



OKLAHOMA
CareerTech

Badge Details

Name	8760 – Exercise Science and Sports Medicine
Description	This course is designed to teach students components of exercise science/sports medicine. Information taught includes exploration of therapeutic careers, medical terminology, anatomy, and physiology, first aid, injury prevention principles, the healing process, rehabilitation techniques, therapeutic modalities, sport nutrition, sport psychology, and performance enhancement philosophies.
Criteria	<p><i>Candidates receiving this certification will take an exam with the following criteria:</i></p> <p>This exam is composed of 60 questions</p> <ol style="list-style-type: none">1. Fundamental Aspects 12%2. Sports Psychology 5%3. Injury and Healing Process 8%4. Head and Neck Injuries 8%5. Sports Nutrition 3%6. Body Composition and Diseases 3%7. Lower Extremities Injuries 15%8. Performance Enhancement Philosophies 8%9. Strength Training, Flexibility, and Ergogenic Aids 11%10. Upper Extremities Injuries 11%11. Common Injuries 8%12. Rehabilitation Techniques 8%