



Health Sciences: Therapeutic Services/Sports Medicine

The Therapeutic Services/Sports Medicine Pathway is a great program for students who have an interest in the human body, medical issues, and treatment of injury. Sports medicine healthcare providers give treatment to anyone who sustains injuries from physical activity — not just athletes. Because this field contains many different medical positions, the career path you take will depend on the degree level you choose and the environment you want to work in. According to the Washington State Employment Security Department, the demand for athletic trainers is expected to increase by 16% from 2018 to 2028.

Students in this pathway will:

- ➔ Be able to meet one year of physical education credit requirements by taking Sports Medicine 1 and Sports Medicine 2.
- ➔ Be able to participate in Health Occupations Students of America (HOSA) to practice their skills in healthcare.
- ➔ Be able to receive five credits in sports medicine from Bellevue College upon successful completion of Sports Medicine 1 and/or Sports Medicine 2.
- ➔ Be prepared to work in careers directly out of high school, or to receive additional training at two- and four-year colleges.



What high-demand careers are related to the Therapeutic Services/Sports Medicine Pathway?

High-demand careers	Annual salary in Washington	Required training after high school	Schools offering degrees or certification
Medical assistants	\$55,000	High school diploma	North Seattle College Pima Medical Institute – Renton Lake Washington Institute of Technology
Physical therapist assistants	\$43,193	Associate degree	Lake Washington Institute of Technology Pima Medical Institute – Seattle Whatcom Community College
Athletic trainers	\$53,000	Bachelor's degree	Northwest University University of Washington Seattle Pacific University
Medical and health services managers	\$145,000	Bachelor's degree	University of Washington City University of Seattle
Medical scientists	Not available	Doctoral degree	University of Washington Washington State University

* Information from Washington State Employment Security Department, 2023

What courses are offered in the Therapeutic Services/Sports Medicine Pathway?

High school courses in this pathway	College credit offered			Leads to a certification?	Equivalencies offered to meet graduation requirements
	CTE dual credit	College in the High School	AP		
Sports Medicine 1 (1.0 credit)	X				0.5 physical education credit
Sports Medicine 2 (1.0 credit)	X				0.5 physical education credit

Therapeutic Services/Sports Medicine Pathway course sequence:



Course descriptions:

Sports Medicine 1 – The Sports Medicine 1 course combines course work with physical, hands-on application of learning to help prepare students to explore opportunities in the therapeutic services pathway of health and human services professions. Skills and knowledge developed in the class includes first aid/CPR, blood-borne pathogens, soft tissue healing, basic anatomy, injury prevention, and injury identification, evaluation, treatment, and rehabilitation. A first aid/CPR certification is available in this class. Five college credits are available through CTE dual credit. 0.5 physical education equivalency credit is available.

Sports Medicine 2 – The Sports Medicine 2 course combines course work with physical, hands-on application of learning to help prepare students to explore opportunities in the therapeutic services pathway of health and human services professions. Skills and knowledge developed in the class will include first aid/CPR, blood-borne pathogens, nutrition, strength and conditioning, sudden illness, injury prevention, and injury identification, evaluation, treatment, and rehabilitation. College credit through CTE dual credit may be earned in this class. A first aid/CPR certification is available in this class. 0.5 physical education equivalency credit is available.

What clubs are offered to practice career-related skills and leadership?

Healthcare Occupations Students of America (HOSA) is the CTE co-curricular opportunity (called a Career and Technical Student Organization) that is related to the Therapeutic Services/Sports Medicine Pathway. HOSA, also known as Future Health Professionals, is a prominent student organization dedicated to preparing young individuals for careers in healthcare and medical fields. Through HOSA, students engage in a range of educational and skill-building activities, including workshops, competitions, and community service projects that promote leadership, teamwork, and clinical proficiency. Members have the opportunity to explore various healthcare disciplines, from nursing and medical assisting to biotechnology and emergency medicine. As HOSA students progress through their education, they gain hands-on experience, develop a strong understanding of healthcare practices, and often pursue further studies in medical or allied health programs. After high school, HOSA alumni frequently enter careers as nurses, doctors, medical technicians, therapists, researchers, and other healthcare professionals, contributing to the well-being of individuals and communities through their expertise and compassion.

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