The Dawn of a New Era: Exercise Science/Sports Medicine

In The Field........

Name: Jamey Harlan ATC

Jamey is currently the instructor for the Exercise Science/Sports Medicine program here at Buckeye Career Center. Jamey is also the Athletic Trainer for Claymont City Schools. He graduated from West Virginia Wesleyan College in 1998 with majors in Sports Medicine and Psychology. Jamey is married with two children and resides in the Uhrichsville area. His favorite part of his job is being able to interact with students and helping athletes.

From Our Juniors........

Exercise Science and Sports Medicine is a new program at Buckeye Career Center this year. In this program we are exploring a wide range of Sports Medicine and Fitness careers through practical lab experience and high-level academic course work. Additionally we are working to develop skills that will enable us to succeed when we go on to college. As juniors we have to complete a Sports Medicine observation requirement. Each student is also expected to complete 25 hours observing in a Sports Medicine environment. Many of our students have been observing with Certified Athletic Trainers at local high school football games. As first-year students in this program, we would like to set an example of professionalism and hard work for future classes to follow!
Why Exercise Science or Sports Medicine?

Have you ever thought about what you want to do in the future? In our field there are various options to explore in college. Listed below are a few choices:

1. Exercise Physiology- Study of the acute and chronic adaptations in response to a wide-range of physical exercise conditions.
2. Athletic Training- Field of medicine that specializes in preventing, recognizing, managing and rehabilitating athletic injuries.
3. Kinesiotherapy- Field of medicine that applies scientifically based exercise principles adapted to enhance one’s strength, endurance and mobility.
4. Physical Therapy- Field of medicine that uses specially designed exercises and equipment to help patients regain or improve their physical abilities.
5. Bio-mechanics- The study of muscular, joint and skeletal actions of the body during the execution of a given task, skill and/ or technique.

These are just a few of the many options to pursue in this field. Buckeye now offers the Exercise Science/Sports Medicine program to help students build a foundation to continue their education at the collegiate level.

Tips to Being and Staying Physically Active

1) Choose activities you enjoy!
2) Spread your exercise out throughout the day
3) Find a partner that has the same motivation as you, if not more motivation than you
4) Don’t out work yourself, this can be worse than good for you
5) Don’t waste all the lunch time you have sitting down! Get up and take a walk or hit the gym
6) Try using a pedometer and keep track of your physical activity.
7) Forget the elevator, take the stairs! They’re quicker anyway!
8) Walk an extra stop. During your bus or subway, get off a stop or two earlier and walk the rest of the way.
9) Find the farthest parking spot away from where you are going.
10) Make it social, it’s more fun to work out with a friend then on your own.
11) Reward yourself, or else you won’t feel like this is worth it! Spoil yourself with new exercise equipment, new clothes, or with a fancy meal!

(http://www.hsph.harvard.edu/nutritionsource/staying-active/tips-for-getting-exercise-into-your-life/index.html)

It is the policy of the Board of Education of the Buckeye Career Center that educational activities, employment, programs and services are provided to all people regardless of race, color, national origin, sex, age, disability, or socio-economic status.