



Human Body Systems

Virtual Learning

9-12th PLTW[®] HBS

PLTW[®] 4.4.4 Training a Champion

Part 2: Careers in Sports Medicine & Exercise Physiology

May 1, 2020



Human Body Systems

9-12th PLTW[®] HBS
Lesson: May 1, 2020

Objective/Learning Target:

Students will be able to describe different careers in sports medicine and exercise physiology including a dietitian/nutritionist, a sports medicine physician, and an athletic trainer. (*Reference: PLTW[®] 4.4.4 Training a Champion*)



Let's Get Started/Warm Up Activities:

Before we start our lesson today, watch the following videos:

- [How Does Exercise Physiology Help Athletes?](#)
- [What is Sports Medicine?](#)



Lesson/Activity:

Refer to this website:

[U.S Bureau of Labor Statistics: Dietitians & Nutritionists](#)

Activity #1: On a piece of paper or in your notebook, complete a career journal for the following career: **Dietitian/Nutritionist**.

- A. Name of Career:
- B. Education Required:
- C. Responsibilities/Daily Activities (at least 3):
- D. Salary in the KC Region:
- E. Self-Reflection: Are you possible interested in pursuing this career? Why or why not?



Lesson/Activity continued:

Refer to this website:

[What Do Sports Medicine Physicians Do?](#)

Activity #2: On a piece of paper or in your notebook, complete a career journal for the following career: **Sports Medicine Physician.**

- A. Name of Career:
- B. Education Required:
- C. Responsibilities/Daily Activities (at least 3):
- D. Salary in the KC Region:
- E. Self-Reflection: Are you possible interested in pursuing this career? Why or why not?



Lesson/Activity continued:

Refer to this website:

[U.S. Bureau of Labor Statistics: Athletic Trainers](#)

Activity #3: On a piece of paper or in your notebook, complete a career journal for the following career: **Athletic Trainer**.

- A. Name of Career:
- B. Education Required:
- C. Responsibilities/Daily Activities (at least 3):
- D. Salary in the KC Region:
- E. Self-Reflection: Are you possible interested in pursuing this career? Why or why not?



Lesson/Activity Answer(s):

Activity #1 Answer(s):

Click [HERE](#) to view answers to the Dietitian/Nutritionist Career Journal.

Activity #2 Answer(s):

Click [HERE](#) to view answers to the Sports Medicine Physician Career Journal.

Activity #3 Answer(s):

Click [HERE](#) to view answers to the Athletic Trainer Career Journal.



Practice:

Practice: In this lesson, you have learned about the primary duties and education of a nutritionist/dietitian, a sports medicine physician, and an athletic trainer. On your piece of paper or in your notebook, complete a career journal related to a different sports medicine and/or exercise physiology professional of your choosing:

- A. Name of Career:
- B. Education Required:
- C. Responsibilities/Daily Activities (at least 3):
- D. Salary in the KC Region:
- E. Self-Reflection: Are you possible interested in pursuing this career? Why or why not?



Practice Answer(s):

Practice Answer(s):

Question(s): Complete a career journal related to a different sports medicine and/or exercise physiology professional of your choosing.

Answer(s): Answers will vary. Click [HERE](#) to view more sports medicine and/or exercise physiology careers.



Additional Practice and/or Resources:

Learn More:

[HBS Unit 4.4. Flashcards](#)

Test your knowledge by clicking on the link above.

[Hannah's Story: Working in Clinical Exercise Physiology](#)

Hear from Hannah about her experiences working as an Exercise Physiologist/Strength and Conditioning Coach

[My Job: Pediatric Physical Therapist](#)

Tim specializes in sports medicine. He helps people avoid injury, get back to play after an injury, or improve their sports performance. Find out what's involved in a career like his.