



**American  
Heart  
Association.**

## Certifications

Students are given the opportunity to become CPR certified by going through a course with a certified instructor. These certifications are valid for two years.

## CONTACT US

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# Gardendale High School Sports Medicine

**800 Main Street  
Gardendale, AL 35071**





## Class Options

Students are given four different classes in their course of study through sports medicine.

### Foundations of Health and Science

This class introduces students to a wide range of healthcare themes. It allows students to integrate academics and healthcare knowledge in order to form a base to build on. It is a pre-requisite to all other Sports Medicine courses

### Sports Medicine I Fundamentals of Sports Medicine

Fundamentals of Sports Medicine is the first of the dedicated sports medicine courses. It introduces students the fundamental skills of sports medicine as well as provides a broad overview of sports medicine as a whole.

### Sports Medicine II Intermediate Sports Medicine

The Intermediate class dives deeper into sports medicine as students learn skills in therapeutic exercise, nutrition, injury evaluation and rehabilitation.

### Sports Medicine III Advanced Sports Medicine

This class has a strong emphasis on musculoskeletal injuries as well as the psychological and sociological responses to injuries and illness. Students will demonstrate critical thinking skills, patient care skills related to prevention, rehabilitation, and management, and communicate appropriate outcomes through oral and written communication.

### Work Based Learning

This is a one credit course in which a student has the opportunity to shadow a healthcare professional in the community. Students are also supervised as they help athletic trainers throughout the different sport seasons. Juniors and seniors are able to work every varsity football game throughout the season, and all students work in groups to cover practices.

## Professional Organizations

Students are encouraged to join Health Occupations Students of America (HOSA), a nationally recognized organization focused on promoting career opportunities in the health care industry and enhancing the delivery of quality health care to all people.