Exercise Sciences and Rehabilitation Therapy

TRAL MON

Course Content

- Anatomy and Physiology
- First Aid and CPR
- Medical Terminology and Documentation
- Therapeutic Exercise and Restorative Care
- Evaluation and Assessment of Injuries
- Nutrition and Weight Management
- Taping and Bracing
- Strength and Conditioning
- Exercise Physiology



Recent graduates from the Exercise Sciences and Rehabilitation Therapy program are attending:

- West Chester University
 - Neumann College
- PA School of Muscle Therapy
 - Gwynedd Mercy College
 - Harcum College
 - Montgomery County Community College



• Personal Training Certification (ACSM)

• CareerSafe OSHA Certification for Healthcare workers

• Emergency Care and Safety Institute (ECSI) Certifications for the following:

- First Aid
- Healthcare Provider CPR
- Sports First Aid and Injury Preventio
- Standard First Aid, CPR, and AED



- Nutritionist
- Physical Therapist
- Physical Therapy Assistant
 - Occupational Therapist
 - Athletic Trainer
 - Personal Trainer
- Strength and Conditioning Coach
 - Speech Language Pathologist
 - Physical Therapy Aide