

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

9 -	Level 1	•	Principles of Exercise Science and Wellness
	Level 2	•	Interpersonal Studies Lifetime Nutrition and Wellness
	Level 3	•	Anatomy and Physiology
	Level 4	•	Career Preparation for Programs of Study Career Preparation for Programs of Study + Extended Career Preparation

Aligned Advanced Academic Courses

Students should be advised to consider these course opportunities to enrich their preparation. AP or

Work-Based Learning and Expanded Learning Opportunities

Participate in HOSA or SkillsUSA

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.

AP Biology

Association



Example Postsecondary Opportunities

Apprenticeships

Associate Degrees

Medical Assistant

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

Median Wage: \$44,916 Annual Openings: 5,022

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.



Aligned Industry-Based Certifications Certified Clinical Medical Assistant

Work-Based Learning

Expanded Learning

Opportunities

- Emergency Medical Technician Basic
- Certified Occupational Therapy Assistant **Certified Personal Trainer**

Activities

AP or IB

Dual Credit

Pre-Professional Certification in Nutrition, Food, and Wellness

IB Biology SL

IB Biology HL

Dual credit offerings will vary by local education agency.

Participate in an internship with a physical therapist,

Shadow an athletic trainer from a local sports team

occupational therapist, or speech therapist

Participate in the Texas State Athletic Trainers

Volunteer at a hospital or rehabilitation center

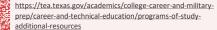


Successful completion of the Exercise Science, Wellness, and Restoration program of study will fulfill requirements of the Public Services endorsement.

Fitness Instructors

10-Year Growth: 41%

For more information visit:



Health Science Career Cluster

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

Course Information

Course	Prerequisites Corequisites	Career Clusters	
Principles of Exercise Science and Wellness N1302107 (1 credit)	Prerequisites: None Corequisites: None Recommended Prerequisites: None Recommended Corequisites: None	5046	\bigotimes

Course	Prerequisites Corequisites		Career Clusters
Interpersonal Studies 13024400 (.5 credit)	Prerequisites: None Corequisites: None Recommended Prerequisites: Principles of Human Services, Principles of Hospitality and Tourism, Principles of Health Science, or Principles of Education and Training Recommended Corequisites: None	5039	
Lifetime Nutrition and Wellness 13024500 (.5 credit)	Prerequisites: None Corequisites: None Recommended Prerequisites: Principles of Human Services, Principles of Hospitality and Tourism, or Principles of Health Science Recommended Corequisites: None	4977	
Course	Prerequisites Corequisites		Career Clusters
Anatomy and Physiology* 13020600 (1 credit)	Prerequisites: One credit in Biology and one credit in Chemistry, Integrated Physics and Chemistry, or Physics Corequisites: None Recommended Prerequisites: A course from the Health Science career cluster Recommended Corequisites: None	4950	

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



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

Course Information

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

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



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