

Special Sports Training Athletic Research

The SSTAR program works within the Sports Medicine Academy curriculum and provides hands-on opportunities for our Health Science Sophomore and Junior students to gain practice experiences. Academy students work with specialized wellness equipment and in the design process of exercise programs that meet the needs of their clients.

Health Science Anatomy and Physiology students work with our special needs students twice a week. The ratio of students to client is 2:1. The purpose of SSTAR is to design an exercise program that is tailored to the needs of the individual special needs client. Sports Medicine Academy students gain valuable real world experience as they practice utilizing blood pressure cuffs, stethoscopes, pulse readings, and other important vital sign collection practices. The academy students collect their data from each of their clients on a weekly basis in order to see if their specialized wellness program is proving effective to the client.

Health Science Foundations students work with the geriatric client in mind. Thus, their wellness program developments will vary to fit the needs of those with less bone density, atrophied muscles, or even just the average adult over 65 who wants to become healthier.

We believe that this program provides our students will valuable hands on work practice and will further develop their people skills.



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The Sports Medicine Academy



**Providing students with the most
comprehensive, high quality health,
wellness, medical, and fitness
education.**



THE ACADEMY OF SPORTS MEDICINE



OUR MISSION

In support of Heritage High School’s primary goals of intellectual and physical development of its students, the mission of the Sports Medicine Academy faculty is to strive to provide every student with the most comprehensive, high quality, compassionate, and service oriented health and wellness education possible. The Sports Medicine Academy will provide every student within the academy, diverse educational offerings, internships, evaluations, and a positive educational experience.



Sports Medicine Academy Juniors at the University of Miami

ACADEMICS

Heritage High School offers one of Brevard County Public School’s Career and Technical Education (CTE) Programs known as the Academy of Health Science-Sports Medicine/Wellness and Rescue. The career cluster is Health Science. The three core courses that the student will take are Health Science Anatomy and Physiology, Health Science Foundations, and Exercise Science. All Sports Medicine Academy students will graduate with the following:

1. American Heart Association First Aid/CPR/AED card
2. National Healthcare Association Certificate for Certified Medical Administrative Assistant or Emergency Medical Responder Certification.

COURSES

Core Courses: Health Science Anatomy and Physiology, Health Science Foundations, Exercise Science.

Electives: Freshmen Year: Comprehensive Fitness

Sophomore Year: First aid/Safety Care/Prevention

Junior Year: Sports Nutrition and Food Safety

Senior Year: Anatomy and Physiology

FIELD TRIPS/OJT

The Sports Medicine Academy at Heritage High School offers its students the opportunity to explore various Universities in Florida as well as of campus Health Facilities. This allows our students to gain an understanding of what the college life is like at a large or small University. We also introduce the students to the curriculums offered locally by Keiser University and Eastern Florida State College.

In addition, we allow our students to participate in “On the Job Training” at various Health facilities here in Brevard. The opportunities are always changing, and we do our best to make sure that our students are provided the opportunity for real world experiences.

We have some great relationships built within the community and are looking forward to growing our OJT opportunities for our students.



Sports Medicine Students at Keiser University Melbourne Campus