



**STEEL CENTER**  
FOR CAREER AND TECHNICAL EDUCATION

# PROGRAM LETTER

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## Sports Medicine & Rehabilitation Professions

**CIP 51.2604**

**Mrs. Rachel Castro**

[rcastro@steelcentertech.com](mailto:rcastro@steelcentertech.com) – 412-469-3200 x2523

**2024-2025**

Dear Steel Center Family:

The Sports Medicine & Rehabilitation Professions program is an instructional program designed to introduce and prepare a pathway for individuals to enter the fitness and rehabilitation healthcare fields. Individuals will be able to apply technical knowledge and understanding of anatomy and physiology, human body's response to exercise, medical conditions, neuromusculoskeletal pathologies, therapeutic modalities, injury prevention, injury rehabilitation, exercise prescription, CPR, and First Aid. This course is set up to be 70% theory based and 30% hands-on activities and laboratory. Students will be encouraged to explore and develop plans for future employment by continuing their education to pursue post-secondary degrees in the healthcare or sports medicine field. Students will have the opportunity to obtain industry certifications when applicable throughout the program including but not limited to:

- OSHA 10
- Stop the Bleed
- American Heart Association CPR & First Aid
- Certified Personal Trainer through NASM
- More TBD

All materials and text will be provided by Steel Center including Google Chromebooks. Materials that the student will be responsible for include:

- Notebook and binder for note taking (tablets or computers may be used to take notes)
- Pencils/Pens

Students will be required to put their cell phone in a lock box when the bell rings signifying the start of class. If there are outstanding circumstances, please contact me.

Thank you for taking the time to read the introductory letter. We are excited for the opportunity to work with our future healthcare and fitness industry professionals!

Sincerely,

Rachel Castro  
Sports Medicine & Rehabilitation Services Instructor