

ALL ABOUT ALMA

Athletic Lifestyle Management Academy at Lakewood High School

Mission: Nurture a foundation for learning and academic success for all students in health science-related fields with the opportunity to earn dual enrollment and/or industry certifications by the time one graduates.

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!

WHAT COURSES DO I TAKE?

- Medical Skills and Services (9th grade):** introduction to various health care career clusters.
- Health Science Foundations (10th grade):** emphasis on health care system and associated occupations.
- Health Science Anatomy & Physiology (11th grade):** overview of the human body both structurally and functionally.
- Allied Health Assisting (11th/12th grade):** focus on Sports Medicine, Physical Therapy, Occupational Therapy and Medical Assisting. prepares students for NHA Certified Medical Administrative Assistant Exam.
- Exercise Science (12th grade):** preparation for the NASM Personal Trainer Certification Exam.



ACADEMY DETAILS

In addition to graduation required courses, ALMA students will take Medical Skills, Health Science Anatomy and Physiology, Health Science Foundations, Allied Health Assisting and/or Exercise Science. At the conclusion of these classes students are eligible to take the National Healthcareers Association Medical Administrative Assistant exam and/or the National Association of Sports Medicine (NASM) Personal Trainer Certification exam.

*In order for students to participate in the NHA and NASM Certification Exams 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.

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 or contact Ms. Erika Miller (millererik@pcsb.org), or Mr. Phil Muszynski (muszynskip@pcsb.org) or call Lakewood High School at 727-893-2916.



THE HEALTH SQUAD

Fitness, Food, Fun and More

WHAT IS THE HEALTH SQUAD?

The Health Squad is a unique partnership with Johns Hopkins All Children's Hospital where students can participate in a variety of activities helping to improve their overall health. Some activities include: Cooking classes and demonstrations, Yoga Classes, Boot Camp Classes, Self-Defense Classes, Kickball Tournaments, Field Days and more.

During the pandemic the Health Squad even went virtual so that everyone could still find a way to stay involved.

COMMUNITY SERVICE

The Health Squad has not only been about learning to help one's own health, it has also been a way to learn about how to help our community and where to access resources. Members of the Health Squad have volunteered at Mobile Food Pantries, teaching Fitness Programs at Elementary and Middle Schools and even had the opportunity to speak at a Health Summit at Johns Hopkins All Children's Hospital.



THE SHARES PANTRY

One of the most inspiring projects the Health Squad has taken on has been our pantry. The pantry started after students volunteered with Feeding Tampa Bay at mobile food drives. Two students discussed the need to have access to food, personal care items and school supplies to the students and staff of Lakewood. Their mission was the "No one should go without". After a lot of hard work, our SHARES (Students Helping And Reaching Every Spartan) Pantry opened and is available to students and staff every Friday afternoon. With fresh produce, canned goods, personal care items, and school supplies, it is a one-stop shop for anyone in need. Even the pandemic couldn't stop us, during that time we hosted mobile drive-thru distributions where anyone from our community could come and get fresh food every other week.

STUDENT ATHLETIC TRAINING

An Up Close, Hands-on Experience

WHAT IS THE STUDENT ATHLETIC TRAINING PROGRAM

The Student Athletic Training Program provides a real-world, hands-on approach to the field of Athletic Training and Sports Medicine. Student Athletic Trainers get to work not only with some incredible athletes and coaches, but with local university interns and team physicians. A front-row seat at all sporting events helps students to apply what they have learned in the classroom to the real world!

WHAT CAN ONE EXPECT

Student Athletic Trainers will work firsthand with the Certified Athletic Trainer along with the Sports Medicine Team including Team Physicians, Coaches, Administrators, and College Interns! Students will earn CPR/First Aid/AED certifications along with learning basic tapings and important emergency care procedures.



HOW DOES ONE APPLY?

Students interested in becoming a Student Athletic Trainer should see Ms. Miller for an application. Applications for Student Trainers are separate from ALMA and are on a first-come, first-serve basis. Once accepted, students will be assigned their sports to work and additional details will be provided. All student trainers are required to complete athletic paperwork, have school insurance, and purchase required uniform polos. Any questions contact Ms. Miller at millererik@pcsb.org.

