

After High School.....?

Upon passing the Personal Training Certification exam and/or completion of the Health Science Program students will be prepared to:

*Further their Health Science education in various technical programs, or 2-4 year college programs.

*Work in a variety of settings including but not limited to: a gym, health club, select medical facilities and even independently.



Interested?

If the ALMA Academy is for you, fill out an application and sign up now. If you have any questions regarding the program, speak to one of your guidance counselors, Ms. Susan Alvaro (Assistant Principal of Curriculum), Ms. Laura Mudd (ALMA Program Director), Ms. Erika Miller (ALMA Program Lead Instructor), or Mr. Phil Muszynski (ALMA Instructor).



ALMA Athletic Lifestyle Management Academy

Lakewood High School
1400 54th Ave South
St. Petersburg, FL 33702
727-893-2916

What is the ALMA Academy?

Are you interested in a future career that promotes health, wellness, diagnosis, and treatment of injuries and diseases? Then the ALMA Academy is for you.

This academy has been designed to prepare students for further education and careers in various Health Science career fields. From an introduction to various careers to designing and implementing exercise prescription plans, students will learn the ins and outs of Health Science fields!



Academy Details



In addition to graduation required courses, ALMA students will take Medical Skills, Health Science Anatomy and Physiology, Health Science Foundations, and Exercise Science. At the conclusion of these classes students are eligible to take the **National Association of Sports Medicine Personal Trainer Certification exam**.

*In order for students to participate in the NASM Personal Trainer Certification Exam they must be **graduation eligible and hold a current Adult AHA CPR certification (which they will gain during the course)**. For more information regarding this exam, please visit www.nasm.org.

What courses do I take?

- **Medical Skills and Services** (9th grade): introduction to various health care career clusters.
 - **Health Science Anatomy & Physiology** (10th grade): overview of the human body both structurally and functionally.
 - **Health Science Foundations** (11th grade): emphasis on health care system and associated occupations.
 - **Exercise Science** (12th grade): preparation for the NASM Personal Trainer Certification Exam.
- Courses are offered in a planned sequence to properly prepare students for the NASM exam but are not required to be taken during the recommended grades, with the exception of Exercise Science which is only available to 12th graders.

