



<http://www.lcctc.edu>

Sports Therapy Sciences

(Rehabilitation Aide)

51.2604

Instructor: Mrs. Hanna Seyfert

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QUESTIONS?

Contact the School Counselors:

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Every Learner, Every Day, Career-Ready in Every Way!

Lebanon County Career and Technology Center

Mission Statement

The Mission of Lebanon County Career and Technology Center is to provide all students with quality career and technical education that prepares students for high skill, innovative, and in demand occupations to be career ready in a global economy.

Our Vision

The Vision of the Lebanon County Career and Technology Center is to lead the transformation and expansion of career and technical pathways, continuously improving and diversifying educational offerings, bridging the gap between evolving industries and skilled talent.

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Sports Therapy Sciences Program

Program Description: Students in the Sports Therapy Sciences program will gain knowledge of sports medicine and build a strong understanding of injury recognition and management. Students will also develop expertise in conducting pre-participation health and fitness assessments, enabling them to create personalized exercise programs and assist with rehabilitation plans under a qualified health professional. Our mission is to deliver an education that inspires graduates to pursue advanced studies in fields such as athletic training, physical therapy, occupational therapy, personal training and other health, wellness and fitness disciplines. The curriculum covers human anatomy and physiology, medical terminology, injury recognition and management along with exercise science principles. Upon program completion, students can elect to take the National Academy of Sports Medicine (NASM) Certified Personal Training exam.

Two Year Half-Day Program

Year One: 8:00am – 10:25am (36 weeks – 3 credits)

Year Two: 11:25am – 2:00pm (36 weeks – 3 credits)

Program Costs:

Students are required to purchase the following at an **estimated cost of \$300**.

- Uniform
- Athletic Shoes/Sneakers - shoes must be able to be tied
- Watch with a second hand (or digital)
- 3 Ring Binder (1" and 2")
- Notebooks
- Pens, pencils, multi-colored pencils (12 or 24 pack) and highlighters
- 3x5 Index cards
- Reusable water bottle
- Annual PIAA sports physical (must be current for each year in the program)
- Annual Membership dues for **HOSA-Future Health Professionals**

Additional Optional Costs

- NASM CPT (certified personal trainer) Exam ~\$599

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CTSO – Career and Technical Student Organization

HOSA – Future Health Professionals

HOSA is a global student-led organization recognized by the U.S. Department of Education and several federal and state agencies. HOSA's mission is to empower HOSA-Future Health Professionals to become leaders in the global health community, through education, collaboration, and experience. HOSA actively promotes career opportunities in the health industry and enhances the delivery of quality health care to all people. Our HOSA chapters are actively involved with skills and leadership training in and out of the classroom. The experience is co-curricular, meaning that our activities align directly with our task list and objectives for the program.

HOSA's goal is to encourage all health science instructors and students to affiliate and be actively involved in the HSE-HOSA Partnership.

Job Titles – Career Pathways (Find online at <http://www.onetonline.org>):

- 39-9031 – Exercise Trainers and Group Fitness Instructors
- 29-9091 – Athletic Trainer
- 29-1128 – Exercise Physiologist
- 29-1123 – Physical Therapist
- 31-2021 – Physical Therapist's Assistant
- 29-1122 – Occupational Therapist

CTC Knowledge to College Credits at:

- Articulation agreement with Commonwealth Universities of Lock Haven, Mansfield and Bloomsburg for 10 articulated credits
- Articulation agreement with Pennsylvania College of Technology for 1 articulated credit
- Dual Enrollment at Harrisburg Area Community College for 3 credits

Certifications Available

NOCTI

National Occupational Competency Testing Institute (NOCTI) provides industry-based credentials and partner industry certifications for students enrolled in career and technical education programs. This is a mandatory requirement. A computer-based pre-test is administered in the first year of the program followed by a computer-based and practical skills post-test in the second year of the program. Achieving competent and advanced scores on both test sections are required for articulated credits.

Approved PDE and Local Credentials and Certifications

- CareerSafe OHSA 10 – Healthcare plus HIPAA
- Stop the Bleed
- American Heart Association BLS CPR and AED
- ECSI CPR/AED and First Aid
- American Heart Association Heartsaver
- Sport Safety International ConcussionWise
- Sport Safety International CardiacWise
- Sport Safety International HeatWise
- National Academy of Sports Medicine CPT

About Your Instructor

Instructor Name: Mrs. Hanna Seyfert
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Education

Penn State University – Master of Education – concentration in Career and Technical Education

Purdue University – Bachelor of Arts – concentration in Athletic Training

Certifications and Memberships

Penn State University – CTE I Certification

Penn State University – CTE II Certification

America Heart Association Instructor Certification

ECSI Instructor Certification

Stop the Bleed Certification and Instructor

HOSA - Future Health Professionals – Advisor and Member

National Academy of Sports Medicine CPT Certification

National Athletic Trainers' Association Board of Certification - Certification

National Athletic Trainers' Association – Member

Lebanon County Education Honor Society - Member

Delta Kappa Gamma International Society for Key Women Educators - Member

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Sports Therapy Sciences Behavior and Safety Procedures Summary

**Students accepted into the program will receive more detailed instructions of all school and program rules*

1. All safety rules associated with the LCCTC and Sports Therapy Sciences program must be followed at all times
2. Uniforms are required to be worn when entering and the exiting the school
3. Athletic shoes/sneakers must be worn in the classroom and lab
4. No head coverings (ex: hats and hoodies) except those worn for cultural or religious reasons may be worn in the school
5. All personal cell phones must be placed in the assigned area when entering the class
6. Personal devices such as phones and tablets may not be used in class
7. For your safety, keep your work area, the classroom, and the lab clean and free from clutter
8. When leaving the classroom during the session time, students must sign out and back in. A hall pass must be obtained when required.
9. Students that have an early dismissal for any reason must sign out in the attendance office
10. Equipment and supplies may not be used unless given proper instruction and permission by instructor
11. Any malfunctioning or damaged equipment must be reported immediately to the instructor
12. In case of an injury, regardless of severity, it must be reported to the instructor

Sports Therapy Sciences Tool & Equipment

The following is a sample list of tools and equipment that students will receive instruction on, but is not all inclusive:

- Taping/wrapping and bracing supplies
- Injury assessments tools (such as goniometers, reflex hammers, penlights, etc.)
- Injury management equipment (gauze, bandages, slings, splints)
- Ambulation assistive devices (crutches/canes/walkers/gait belts)
- Wheelchairs
- Assistive devices for ADLs (activities of daily living)
- Automatic/manual blood pressure machine

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- Stethoscope and sphygmomanometer
- Thermometers
- Height and weight standing scale
- Infection control personal protective equipment
- Therapeutic Modalities (hot packs, cold packs, electrical stimulation, ultrasound, paraffin bath, ultrasound, cupping, instruments for massage, compression device, traction)
- Manikins and models
- Body composition equipment (skinfold calipers, hand-held body analyzer)
- Exercise equipment (cardio, weights, power and agility props)

Grading Scale

The LCCTC grading system incorporates three components: competencies (skill— 33.3%), career skills (work ethic— 33.3%), and theory (knowledge—33.3%). Each academic class implements a performance evaluation/student grading system that incorporates career skills (work ethic), and theory (knowledge). Each component is weighted equally.

Please refer to the Student Handbook, available on the school website at <http://www.lcctc.edu> for a complete list of grading components.

Progress Reports

Students will receive a “Progress Report” each mid-quarter through the mail for any student with a 70% or less, and a “Report Card” will be given to each student at the end of each quarter. It is the student's responsibility to share this information with their parents/guardians. Both reports will utilize student performance data obtained from competencies, career skills, and theory grades.

Please Note: 40% is the minimum grade for the first 3 marking periods. However, students with excessive absences may be assigned an earned grade with administrative approval. There is no minimum grade for the 4th marking period.