

**INTRO/BASIC SPORTS MEDICINE  
College Credit and Careers Network  
Dual Credit Articulation Agreement**

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**Upon completion of high school courses equivalent to the following competencies:**

- An understanding of safety, liability and negligence as they apply to the fitness industry
  - An understanding of contraindicated exercises
  - An understanding of criteria for the cessation of an exercise test/bout
  - An understanding of sports medicine
  - An understanding of basic physical therapy modalities
  - An understanding of basic prevention methods of more common sports injuries
  - An understanding of environmental concerns and exercise
  - An understanding of the legal aspects of personal training and necessary risk management documents
  - A knowledge of first aid and CPR
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**A student earning a “B” or better may earn college credit at the following college:**

<u>College</u>	<u>Course</u>	<u>Credits</u>
Lake Washington Technical College	FTNS 116	3