

Sports Medicine Technician - Course Syllabus

Go to: www.OptiHealthNetwork.com and **Log-In** to access this syllabus online. Click on the links to access the assignments. Complete the assignments in order. Use this form to record your results and track your progress.

By completing this course, you will acquire a total of 4 OptiHealth Certificates. If you are already certified at any of the lower levels, you may skip those assignments.

____ **Certificate #1: OptiHealth Community Researcher**

2 hours, \$25

- ____ The Impact of Lifestyle
- ____ The OptiHealth Pledge
- ____ OptiHealth Overview
- ____ **Community Researcher Lab**
- ____ Print your Certificate
- ____ Set-up your account at www.OptiHealthResearch.com

____ **Certificate #2: OptiHealth Fitness Instructor**

4 hours, \$50

- ____ The Inactivity Epidemic
- ____ Functional Fitness Exercises
- ____ Exercise Dose-Equivalents
- ____ **Fitness Instructor Lab**
- ____ Print your Certificate
- ____ Set-up your account at www.OptiHealthNetwork.com

____ **Certificate #3: Sports Med-Tech Assistant**

8 hours, \$100

- ____ Exercise: The 5th Vital Sign?
- ____ Pre-Participation Screening
- ____ Informed Consent
- ____ Body Mass Index
- ____ Medical-Fitness Testing
- ____ **Med-Fit Assistant Lab**
- ____ Print your Certificate
- ____ Set-up your account at www.Med-Fit.org

____ **Certificate #4: Sports Medicine Technician**

16 hours, \$150

- ____ Exercise is Powerful Medicine
- ____ Fitness is the Cure
- ____ All Exercise Reduces Death Risk
- ____ Body Composition
- ____ Med-Fit Assessment Protocol
- ____ Med-Fit Exercise Rx Guidelines
- ____ Med-Fit Exercise Rx
- ____ **Med-Fit Technician Lab**
- ____ Print your Certificate
- ____ Up-grade your account at www.Med-Fit.org