



Panther Career Bridges

Sports Fitness

Cass Lake - Bena High School

Understand the opportunities in sports health, management and education. Teach people healthy lifestyles. Explore careers in office systems, event planning, sports economics, business, physical therapy, nutrition and personal training through this Career Bridge.

Academic Courses

- Weight Training I & II
- Anatomy and Physiology
- Economics
- Personal Law
- Intro to Computer Science


Career Experiences

- Learn from industry speakers
- Work with Physical Training Equipment
- Tour local businesses
- Attend the Bridges Career Exploration Day or other regional career fairs

Completion Standards

COMPLETE

All courses

GRADES **B+** 

Earn a **certificate** and **green cord** at graduation



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Job Skills

In addition to having technical skills, employers expect workers in this industry to have these skills:

- Listening and communication skills
- Manage tools and equipment
- Use critical thinking skills
- Effectively work with customers
- Time management



www.BridgesConnection.org/CassLakeBena

Sports Fitness Career Bridge

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The Sports Fitness Career Bridge provides students the knowledge needed to understand the variety of opportunities in the world of sports health, management and education today. Although sports managers manage people in the educational or professional sports arenas, there are many other areas such as sports office systems, marketing, and events planning that seek those interested in this pathway. Additional areas such as sports economics, finance, information, business or medicine are discussed through the coursework. Behind the scenes, facilities managers, public relations executives, broadcasters, nutritionists and trainers are just a few of the sports industry's movers and shakers. If you like athletic activity this could be your future career.

ACADEMY COURSES

Weight Training I — .5 High School Credit

In this course, students will be involved in an extensive strength and conditioning program. Each student will be instructed in a program to best meet individual needs. Emphasis will be on safety, basic lifting techniques, physiological development processes and the total fitness-training concept.

Weight Training II — .5 High School Credit

Students will build on the basic concepts and skills learned in Weight Training I. This is a high intensity program of total body training. Speed and agility work are included as additional forms of strength development. Anatomy and nutrition will be covered in this course. Students will need an excellent work ethic.

Anatomy and Physiology — 1 High School Credit

Human anatomy and physiology are the study of the structure and function of the human body. The course will cover the major human body systems such as skeletal, cardiovascular, nervous, endocrine, etc. We will also study common disorders, their treatments and prevention. This is a college preparatory level class and will require some reading and study outside of class time.

Economics — .5 High School Credit

Economics is the study of the use of limited goods and services to satisfy a person's/society's unlimited needs and wants. We will focus heavily on this concept of scarcity and how scarcity affects everyone. Economy from micro (personal/business) to macro (country/world) levels, basics of personal choices/finance entrepreneurship, fiscal/monetary policy of the United States and the role of the global market will be covered. The class will be taught in a variety of techniques: projects, lecture, discussion, and use of other media (i.e. movies).

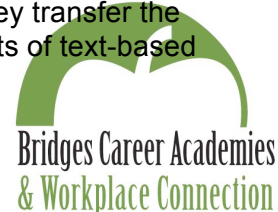
Personal Law — .5 or 1 High School Credit

Everyone should have a general understanding of how our court systems work. Personal Law will introduce students to the differences between federal and state courts, the differences between criminal and civil law, the steps in a trial, as well as how to be smart about shopping for a vehicle or renting an apartment. This class is for you if you want to learn more about our legal system and create a more positive environment in your school and community.

Introduction to Computer Science — 1 High School Credit

Designed to be the first computer science course for student who have never programmed before, ICS is an optional starting point for students. Students work in teams to create simple apps for mobile devices using MIT App Inventor. Students explore the impact of computing in society and the application of computing across career paths and build skills and awareness in digital citizenship and cybersecurity. Student model, simulate and analyze data about themselves and their interests. They transfer the understanding of programming gained in App Inventor to learn introductory elements of text-based programming in Python to create strategy games.

-OVER-



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COMPLETION STANDARD: Students wishing to receive a certification must complete all courses with a 'B+' average or better.

CAREER EXPERIENCES: Students will explore and research careers with industry speakers, attend Bridges Career Exploration Day, and other career fairs, tour local businesses, and work with real life health industry projects and health equipment.

JOB SKILLS:

In addition to having technical skills, employers expect their workers to have other skills such as:

- Listening skills and communication
- Manage tools and equipment
- Use critical thinking skills
- Effectively work with customers
- Time management

CAREER OPTIONS: www.careerwise.minnstate.edu/careers

JOB OUTLOOK: www.careerwise.minnstate.edu/jobs

POSTSECONDARY PROGRAMS: www.careerwise.minnstate.edu/education

