

# Exercise Science/Sports Medicine Endorsement

## *Specifications, Competencies & Requirements*

### PURPOSE

This endorsement is meant for certified teachers interested in teaching **Exercise Science/Sports Medicine** courses. It is attached to a current Utah Educator License with a license area of concentration in **Secondary** or **Career Technical Education (CTE)** Education.

Upon attachment of this endorsement to a Utah educator license, educators will be approved to teach the following USBE courses:

- Health Science Intro
- Health Science Capstone
- Exercise Science / Sports Medicine
- Physical Therapy Introduction
- Foundations of Nutrition
- IB Sports, Exercise, and Health Science SL 1
- IB Sports, Exercise, and Health Science SL 2
- IB Sports, Exercise, and Health Science HL 1
- IB Sports, Exercise, and Health Science HL 2

### ENDORSEMENT REQUIREMENTS

#### *Prerequisite*

Demonstrate an understanding of Career and Technical Education (CTE) basics.  
CTE Knowledge

#### *Associate Level Requirements*

Applicants must complete **ONE** of the following competency requirements. The associate-level endorsement is valid for up to 3 school years before it expires. Associate-level endorsements are non-renewable.

- Human Body Systems
- Exercise/Movement Science
- Basic Sports Medicine/Athletic Training

#### *Professional Level Requirements*

The applicant must meet **ALL** the competency areas listed above.

### *Prior to Teaching Sex Ed*

A Utah law and policy course is required per Utah Code 53G-10-403 for all first-year health science educators before teaching sex education and must be renewed every three years. Visit the Health Education page for more details <https://schools.utah.gov/curr/health>.

## COMPETENCY DETAILS & DESCRIPTIONS

### *Prerequisites*

#### 1. CTE Knowledge

Demonstrate an understanding of CTE basics:

- Explain how CTE links learning to specific Utah industries and what its main goals are.
- Know the licenses and endorsements needed to teach specific CTE courses.
- Describe how CTE is organized into clusters and pathways at the state, district (LEA), and school levels, and how this helps students succeed after graduation.
- Locate and use the state's strands and standards in lesson plans.
- Explore CTE student organizations (CTSOs) and professional groups and explain how they support students and teachers.
- Explain how advisory boards, with industry members, make sure programs meet job market needs and maintain safe learning environments.
- Understand the basics of securing funding, planning for the program's future, and participating in the state Program of Quality Review (PQR) to ensure program excellence.

Select ***one*** of the following options:

- **USBE Course:** [CTE Orientation](#)
- **Complete THREE years of full-time CTE Teaching in Utah**
- **Currently hold a professional-level CTE endorsement**

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### *Endorsement Competencies*

#### 2. Human Body Systems

Knowledge of the human body plan and organization. Knowledge of the structure of animal cells and tissues. Knowledge of the form/structure of the human body as outlined by the following body systems: Integumentary, Skeletal, Muscular, Nervous, Endocrine, Lymphatic, Cardiovascular, Respiratory, Digestive, Urinary, and Reproductive.

Select ***one*** of the following options:

- **College Course:** A Human Anatomy course or an Integrated Anatomy and Physiology course. (ex, University of Utah (UU) BIOL 2325 Human Anatomy, UU BIOL 2420 Human Physiology, or Weber State University HTHS 1110/1111 Integrated Human Anatomy and Physiology)
- **Online Course** (choose one):
  - [Carnegie Mellon University - Anatomy & Physiology I & II](#)
  - [Rice Online Learning through Coursera - Human Anatomy & Physiology Specialization \(3-course series\)](#)

- [UVU Online - Human Physiology Series \(Human Anatomy & Physiology I & II\)](#)
- [Utah Science Teachers Association - Human Anatomy for Teachers](#)
- **CE Course Instructor Approval:** Current, documented approval from a participating Concurrent Enrollment institution aligned with the Exercise Science/Sports Medicine course.
- **Occupational Experience:** Verifiable active [Utah Division of Professional Licensing](#) (DOPL) license in Athletic Training or Physical Therapy.

### 3. Exercise/Movement Science

Knowledge of how the human body functions and maintains homeostasis during the increased metabolic demands of exercise. Knowledge of the interaction of the nervous, muscle, cardiovascular, pulmonary, and metabolic systems at rest and during exercise. Ability to design an age and developmentally appropriate, sport-specific exercise and conditioning prescription for the following purposes: endurance, strength, and weight control. Knowledge of human movement through the understanding of biomechanics, anatomy, and physiology. Knowledge of the analysis, improvement, and maintenance of the physiological mechanisms underlying health and fitness.

Select **one** of the following options:

- **College Course:** An Exercise Physiology or Kinesiology course. (ex, Utah Valley University (UVU) HLAC 2200 Kinesiology or UVU EXCS 3100 Exercise Physiology)
- **CE Course Instructor Approval:** Current, documented approval from a participating Concurrent Enrollment institution aligned with the Exercise Science/Sports Medicine course.
- **Occupational Experience:** Verifiable active [Utah DOPL](#) license in Athletic Training or Physical Therapy.
- **USBE Microcredential:** [Physiology of Exercise Microcredential](#)

### 4. Basic Sports Medicine/Athletic Training

Knowledge of injury prevention principles, first aid, the healing process, rehabilitation techniques, therapeutic modalities, sports nutrition, sport psychology, and performance enhancement philosophies. Demonstrate common athletic taping techniques to include ankle, wrist, and foot taping. The ability to correctly demonstrate the common wrapping of joints with an elastic bandage for the purpose of swelling management. Ability to demonstrate correct splinting techniques for common bone/joint injuries.

Select **one** of the following options:

- **College Course:** A Basic Sports Medicine/Athletic Training course. Include a course catalog description. (ex, UVU EXSC 2500 Sports Medicine)
- **CE Course Instructor Approval:** Current, documented approval from a participating Concurrent Enrollment institution aligned with the Exercise Science/Sports Medicine course.
- **Occupational Experience:** Verifiable active [Utah DOPL](#) license in Athletic Training or Physical Therapy.