

SANTA CRUZ COUNTY REGIONAL OCCUPATIONAL PROGRAM

SPORTS RELATED OCCUPATIONS

CBEDS Title: Hospitality, Tourism and Recreation

CBEDS Number: 4441

Career Path: Home, Health & Recreation

Course Description: This is a hands on class to acquire skills in various sports related occupations. Areas of focus are sports science, sports medicine, sports management and physical education. In addition to the classroom curriculum, students may also participate in worksite experiences.

<u>Job Titles:</u>	<u>Job Title</u>	<u>DOT codes</u>
	Manager, Athlete	153.117-014
	Athletic Trainer	153.224-010
	Coach	153.227-018
	Assistant Coach	153.227-018
	Exercise or (sport specific instructor	153.227-014
	Personal Trainer	none available
	Athletic Trainer Aide	153.224-010
	Umpire	153.267-018
	Recreation Leader	195.227-010
	Physical Therapy Assistant	076.121-014
	Physical Therapy Aide	335.354-010
	Administrative Clerk (sports related)	216.382-062
	Sales Representative, sporting goods	227.352-026

Prerequisites: none

COURSE OUTLINE

Upon successful completion of this course, students will be able to demonstrate the following skills necessary for employment or further education and training:

	<u>Hours</u> Classroom	<u>Hours</u> Intern
<p>I. Career Preparation Standards (Note: additional hours for Career Preparation Standards are integrated into instruction in content area standards).</p> <p>A. Understand how personal skill development--including positive attitude, honesty, self-confidence, time management, and other positive traits--affect employability.</p> <ol style="list-style-type: none"> 1. Demonstrate an understanding of classroom policies and procedures. 2. Define business ethics and explain the importance of ethical standards in the business environment. 3. Discuss the laws that apply to sexual harassment and discuss tactics for handling harassment situations. 4. Discuss importance of personal skills in a business environment i.e. positive attitude, self-confidence, honesty, perseverance, self-discipline. 5. Define personal hygiene and identify acceptable business attire for the industry. 6. Prioritize tasks and meet deadlines. <p>B. Understand principles of effective interpersonal skills, conflict resolution and negotiation.</p> <ol style="list-style-type: none"> 1. Discuss and demonstrate the dynamics of conflict resolution and negotiation and their importance within the business environment. 2. Work cooperatively, share responsibilities, accept supervision and assume leadership roles. 3. Demonstrate cooperative working relationships and prepare etiquette across gender and cultural groups. <p>C. Understand the importance of good academic skills, critical thinking and problem-solving skills in the workplace.</p> <ol style="list-style-type: none"> 1. Recognize the importance of good reading, writing, math, and keyboarding skills in the business environment and implement a plan for self-improvement as needed. 2. Apply estimation, measurement and calculation skills to business applications, including whole number math, decimals and fractions, counting and monetary function and use of tables as appropriate 	<p>20</p>	

- to industry.
3. Read, write and give directions.
 4. Exhibit critical and creative thinking skills and logical reasoning skills.
 5. Recognize problem situations; identify, locate and organize needed information or data; and propose, evaluate and select from alternative solutions.
- D. Understand principles of effective communication.
1. Read and implement written instructions, technical manuals, written communication and reference books.
 2. Present a positive image through verbal and nonverbal communication through use of appropriate methods.
 3. Demonstrate proper etiquette in business communications, including an awareness of requisites for international communications (i.e. customs, time zones)
 4. Demonstrate writing/editing skills i.e. write, proofread, and edit business correspondence, use correct grammar, punctuation, capitalization, vocabulary and spelling and select appropriate forms of technology for communication.
- E. Understand occupational safety issues, including avoidance of physical hazards
1. Discuss and implement good safety practices, including avoidance and reporting of physical hazards in the work environment, safe operation of equipment and proper handling of hazardous material.
 2. Apply sound ergonomic principles in organizing one's workspace.
- F. Understand career paths and strategies for obtaining employment
1. Explore career opportunities and projected trends, investigate required education, training and experience, and develop an individual education plan.
 2. Identify steps for setting goals and writing personal goals and objectives.
 3. Examine aptitudes related to career options; relate personal characteristics and interests to educational and occupational opportunities.
 4. Develop job acquisition documents, including job application, resume, appropriate cover and follow-up correspondence and portfolio.
 5. Identify and demonstrate effective interviewing

- techniques.
- G. Understand and adapt to changing technology.
 1. Identify and demonstrate use of computer hardware and peripherals.
 2. Identify and explain use of computer software.
 3. Identify and use operating systems.
 4. Input and retrieve information.
 5. Understand the importance of lifelong learning in adapting to changing technology.
- II. Body Conditioning and sports pedagogy 25
- A. Understand the components of a total body workout and the teaching of sport specific exercises.
 1. Read and comprehend the three body conditioning modalities including resistance, cardiovascular and stretching training methods.
 2. Demonstrate the physical execution of resistance and weight training techniques utilizing free weights, machines and free style exercise.
 - B. Explore numerous resistance exercises.
 1. Practice and execute resistance exercises on the major muscle groups including chest, back, biceps, triceps, shoulders, legs and abdominals.
 2. Understand the concept of sets and repetitions and varying methods.
 - C. Identify, operate and perform on multiple cardiovascular machines.
 1. Understand the latest trends in cardiovascular machinery including treadmills, stairsteppers, cross country skiers and stationary and recumbent bikes.
 2. Understand varying computerized training methods on cardiovascular machinery.
 - D. Understand the difference between aerobic and anaerobic activity.
 1. Identify and understand freestyle cardiovascular training methods such as running, cycling and swimming.
 2. Recognize and develop cardiovascular programs both on machines and freestyle.
 - E. Demonstrate and execute stretching exercises and techniques on major muscle groups.
 1. Understand the importance and significance of stretching as part of warm-up, cool down and injury prevention.
 2. Understand flexibility and range of motion and how it affects athletic performance.
- III. American Sport Education Program, coaching certifications 30

- A. Understand the five major areas of the principles of coaching including: Sport, Philosophy, Sport Psychology, Sport Pedagogy, Sport Physiology and Sport Management.
 - 1. Understand the need for coaches to develop a coaching philosophy and coaching style.
 - 2. Demonstrate a basic knowledge in three important areas of sport psychology including: communication skills for coaches, reinforcement principles and motivation of athletes.
 - 3. Demonstrate the skills necessary for developing a season plan, practice plan, techniques for teaching sport skills and learning process.
 - 4. Demonstrate knowledge of the ten principles of training, the ability to design and evaluate their own training programs, ways to detect and prevent substance abuse and myths about athletic nutrition.
 - 5. Demonstrate knowledge of team management responsibilities, the nine legal duties of a coach and ways to improve a coach's personal stress, time and health.

- IV. CPR, Basic First Aid 12
 - A. Complete and demonstrate the minimum requirements necessary to perform cardiopulmonary resuscitation for adults, children and infants.
 - 1. Understand and execute the immediate and temporary care involved in basic first aid.

- V. Sports Science; Basic Human Anatomy, Kinesiology, Exercise Physiology 30
 - A. Understanding basic human anatomy, exercise physiology and kinesiology.
 - 1. Examine and understand the human musculo/skeletal systems using science models.
 - 2. Introduce basic muscle actions and how human movement occurs.
 - 3. Understand through physical exercise labs how to monitor heart rate, ventilation rate and blood pressure.
 - 4. Demonstrate and understand how to graph exercise lab results.
 - 5. Understand the function of the human cardiovascular system.
 - 6. Understand and practice hydrostatic testing to determine body composition.
 - 7. Practice and understand graded exercise tests and how to comprehend an EKG.

- VI. Sports Nutrition 10

- A. Understand truths and myths about sports nutrition.
 - 1. Read the labels.
 - 2. Know important nutrients.
 - 3. Identify fats, carbohydrates and protein.
 - 4. Identify healthy patterns for restaurants and eating out.
 - 5. Understand how metabolism works.

- VII. Sports Medicine; Athletic Training, Sports Physical Therapy 20
 - A. Understand athletic training, sports physical therapy.
 - 1. Understand the role and function of an athletic trainer.
 - 2. Assess stage one athletic injuries.
 - 3. Practice and understand how to tape for the stabilization or prevention of athletic injuries including, ankles, knees, elbows, wrists and hands.
 - B. Understand the role of the physical therapist.
 - 1. Identify neurological, pediatric, orthopedic and sports physical therapy.
 - 2. Practice rehabilitation exercise for various acute and chronic conditions.
 - 3. Understand how to demonstrate balance board, slide board, cord resistance balancing, abdominal strengthening utilizing medicine balls, forearm/hand strengthening.
 - 4. Understand how to operate various physical therapy exercise machines.
 - 5. View and understand the orthoscopic knee surgery procedure.

- VIII. Sports Management; Sport Business Plans 5
 - A. Design a sport business plan.
 - 1. Research and develop business plan to include theme, target market, age group, location and population.
 - 2. Identify various insurance that will be needed and or required and estimated cost.
 - 3. Understand cash flow and monthly debt or liability and responsibilities.
 - 4. Sketch plans and general layout of facility.

- IX. Personal Training and Other Sport Related Small Businesses 8
 - A. Understand the role of the personal trainer.
 - 1. Develop a niche as a personal trainer.
 - 2. Understand how psychology plays a role when working with clients.
 - 3. Develop body conditioning training plans to individuals and small groups.

4.	Administer standard physical fitness tests and demonstrate explosive power exercises.		
B.	Tour community sport related small businesses including martial arts studios, sports retailers, indoor baseball cages, public health clubs and gyms.		
X.	Scouting	5	
A.	Understand the scouting process.		
1.	Read and practice on scouting report sheets.		
2.	Evaluate strengths and weaknesses of players.		
3.	Determine using a rating scale athletic performance in sport specific skills.		
XI.	Officiating	5	
A.	Understand the role of the official and experience and qualifications necessary to officiate youth sports.		
1.	Determine athlete suspensions/code of ethics.		
XII.	Scorekeeping and Statistics	10	
A.	Understand scorekeeping for various sports.		
1.	Understand score sheets.		
2.	View games and work with score sheets.		
B.	How to read sports statistics.		
1.	Calculate individual player team statistics.		
XIII.	Sports Sales Marketing and Advertising	10	
A.	Sports sales and sporting equipment.		
1.	Know your sporting equipment.		
2.	Work with customers and the general public.		
B.	Sports Marketing and Advertising		
1.	Understand marketing and advertising strategies.		
2.	Write sport advertising flyers and photo boards.		
XIV.	Sports Broadcasting	10	
A.	Understand the role and responsibility of the sports announcer, analyst, director, producer, cameramen and technicians.		
1.	Understand how to write and read an open or close.		
2.	Conduct a pre or post sport event interview.		
	TOTAL HOURS	180	540

Maximum hours of instruction: Classroom__180_____ Internship ___540___

Note: Internship or work based learning hours will vary in number and area of concentration within the scope of the course outline, depending upon community training site, interest and skill level of each student.

Instructional Strategies: Lecture, simulations, guest speakers, field trips, role play, demonstration, lab, applied practice.

Instructional Materials: Sports Related Occupations Resource Guide – contains up to date articles, laws and procedures.

Articulation: None

UC A-G: This class is approved for _____ credit at _____ High School/s.

Academic Credit: Elective credit

Industry/licensing requirement met:

Certificates: Course completion certificate attached. Competencies should match major sections of the course outline.

Revised: 6/30/03