

ORANGE HIGH SCHOOL

SPORTS MEDICINE

Sports Medicine Pathway:

The Sports Medicine Pathway is designed for students who are interested in Athletic Training, Physical Therapy, Fitness, Kinesiology, Nutrition, and other Sports Medicine related fields. Students will have the opportunity to work hands on in learning how to assess and care for injuries, as well as preventative care techniques and wellness. If enrolled in Sports Medicine II, students get the chance to work alongside an OHS Athletic Trainer and participate in field work within the healthcare community.

“SPORTS MEDICINE IS A VALUABLE COURSE THAT OFFERS ELEMENTS OF ANATOMY AND PHYSIOLOGY IN AN ATHLETICS-FOCUSED CURRICULUM. EVEN IF A STUDENT IS NOT AN ATHLETE, THEY CAN BENEFIT FROM THE BODILY FUNCTIONS AND PRACTICES TAUGHT IN THIS COURSE.”

- J. Bowman

Class of 2021

To sign up for a Sports Medicine course, contact your OHS counselor!

Pathway Teacher:

“Once a panther, always a panther!”. Mr. Moss graduated from Orange High School in 2003, where he earned a scholarship to play football at the University of Washington. Along with teaching Sports Medicine, Mr. Moss has coached football, and track and field since 2009.



For more information contact Sports Medicine Pathway teacher Mr. Moss, dmoos@orangeusd.org

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Sample Four-Year Plan:

This represents a sample four-year plan sequencing the classes offered in our Sports Medicine Pathway. Students must complete a level (02) and (03) course to be a pathway completer and earn a tassel to wear at graduation. Students should work closely with their counselor to incorporate appropriate honors, and AP courses as well as other graduation and A-G required courses.

Course Type	9th Grade	10th Grade	11th Grade	12th Grade
Sports Medicine	Medical Core (02)	Sports Medicine I (02)	Sports Medicine II (03)	Professional Internship (03)
A-G Approval	G College Prep Elective	G College Prep Elective		

Course Descriptions:

Medical Core (02): Deepens student knowledge of medical terminology, human growth & development, body systems, common diseases and disorders, medical math and bio-safety. Students gain practical experience in Vital Signs, Emergency Medical Care, First Aid, and CPR. This course is articulated to Santa Ana College and Coastline Community College.

Sports Medicine I (02): Prepares students for Sports Medicine through study of anatomy, physiology, and bodily systems. Students expand scientific knowledge in the evaluation, assessment and care of injuries, as well as preventative techniques and wellness. This course is articulated to Irvine Valley College and Orange Coast College.

Sports Medicine II (03): This competency-based course prepares students for entry-level positions in the sports medicine industry. Included in the course is advanced preparation in the care, prevention and rehabilitation of athletic injuries that combines classroom instruction and placement in a sports medicine internship site.

Professional Internship (03): Professional Internship is a semester long course that allows students to apply academic and career readiness skills in a workplace environment. Instruction will combine standards-based classroom instruction with extended on-site industry experience. Students will learn all aspects of professionalism and apply 21st century skills of communication, collaboration, critical thinking, creativity, problem solving, resume building and interview skills all in a real-world setting. This is a capstone course for all Career Technical Education Pathways.