101* worksheet	45 minutes
REVIEW	• *Training 101* • Internet Access	1. Print/photocopy the *Training 101* worksheet	20 minutes

Lesson Five – Kinesiotherapist Career

FOCUS: Educated Guesses

10-15 minutes

Purpose:

Kinesiotherapists know all about anatomy and how each part of the body works by itself and in conjunction with other body parts. They guide patients through therapeutic exercise, aquatic therapy, learning to walk, using prosthetics/orthotics and developing a lifelong exercise regimen. They then choose exercises that will achieve specific strength or mobility enhancement goals, without causing the patient pain or further damage. Kinesiotherapists emphasize the psychological as well as physical benefits of therapeutic exercise for rehabilitation. Students will learn more about the job description for being a kinesiotherapist.

Materials:

- *Educated Guesses* handout
- *Educated Guesses* – Answer Key

Facilitation Steps:

1. Share this information with the participants: The Bureau of Labor Statistics does not collect employment or wage data on kinesiotherapists; instead, it counts them among exercise physiologists. According to the American Kinesiotherapy Association, there currently are about 500 registered kinesiotherapists in the United States. The association has no way of counting how many unregistered kinesiotherapists there are. About 350 kinesiotherapists were employed by the Veterans Health Administration in 2011, according to the VA.

   National average salary: $42,437 per year

   Primary duties: Kinesiologists work for sports and recreation facilities, healthcare facilities and rehabilitation clinics to help clients with injuries or chronic conditions to improve their mobility and strength. They may work with clients who have diseases that affect the nervous system. Kinesiologists complete muscle monitoring during exercise activities and perform lymphatic massages or acupressure to help ease pain.

2. Give participants the *Educated Guesses* handout. Instruct them to read each scenario and see if they can determine what the job title is for these occupations working in sports medicine. One of these is a kinesiotherapist.
3. After participants complete the *Educated Guesses* worksheet, discuss their answers. Tell participants that they will now learn more about the career of a kinesiotherapist.

Educated Guesses

Directions: Read each description. Write down what you think the person's job title is. Each person is working in a sports medicine related occupation.

Scenario	Job Title
I analyze a person's medical history and current fitness level to determine an appropriate health and exercise regimen. This includes the administration of stress and fitness tests, monitoring of vital signs before and during exercise, and designing a safe and effective exercise program.	
I support the optimal athletic performance of an individual athlete or a team of athletes. This includes recommending exercise and nutrition programs, modeling safe and effective exercise techniques, intervening early and effectively to prevent injury, and timely recommendation of injury recovery techniques.	
I design, implement, and monitor exercise programs for individuals recovering from an injury, with an emphasis on restoring strength and mobility. Some of us work with athletes who are recovering from a specific injury, while others are generalists who support a range of injuries.	
I assess a patient's current musculoskeletal functioning, diagnose any issues requiring treatment, and recommend corresponding treatment plans. This work focuses on helping patients recover from muscle, nerve, or joint injuries; regain strength and range of motion; and resume an active lifestyle.	
I work specifically with athletes to help diagnose and treat sports-related injuries. I may also instruct athletes on preventative stretching and other methods that protect against injuries.	
I assist athletes in sports leagues or at high school or college level athletics. My purpose is to help educate athletes on training methods to enhance their performance over time. I also work with athletes to teach them how to warm up and cool down from a workout to prevent potential injuries.	

Educated Guesses Answer Key

Directions: Read each description. Write down what you think the person's job title is. Each person is related to working with a Veterinary Surgical Technician.

Scenario	Job Title
I analyze a person's medical history and current fitness level to determine an appropriate health and exercise regimen. This includes the administration of stress and fitness tests, monitoring of vital signs before and during exercise, and designing a safe and effective exercise program.	**Exercise physiologist**
I support the optimal athletic performance of an individual athlete or a team of athletes. This includes recommending exercise and nutrition programs, modeling safe and effective exercise techniques, intervening early and effectively to prevent injury, and timely recommendation of injury recovery techniques.	**Athletic trainer**
I design, implement, and monitor exercise programs for individuals recovering from an injury, with an emphasis on restoring strength and mobility. Some of us work with athletes who are recovering from a specific injury, while others are generalists who support a range of injuries.	**Kinesiotherapist**
I assess a patient's current musculoskeletal functioning, diagnose any issues requiring treatment, and recommend corresponding treatment plans. This work focuses on helping patients recover from muscle, nerve, or joint injuries; regain strength and range of motion; and resume an active lifestyle.	**Physical therapist**
I work specifically with athletes to help diagnose and treat sports-related injuries. I may also instruct athletes on preventative stretching and other methods that protect against injuries.	**Sports medicine physician**
I assist athletes in sports leagues or at high school or college level athletics. My purpose is to help educate athletes on training methods to enhance their performance overtime. I also work with athletes to teach them how to warm up and cool down from a workout to prevent potential injuries.	**Strength and conditioning coach**

Lesson Five – Kinesiotherpist Career

LEARN: Job Search 101

55 minutes

Purpose:

This activity aims to have participants better understand the job description for kinesiotherapist.

Materials:

- *Job Search 101* handout
- Video links
- Internet access

Facilitation Steps:

1. Share information about the typical duties of a kinesiotherapist by showing some of the following videos:

   Kinesiotherapy Education and Training

   https://www.youtube.com/watch?v=QQzGh0C2QJU

   Kinesiotherapy

   https://www.youtube.com/watch?v=YFnIBxnoyyQ

   Physiotherapy, Physical therapy, Kinesiotherapy, Corrective therapy, Movement therapy Rehabilitation

   https://www.youtube.com/watch?v=Z_gmXHOpsMc

2. Explain to participants that they are going to complete the *Job Search 101* worksheet.
3. Encourage participants to use internet access to look for a job advertisement for a kinesiotherapist. Alongside each job advertisement description, they should include a list of reasons they would be good candidates for the position. Alternatively, they should also list some reasons why they would be bad candidates for the job.
4. After completion, divide participants into groups of three or four. Have them discuss if this is a job they would be a good match for.
5. Bring the entire group back together to share their responses.

Job Search 101

Directions: Look online to find a job description for a kinesiotherapist. Copy the advertisement into the space provided. Then list as many reasons as you can think of that make you a good candidate for the position as well as any reasons you can think of that make you a poor candidate for the position.

Job Title/Advertisement:	**I would be a good fit for this job because:**
	I would be a poor fit for this job because:

Lesson Five – Kinesiotherapist Career

REVIEW: Reflection

20 minutes

Purpose:

Participants will reflect on what a kinesiotherapist does. They will research some additional information related to this profession.

Materials:

- *Training 101*
- Internet access

Facilitation Steps:

1. Give participants the *Training 101* worksheet.
2. Have participants research the required information for becoming a kinesiotherapist. From their research, review the job requirements and training needed.
3. Allow participants to reflect on this career choice. Ask them to think about the impact these professionals have on the clients they serve.

Training 101

Directions: Research about being a kinesiotherapist to learn more about the job requirements.

Job Title:
Required Training:
Specific Skills Needed:
Approximate Salary: