

FORT WALTON BEACH HIGH SCHOOL


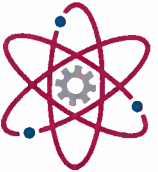
Sports Medicine Institute

The **Sports Medicine Institute (SMI)** is the newest curriculum option for our students. This institute, SMI, reflects the business needs of our community and students. Every student in the institute will participate and complete the Sports Medicine Track that consists of one class each year 9-12. Junior and Senior tracks available to students include exploration courses and AICE courses. This program will prepare students for advanced training in:

ACE Certification Preparation
AED / CPR / First Aid Certification
Coaching and Officiating
Fitness Training
Physical Therapy
Sports Medicine



Okaloosa County School District's **Fort Walton Beach High School** has partnered with the professional business community in the Panhandle of FL (Escambia, Okaloosa, Santa Rosa, and Walton Counties) in order to provide students with a concurrent enrollment model which **offers high school, weighted high school credit and technical certifications**. Students who participate in this four-year program could save substantial amounts of time and money toward a career in the sports and medicine field. Students and parents can save money toward pursuing a degree and/or certifications.

Four-Year Progression				
Subject	9th Grade	10th Grade	11th Grade	12th Grade
Sports Medicine Courses 	Choose One: Personal Fitness 1501300 and Care & Prevention of Athletic Injuries 1502490 or Power Weightlifting 1501410	Choose One: AICE Physical Education 1 3026020+ or Anatomy & Physiology Honors 2000360*	Choose One: AICE Physical Education 2 3026030+ or Health Explorations Honors 0800360*	Choose One: Personal Fitness Trainer 1501380 or Executive Internship 0500300
			TRACK: AICE Thinking Skills <div><div>AICE Thinking Skills 1 1700372+</div><div>AICE Thinking Skills 2 1700374+</div></div>	
Biomedical Sciences Courses 	Principles of Biomedical Science 878110*	Human Body Systems 8708120*	Medical Interventions 8708130*	Biomedical Innovations 8708140*
	Certification: It is possible to earn the University of Florida's Biotechnician Assistant Certificate after completing Years 1 through 3 and biology and chemistry. ♦ Students are required to take the UF Biotechnician Assistant Credentialing Exam (BACE) and score an 80% to pass.			
* weighted high school course 4.5			* weighted high school course 5.0	
Students will be admitted to the program contingent on a successful interview or review of coursework. Requirements for admission include a 2.75 GPA or administrative permission and completion of the current state assessments. Juniors and seniors in the tracks will be encouraged to pursue training practicums from local professionals in the area.				

SPORTS MEDICINE & ATHLETIC TRAINING COURSE DESCRIPTIONS

PERSONAL FITNESS

1501300

Grade Level: 9

½ Credit / 1 Semester

Prerequisite(s): None

The purpose of this course is to acquire knowledge of physical fitness concepts, understand the influence of lifestyle on health and fitness and to begin to develop an optimal level of fitness. Part of the semester is spent in the classroom and part outdoors.



CARE & PREVENTION OF ATHLETIC INJURIES

1502490

Grade Level: 9

½ Credit / 1 Semester

Prerequisite(s): None

This course is designed to introduce the necessary skills and competencies required for treatment of basic athletic injuries. This course will include the study of modern theories and principles of athletic training mechanisms as well as the nature and causes of the most common sports-related injuries. Upon completion of this course the student will be able to identify the major and minor injuries that may occur through sports participation, evaluate sports injuries and recommend care, explain methods and techniques for injury prevention in athletics, describe the etiology of athletic injuries, and demonstrate proper care and treatment for various athletic injuries.



POWER WEIGHT TRAINING

1501410

Grade Level: 9

½ Credit / 1 Semester

Prerequisite(s): None

The purpose of this course is to enable students to develop an advanced knowledge in weight training while concentrating on the muscular strength aspect, to improve techniques in strength training, to further improve muscular strength and to further improve self-image. The content should include, but not be limited to the following: safety practices, terminology pertaining to the musculoskeletal system, performing correctly and more complex techniques in performing muscular strength exercises, assessments in strength, history of power lifting, rules and terminology in power lifting, nutrition, consumer issues, and benefits of participation.



AICE PHYSICAL EDUCATION 1

3026020

Grade Level: 10

Course Weight: 1.0

1 Credit / Year Long

Prerequisite(s): FSA ELA Level 4 or higher

This course provides students with an opportunity to study both the practical and theoretical aspects of Physical Education. As well as fostering enjoyment in physical activity, it will encourage students to develop an understanding of the interaction between theory and practice by focusing on the performer and performance. After completion of this course, students will take the Cambridge AICE PE exam in November of the following year in which the course is taken. Students will be tested on applied anatomy and physiology, acquiring, developing and performing movement skills, and contemporary studies in physical education and sport. Additionally, students will produce a written action plan regarding a minimum of two activities.



ANATOMY & PHYSIOLOGY HONORS

2000360

Grade Level: 10

Course Weight: 0.5

1 Credit / Year Long

Prerequisite(s): ♦ "B" in Biology 1

♦ 3 or higher on 10th Grade FSA ELA or FCAT 2.0 Reading

♦ Current Science Teacher Recommendation

The purpose of this course is to introduce students to the human body's structure and function (anatomical terminology and the chemistry necessary to understand the physiology of the human body). Course content includes: cells, tissue types, body systems (such as skeletal, muscular, nervous, cardiovascular, etc.), multi-system interactions and physiology, and homeostasis. Laboratory experiences include dissections and investigation of selected body systems.



SPORTS MEDICINE & ATHLETIC TRAINING COURSE DESCRIPTIONS

HEALTH EXPLORATIONS HONORS

1501380

Grade Level: 11

½ Credit / 1 Semester

Prerequisite(s): None

The purpose of this course is for students to apply health-related research practices. Experiences include discourses in major health problems in society, modern health practices, current scientific findings related to human diseases and disorders, collection, analysis and evaluation of health information, health advocacy trends, and health career investigations.



AICE PHYSICAL EDUCATION 2

3026030

Grade Level: 11

Course Weight: 1.0

1 Credit / Year Long

Prerequisite(s): AICE Physical Education 1

This course provides students with an opportunity to study both the practical and theoretical aspects of Physical Education. Students learn about anatomy and physiology, movement skills and contemporary studies in sport. They are also encouraged to try out a range of physical activities, including team and individual sports, games, and outdoor activities; students then use the theoretical knowledge they have gained to analyze the different factors influencing performance. The course also encourages students to understand and explain global trends in Physical Education and Sport. Special Note. The Advanced International Certificate of Education (AICE) is an international pre-university curriculum and examination system administered by the University of Cambridge International Examinations (CIE). The AICE courses include assessments and an internationally scored end-of-course assessment.



AICE THINKING SKILLS 1

1700372

Grade Level: 11

Course Weight: 1.0

1 ELECTIVE Credit / Year Long

Prerequisite(s): Current English or Social Studies Teacher Recommendation

This course is designed with the inquisitive, curious, hard-working student in mind. The elective includes a study of argument and rhetoric, logical reasoning through



puzzles and real-world challenges, and discussion of controversial topics within writing, Socratic discussion, and debate. At the end of the year, students will take Cambridge's assessments, Paper 1 and Paper 2, which consist of multiple-choice, short and extended-response questions.

From AICE: *Thinking Skills develops a specific set of intellectual skills, independent of subject content. It reflects the need voiced by universities and employers for more mature and sophisticated ways of thinking. The Thinking Skills syllabus also enables students to approach their other subjects with an improved ability to understand, analyze and resolve problems. As a result, students find the course of great benefit when preparing for higher education and for a wide range of careers, including law, scientific research, social science, journalism, medicine, business, accounting and engineering. As a curriculum subject, Thinking Skills offers students an excellent opportunity to express themselves freely and openly. The Thinking Skills syllabus encourages free and open debate, critical and investigative thinking, and informed and disciplined reasoning.*



PERSONAL FITNESS TRAINER

1501380

Grade Level: 12

1 Credit / Year Long

Prerequisite(s): None

The purpose of this course is to provide students with a foundation of fitness knowledge and skill that will adequately prepare the student for a career as a Fitness Professional. The course contains, but is not limited to instruction in the following areas: Muscle Physiology, Cardiorespiratory Physiology, Basic Energy Metabolism, Training Adaptations, Applied Exercise Physiology, Basic Kinesiology and Musculoskeletal Anatomy, Safety and Exercise, Resistance Training, Training of the major Muscle Groups, Flexibility, Nutritional Considerations, Adult Fitness and Special Needs Populations, the Development of Effective Training Programs and Motivation Behavior and the Personal Training Business. **Upon completion of this course, students will have the opportunity to earn the ACE Fitness certification.**



SPORTS MEDICINE & ATHLETIC TRAINING COURSE DESCRIPTIONS

EXECUTIVE INTERNSHIP

1501380

Grade Level: 12

1 Credit / Year Long

Prerequisite(s): None

The purpose of this course is to provide a practical introduction to the work environment through direct contact with professionals in the community. The content should include, but not be limited to, the following: discussion of professional job requirements, awareness and knowledge of career opportunities, building vocabulary appropriate to the area of professional interest, development of decision-making skills, and development of personal and educational job-related skills



AICE THINKING SKILLS 2

1700374

Grade Level: 12

Course Weight: 1.0

1 ELECTIVE Credit / Year Long

Prerequisite(s): AICE Thinking Skills 1

This course is designed to follow AICE Thinking Skills 1. The students will gain a deeper understanding of argument and fallacy and how to respond to those arguments. The students will also gain a concentrated understanding of mathematics in the world around them and problem-solving skills through real-world application. At the end of the year, students will take Cambridge's assessments, Paper 3 and Paper 4, which consist of multiple-choice, short and extended-response questions.



UNIVERSITY of CAMBRIDGE
International Examinations

CAMBRIDGE INTERNATIONAL CENTRE



BIOMEDICAL SCIENCE COURSE DESCRIPTIONS

PRINCIPLES OF THE BIOMEDICAL SCIENCE

8708110

Grade Level: 9, 10, 11, 12

Course Weight: 0.5

1 ELECTIVE Credit / Year Long

Prerequisite(s): 8th Grade FSA Reading Level 4 or 5



Students taking Principles of the Biomedical Sciences (PBS) investigate the human body systems and various health conditions including heart disease, diabetes, sickle-cell disease, hypercholesterolemia, and infectious diseases. They determine the factors that led to the death of a fictional person, and investigate life-style choices and medical treatments that might have prolonged the person's life. The activities and projects introduce students to human physiology, medicine, research processes and bioinformatics. This course is designed to provide an overview of all the courses in the Biomedical Sciences program and lay the scientific foundation for subsequent courses.



HUMAN BODY SYSTEMS

8708120

Grade Level: 10, 11, 12

Course Weight: 0.5

1 ELECTIVE Credit / Year Long

Prerequisite(s): A or B in Principles of Biomedical Science



Students taking Human Body Systems (HBS) examine the interactions of body systems as they explore identity, communication, power, movement, protection, and homeostasis. Students design experiments, investigate the structures and functions of the human body, and use data acquisition software to monitor body functions such as muscle movement, reflex and voluntary action, and respiration. Exploring science in action, students build organs and tissues on a skeletal manikin, work through interesting real world cases and often play the role of biomedical professionals to solve medical mysteries.



MEDICAL INTERVENTIONS

8708130

Grade Level: 11, 12

Course Weight: 0.5

1 ELECTIVE Credit / Year Long

Prerequisite(s): A or B in Human Body Systems



Students taking Medical Interventions (MI) investigate the variety of interventions involved in the prevention, diagnosis and treatment of disease as they follow the lives of a fictitious family. The course is a "How-To" manual for maintaining overall health and homeostasis in the body as students explore: how to prevent and fight infection; how to screen and evaluate the code in human DNA; how to prevent, diagnose and treat cancer; and how to prevail when the organs of the body begin to fail. Through these scenarios, students are exposed to the wide range of interventions related to immunology, surgery, genetics, pharmacology, medical devices, and diagnostics. Life-style choices and preventive measures are emphasized throughout the course as well as the important roles scientific thinking and engineering design play in the development of interventions of the future.



BIOMEDICAL INNOVATIONS

8708140

Grade Level: 12

Course Weight: 1.0

1 ELECTIVE Credit / Year Long

Prerequisite(s): A or B in Medical Interventions



Students taking Biomedical Innovations (BI) apply their knowledge and skills to answer questions or solve problems related to the biomedical sciences. Students design innovative solutions for the health challenges of the 21st century as they work through progressively challenging open-ended problems, addressing topics such as clinical medicine, physiology, biomedical engineering, and public health. They have the opportunity to work on an independent project and may work with a mentor or advisor from a university, hospital, physician's office, or industry.

