

HILLSBORO HIGH SCHOOL SPORTS, EXERCISE & HEALTH SCIENCE

Imagine working in the Sports, Exercise & Health Sciences industry if your favorite subjects are:
Science, Stem or Math

IMPORTANT CHARACTER TRAITS TO HAVE:



SELF-EFFICACY



EMPATHY



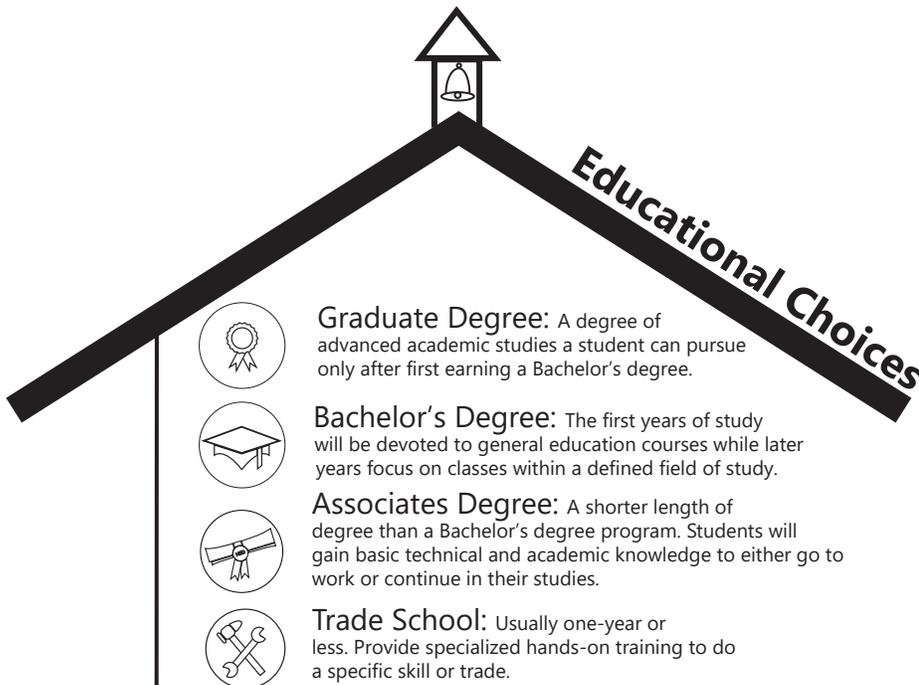
STRESS MANAGEMENT



RELATIONSHIP BUILDING



ANALYZING SITUATIONS



WAYS TO EXPLORE:

THINK

•Just how much air can your lungs hold? The air capacity of your lungs increases as you grow but can also increase if you are exercise more.

CREATE

•Here are some science fair project ideas, do one of these or one of your own ideas: How does exercise effect appetite? How does caffeine effect reaction time? Do wounds heal faster with or without band aids?

INVESTIGATE

•Learn about how the human eye works. What are the parts of the eye? Why is sight possible? How else can you explore in the area of **SPORTS, EXERCISE & HEALTH SCIENCES?**

SPORTS, EXERCISE & HEALTH SCIENCE CAREERS	SALARY POTENTIAL	EDUCATIONAL REQUIREMENTS
Nurse	\$\$\$\$	
Physician	\$\$\$\$\$	
Physician Assistant	\$\$\$\$	
Veterinarian	\$\$\$	
Athletic Trainer	\$	
Physical Therapist	\$\$\$	
Health Educator	\$	

Potential Local Employers

- Acumed LLC
- Virginia Garcia Memorial Health Center
- OHSU Tuality Healthcare
- Genentech
- Providence
- Kaiser Permanente
- Willamette Dental
- Metro West Ambulance

◀◀◀ It's never to soon to become aware, eligible & prepared for life after high school. ▶▶▶