



USD #233 Individual Plan of Study
 Electronic file located in Xello - "Course Planner"
 Located at Olathe North
 sportsmedicine.olatheschools.org
 X: @OlatheSportMed
 Apply at: 21stcentury.olatheschools.com

Sports Medicine & Exercise Science Academy



| Graduation Requirements | 9th Grade | Credits | 10th Grade | Credits | 11th Grade | Credits | 12th Grade | Credits | Y 13 |
|--|---|---------|--|---------|--|---------|--|---------|------|
| English (x4 credits) | English 9 OR Honors English 9 | 1 | English 10 OR Honors English 10 | 1 | English 11 OR AP English Language | 1 | English 12 OR College Prep English OR AP English Literature | 1 | |
| Math (x3 credits) | Must take 1.0 math 9th gr year as recommended by facilitator & math teacher | 1 | Must take 1.0 math 10th gr year as recommended by facilitator & math teacher | 1 | Must take 1.0 math 11th gr year as recommended by facilitator & math teacher | 1 | Must take 1.0 math 12th gr year as recommended by facilitator & math teacher for higher endorsement | 1 | |
| Science (x3 credits) (1 Life; 1 Physical; 1 Elective) | Biology OR Honors Biology | 1 | Chemistry OR Honors Chemistry | 1 | Anatomy & Physiology | 1 | MUST TAKE 1.0 Science 12th Gr. Year Recommended: College OR AP Biology OR College OR AP Chemistry OR Physics OR AP Physics I | 1 | |
| Social Studies (x3 credits) (1 World; 1 US; 0.5 Govt; 0.5 elective) | World History OR Honors World History | 1 | Recommended: Sports Psychology | .5 | US History OR AP US History | 1 | US Govt OR AP US Govt | .5 | |
| Communications (0.5 credit) | All Academy Capstone Courses will fulfill the Communications Requirement | | | | | | | | Y 14 |
| Financial Literacy: (0.5 credit) | See PPG for Financial Literacy Options | | | | | | | | |
| Fine/Performing Arts (1 credit) | Student choice - any year(s) 1+ | | | | | | | | |
| Health: (0.5 credit) | Health Education <i>Optional</i> : Health may be taken online through eAcademy if space is needed in student's schedule. | | | | | | | | |
| Applied Language: (1.0 credit) | Student choice - any year(s) 1+ College-bound students should enroll in 2 years of the same World Language. | | | | | | | | |
| Life Studies: (0.5 credit) | Using the PPG - Identify courses that fulfill this requirement | | | | | | | | |
| Physical Education (0.5 credit) | Options any year(s): PE; Strength & Conditioning I & II, Lifetime Fitness, Cheerleading, Dance Team 1+ Health will be taken in conjunction with one of these options | | | | | | | | |
| STEM (1.0 credit) | Student choice - any year(s) | | | | | | | | |
| Individual Focus (5.5 credits) 21st Century Academy Coursework | Sports Medicine I | 1 | Care of Athletes | 1 | Sports Medicine II | 1 | Sports Medicine Senior Capstone | 1 | |
| Total Credits: (24 total needed for graduation) | 9th grade total: | 7 | 10th grade total: | 7 | 11th grade total: | 7 | 12th grade total: | 3+ | |

NOTE: Credits beyond requirements in any category will fall under individual focus.

Students may earn an endorsement on their transcript for completing all Academy requirements, including successful completion of coursework, outside-the-classroom learning opportunities, field experiences, and capstone projects. Refer to the Academy's Endorsement Requirements provided by facilitator or found on the web at www.21stcentury.olatheschools.com



Olathe North High School

Who We Are:

Combine your interest in Sports and Science through this award-winning hands-on curriculum.

- Explore a variety of Health Career Fields through coursework, shadowships, projects and internships
- Mentor with a professional athletic trainer
- Assist in the assessment of athletic injuries on the field and in their rehabilitation in a well-equipped training facility
- Learn to measure cardiovascular fitness on a treadmill with a VO2 Max Computer

What We Do:

- Use fully equipped Athletic Training Facility and Sports Medicine Lab.
- Have hands-on experiences including taping/wrapping sports injuries, first aid, emergency care, rehabilitation of injuries, and use of therapeutic exercise/modalities.
- Earn opportunities for travel to competitions, exhibits, and college visits.
- Gain clinical field experiences with industry professionals including, but not limited to, physical therapists, strength coaches, physical educators, nutritionist, and paramedics.
- Have opportunity to earn NASM Certifications and/or Internship placement.

SportsMed@olatheschools.org • 913.780.7140 •  @OlatheSportMed

Explore careers in this field with the Occupational Outlook Handbook at <https://www.bls.gov/ooh/>