

# Sports Medicine Professional

(Athletic Training & Fitness) Program

Approved Program

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INSTITUTE *of* HEALTHCARE

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## Certificate in Sports Medicine Professional (Athletic Training & Fitness) Program

Sports Medicine Professional (Athletic Training & Fitness) Program is designed for students wishing to pursue a career in the sports medicine field of Athletic and Fitness industry. Any individual within the United States of America or international (outside the USA) that would like to obtain a certificate in communication can enroll in this program. Sports medicine has many career opportunities, most of which are clinical in nature. Few professions to name such as a physician, nurse, physical therapist, physical therapy assistant, chiropractor, athletic trainer, physical therapy aide; may find employment in sports clinics, hospitals, physicians office, etc. Majority of sports medicine takes place in a non-clinical environment, where sports are played, and fitness is the path. A sports medicine career is mainly focused on assisting the athletic performance of all levels of athletes. This Sports Medicine Professional (Athletic Training & Fitness) program has been designed by New Educare Institute of Healthcare for students to pursue a career in the sports and fitness industry and it also gives the student an overview of the field of sports medicine, in this Sports Medicine Professional (Athletic Training & Fitness) program the following topics will be covered: Sports Medicine Career, Ethical and Legal Considerations in the field, Common Medical Conditions, Preparing and Assessing for Emergency, Bloodborne Pathogens and Infection Controlling, BLS (Basic Life Support), Conditions related to the environment, Tissue injuries, First Aid, Wrapping and Tapping, Head and Spine Injury, Upper and Lower Extremity Injury, Chest Injury, Abdomen Injury, Pelvis Injury, Back to play, Therapeutic Modalities, Rehabilitation Exercise, Strength and Conditioning, Assessing Physical Fitness, Weight Management and Nutrition, Physical Conditioning and Designing. This is a self-paced course, this means that you can complete this certificate program at your learning pace within the allotted program duration access.

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### PROGRAM OUTLINE:

- Lesson 1. Sports Medicine Career
- Lesson 2. Ethical and Legal Considerations in the Field
- Lesson 3. Common Medical Conditions
- Lesson 4. Preparing and Assessing for Emergency
- Lesson 5. Bloodborne Pathogens & Infection Controlling
- Lesson 6. BIs (Basic Life Support)
- Lesson 7. Conditions Related to the Environment
- Lesson 8. Tissue Injuries
- Lesson 9. First Aid
- Lesson 10. Wrapping and Tapping
- Lesson 11. Head and Spine Injury
- Lesson 12. Upper and Lower Extremity Injury
- Lesson 13. Chest Injury
- Lesson 14. Upper and Lower Extremity Injury
- Lesson 15. Back to Play
- Lesson 16. Therapeutic Modalities
- Lesson 17. Rehabilitation Exercise
- Lesson 18. Strength and Conditioning
- Lesson 19. Assessing Physical Fitness
- Lesson 20. Weight Management and Nutrition
- Lesson 21. Physical Conditioning
- Lesson 22. Designing the Physical Conditioning Program

**Pace:** Self-Paced

**Duration:** 2-4 Months (8-16 Weeks)

**Delivery Method:** Online

### ACHIEVEMENT & DIGITAL BADGE:



Certificate in Sports Medicine Professional (Athletic Training & Fitness) Program

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Digital Badge for Certificate in Sports Medicine Professional (Athletic Training & Fitness) Program