EASTERN programs are tuition-free and two years in length, except for Allied Health, which is a senior-only program. There are minimal supply costs that vary per program. Transportation is provided by the participating school districts.

Programs are held at EASTERN, 3075 Terwood Road, Willow Grove, from 7:45 to 10:30 a.m. OR 12:00 to 2:45 p.m. Monday through Friday.

If you are entering your junior or senior year and are interested in an EASTERN program, please see your guidance counselor to discuss the possibilities.

For more information about EASTERN’s 16 programs, contact Amy Shields at 215-784-4806 or via email, ashields@eastech.org.

Our Exercise Science and Rehabilitation program will provide students with the opportunity to learn more about careers in their exciting field!
CAREER PATHWAYS
Whether you choose an entry-level position, earn a bachelor’s degree or certification, or continue on to medical school, there’s a unique path for everyone in this field.

The program will help prepare students for careers in physical therapy, athletic training, personal fitness, and sports medicine. Topics include routine rehabilitation, the roles and responsibilities of rehabilitation providers, anatomy and physiology, nutrition and wellness, and therapeutic techniques.

When available, job shadow experiences will be available for students in elder care facilities, YMCA-rehabilitative courses, and medical practices.

POSTSECONDARY
The employment outlook for careers in this field show continued growth. Our goal is to ensure our students are ready for a related postsecondary program or able to confidently enter the field in an entry-level position.

College credit opportunities may be available through SOAR.

EXERCISE SCIENCE AND REHABILITATION PROGRAM
EASTERN’s newest program, Exercise Science and Rehabilitation, will provide an in-depth look at the many career opportunities in the Exercise and Sports Science field. This program will involve studying the body under physical stress such as exercise, physical sports, or occupational therapy. This helps physical therapists, coaches, and trainers ensure the safety and health of their patients and clients. One-year seniors will be considered if space is available.

CERTIFICATIONS
Exercise Science and Rehabilitation is designed to offer certifications such as OSHA Healthcare, CPR/First Aid, ACSM Certified Personal Trainer, and AMCA Physical Therapy Aide.

OSHA CERTIFICATION
- This training program is intended to provide entry level workers information about their rights, employer responsibilities, and how to file a complaint as well as how to identify, abate, avoid and prevent job related hazards. The training covers a variety of safety and health hazards which a worker may encounter. Training should emphasize hazard identification, avoidance, control and prevention, not OSHA standards.

CPR/FIRST AID CERTIFICATION
- The course teaches students critical skills and knowledge needed to respond to and manage a first aid or sudden cardiac arrest emergency in the first few minutes until the emergency medical services arrives. Content includes how to treat bleeding, sprains, broken bones, shock and other first aid emergencies, as well as perform CPR and use an AED.

ACSM-CERTIFIED PERSONAL TRAINER CERTIFICATION
- This certification is for fitness professionals who develop and implement personalized exercise programs for individuals across a diverse set of health and fitness backgrounds, from professional athletes to individuals only recently cleared to exercise. This means that you’ll have the practical and scientific knowledge to work in a variety of facilities, including health clubs, gyms, university, corporate, and community or public fitness centers, and positions ranging from freelance to full-time and beyond.

AMCA-PHYSICAL THERAPY AIDE CERTIFICATION
- The AMCA was established in 2010 with a vision of implementing national standards to ensure that each student has proven that they are knowledgeable in their specific subject matter. Additionally, the AMCA collaborates and actively participates in the allied healthcare industry to serve as a support network for allied healthcare professionals. The exam is based on 5 subject areas: Medical Terminology, Medical Law and Ethics, OSHA and Infection Control, Anatomy and Physiology, and Physical Therapy.

Turn your love of exercise, training, and wellness into an exciting and lucrative career! You will learn how to treat sports-related injuries and provide personal training.