



# Health Science Career Cluster

The Health Science career cluster focuses on planning, managing, and providing therapeutic services, diagnostics services, health informatics, support services, and biotechnology research and development. This career cluster includes occupations ranging from medical assistant, registered nurse, and physical therapist to forensic science technician and athletic trainer.

## Statewide Program of Study: *Exercise Science, Wellness, and Restoration*

The Exercise Science, Wellness, and Restoration program of study focuses on occupational and educational opportunities associated with assisting patients with maintaining physical, mental, and emotional health. This program of study includes researching diet and exercise needed to maintain a healthy, balanced lifestyle and exploring techniques to help patients recover from injury, illness, or disease.

### Secondary Courses for High School Credit

- Level 1**
  - Principles of Exercise Science and Wellness

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- Level 2**
  - Interpersonal Studies
  - Lifetime Nutrition and Wellness

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- Level 3**
  - Anatomy and Physiology

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- Level 4**
  - Career Preparation for Programs of Study
  - Career Preparation for Programs of Study + Extended Career Preparation

### Aligned Advanced Academic Courses

<b>AP or IB</b>	AP Biology	IB Biology SL IB Biology HL
<b>Dual Credit</b>	Dual credit offerings will vary by local education agency.	

Students should be advised to consider these course opportunities to enrich their preparation. AP or IB courses not listed under the Secondary Courses for High School Credit section of this framework document do not count towards concentrator/completer status for this program of study.

### Work-Based Learning and Expanded Learning Opportunities

<b>Work-Based Learning Activities</b>	<ul style="list-style-type: none"> <li>• Participate in an internship with a physical therapist, occupational therapist, or speech therapist</li> <li>• Shadow an athletic trainer from a local sports team</li> </ul>
<b>Expanded Learning Opportunities</b>	<ul style="list-style-type: none"> <li>• Participate in the Texas State Athletic Trainers Association</li> <li>• Participate in HOSA or SkillsUSA</li> <li>• Volunteer at a hospital or rehabilitation center</li> </ul>

### Aligned Industry-Based Certifications

- Certified Clinical Medical Assistant
- Certified Occupational Therapy Assistant
- Certified Personal Trainer
- Emergency Medical Technician - Basic
- Pre-Professional Certification in Nutrition, Food, and Wellness

Successful completion of the Exercise Science, Wellness, and Restoration program of study will fulfill requirements of the Public Services endorsement.



### Example Postsecondary Opportunities

#### Apprenticeships

- Medical Assistant

#### Associate Degrees

- Associate of Applied Science

#### Bachelor's Degrees

- Nutrition Sciences
- Exercise Physiology and Kinesiology

#### Master's, Doctoral, and Professional Degrees

- Exercise Science and Kinesiology
- Physical Therapy

#### Additional Stackable IBCs/License

- Physical Therapy Technician/Aide Certification



### Example Aligned Occupations

#### *Exercise Trainers and Group Fitness Instructors*

Median Wage: \$44,916  
Annual Openings: 5,022  
10-Year Growth: 41%

#### *Physical Therapist Assistants*

Median Wage: \$74,866  
Annual Openings: 1,218  
10-Year Growth: 44%

#### *Athletic Trainers*

Median Wage: \$54,447  
Annual Openings: 295  
10-Year Growth: 13%

Data Source: TexasWages, Texas Workforce Commission. Retrieved 3/8/2024.



For more information visit:

<https://tea.texas.gov/academics/college-career-and-military-prep/career-and-technical-education/programs-of-study-additional-resources>



# Health Science Career Cluster

Statewide Program of Study: *Exercise Science, Wellness, and Restoration*

## Course Information

	Course	Prerequisites   Corequisites	Career Clusters
Level 1	Principles of Exercise Science and Wellness N1302107 (1 credit)	<b>Prerequisites:</b> None <b>Corequisites:</b> None <b>Recommended Prerequisites:</b> None <b>Recommended Corequisites:</b> None	5046
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Level 2	Interpersonal Studies 13024400 (.5 credit)	<b>Prerequisites:</b> None <b>Corequisites:</b> None <b>Recommended Prerequisites:</b> Principles of Human Services, Principles of Hospitality and Tourism, Principles of Health Science, or Principles of Education and Training <b>Recommended Corequisites:</b> None	5039
	Lifetime Nutrition and Wellness 13024500 (.5 credit)	<b>Prerequisites:</b> None <b>Corequisites:</b> None <b>Recommended Prerequisites:</b> Principles of Human Services, Principles of Hospitality and Tourism, or Principles of Health Science <b>Recommended Corequisites:</b> None	4977
Level 3	Anatomy and Physiology* 13020600 (1 credit)	<b>Prerequisites:</b> One credit in Biology and one credit in Chemistry, Integrated Physics and Chemistry, or Physics <b>Corequisites:</b> None <b>Recommended Prerequisites:</b> A course from the Health Science career cluster <b>Recommended Corequisites:</b> None	4950
	<p><i>Continued on next page</i></p> <hr/>		

\* Indicates course is included in more than one program of study.

For additional information on the **Health Science** career cluster, contact [cte@tea.texas.gov](mailto:cte@tea.texas.gov) or visit <https://tea.texas.gov/cte>



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Exercise Science, Wellness, and Restoration



# Health Science Career Cluster

Statewide Program of Study: *Exercise Science, Wellness, and Restoration*

## Course Information

Level 4

Course	Prerequisites   Corequisites	Career Clusters
<b>Career Preparation for Programs of Study*</b> First Time Taken: 12701121 (2 credits)	<b>Prerequisites:</b> At least one Level 2 or higher CTE course <b>Corequisites:</b> None <b>Recommended Prerequisites:</b> None <b>Recommended Corequisites:</b> None	4800 
<b>Career Preparation for Programs of Study + Extended Career Preparation*</b> First Time Taken: 12701141 (3 credits)	<b>Prerequisites:</b> : At least one Level 2 or higher CTE course <b>Corequisites:</b> None <b>Recommended Prerequisites:</b> None <b>Recommended Corequisites:</b> None	4801 

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