



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

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| Level 1 | <ul style="list-style-type: none"> Principles of Exercise Science and Wellness |
| Level 2 | <ul style="list-style-type: none"> Interpersonal Studies Lifetime Nutrition and Wellness Kinesiology I Entrepreneurship I |
| Level 3 | <ul style="list-style-type: none"> Kinesiology II Applied Nutrition and Dietetics |

Aligned Industry-Based Certifications

- Certified Personal Trainer
- Pre-Professional Certification in Nutrition, Food, and Wellness

Aligned Advanced Academic Courses

Dual Credit	Dual credit offerings will vary by local education agency.
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Work-Based Learning and Expanded Learning Opportunities

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



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>



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

Course Information

Level 1

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

Level 2

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	
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	
Kinesiology I N1302104 (1 credit)	Prerequisites: None Corequisites: None Recommended Prerequisites: None Recommended Corequisites: None	
Entrepreneurship I 13011101 (1 credit)	Prerequisites: None Corequisites: None Recommended Prerequisites: Principles of Business, Marketing, and Finance Recommended Corequisites: None	

Level 3

Course	Prerequisites Corequisites	Career Clusters
Applied Nutrition and Dietetics N1302541 (1 credit)	Prerequisites: None Corequisites: None Recommended Prerequisites: Principles of Human Services, Lifetime Nutrition and Wellness and/or Human Growth and Development Recommended Corequisites: None	

* 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 or visit <https://tea.texas.gov/cte>