



# Bridges Career Academy

## Sports Fitness

### Pequot Lakes High School

Understand the opportunities in the world of sports health, management, and education, including careers like sports office systems, marketing, events planning, sports economics, finance, information, business, medicine, facilities managers, public relations executives, broadcasters, nutritionists, and trainers. Teach people how to stay healthy and keep fit by eating the right kinds of foods or helping them deal with the psychological ramifications of stress and competition that comes with being a professional athlete or a participant of lifetime sports activities such as marathons.

### Academic Courses

- Cardio Conditioning
- Team/Individual Sports with Weight Room
- Body Conditioning
- Sports Physiology

### Career Experiences

- Tour local businesses
- Listen to industry speakers
- 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:

- Active listening and speaking skills
- Oral and written communications skills
- Ability to work with customers
- Safety and health skills
- Problem solving
- Teamwork



# Sports Fitness Career Academy

## Pequot Lakes High School

The Sports Fitness Academy provides students the knowledge needed to understand the variety 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 academy. Additional areas such as sports economics, finance, information, business, or medicine are discussed through the Academy coursework. A Sports Manager may be teaching people how to stay healthy and keep fit by eating the right kinds of foods or helping them deal with the psychological ramifications of stress and competition that comes with being a professional athlete or a participant of lifetime sports activities such as marathons. 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

#### **Cardio Conditioning** — .5 High School Credit

A fitness-based class designed for students interested in increasing their fitness levels. A wide range of fitness techniques will be used including free weights, spin classes, yoga, and games. All fitness levels are encouraged to participate.

#### **Team/Individual Sports with Weight Room** — .5 High School Credit

The best of both worlds in this combination class that will include regular weight room workouts along with team and individual sports. Students will be able to work on strength building along with participating in a wide variety of sports.

#### **Body Conditioning** — .75 High School and/or 3 College Credits

The course provides progressive fundamental conditioning of the body for health and strength through systematic use of free weights.

#### **Sports Physiology** — .5 High School Credit

Sports physiology is the study of the long-and short-term effects of training and conditions on athletes.

This specialized field of study goes hand in hand with human anatomy. Anatomy is about structure, where physiology is about function. Sports Training Principles are heavily rooted in this field.

### COMPLETION STANDARD

Students wishing to receive a certification for this academy must complete all the courses and maintain a "B" or better in each course.

### CAREER EXPERIENCES

Students will learn about the industry by listening to professionals who work in the field, by touring local businesses that specialize in sports related activities and attend the Bridges Career Exploration Day event and other regional career fairs.

### JOB SKILLS

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

- Listening skills
- Manage tools and equipment
- Use critical thinking skills
- Effectively communicate
- Time management

**CAREER OPTIONS:** [www.careerwise.minnstate.edu/careers](http://www.careerwise.minnstate.edu/careers)

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