



- Level 1** Lifetime Nutrition and Wellness (Food Prep)

- Level 2** Kinesiology I

- Level 3** Anatomy and Physiology

- Level 4** Project Based Research (Mentorship)

- Career Preparation I-TLC

| HIGH SCHOOL/INDUSTRY CERTIFICATION | CERTIFICATE/LICENSE* | ASSOCIATE'S DEGREE | BACHELOR'S DEGREE | MASTER'S/DOCTORAL PROFESSIONAL DEGREE |
|------------------------------------|------------------------------|---|---|---|
| Certified Personal Trainer | Physical Therapist Assistant | Kinesiology and Exercise Science | Kinesiology and Exercise Science | Exercise Physiology |
| | Physical Therapy Aides | Therapeutic Recreation/Recreational Therapy | Therapeutic Recreation/Recreational Therapy | Therapeutic Recreation/Recreational Therapy |
| | Dietetic Technician | Athletic Training/Trainer | Athletic Training/Trainer | Athletic Training/Trainer |
| | | | Dietitians and Nutritionists | Physical Therapist |

| Occupations | Median Wage | Annual Openings | % Growth |
|------------------------------|-------------|-----------------|----------|
| Athletic Trainers | \$53,450 | 215 | 22% |
| Exercise Physiologists | \$41,662 | 33 | 33% |
| Coaches and Scouts | \$40,010 | 2,133 | 23% |
| Dietitians and Nutritionists | \$57,762 | 428 | 24% |
| Recreational Therapists | \$45,906 | 74 | 24% |

| WORK BASED LEARNING AND EXPANDED LEARNING OPPORTUNITIES | |
|---|---|
| Exploration Activities: | Work Based Learning Activities: |
| Health Occupation Students of America (HOSA) | Volunteer at a hospital or rehabilitation center; manage a school sports team |

Additional industry-based certification information is available on the TEA CTE website. For more information on postsecondary options for this program of study, visit TXCTE.org.

The Exercise Science and Wellness program of study introduces CTE learners to the fields that assist patients with maintaining physical, mental, and emotional health. Students will research diet and exercise needed to maintain a healthy, balanced lifestyle and learn about and practice techniques to help patients recover from injury, illness, or disease.



The Health Science Career Cluster focuses on planning, managing, and providing therapeutic services, diagnostics services, health informatics, support services, and biotechnology research and development. To pursue a career in the health science industry, students should learn to reason, think critically, make decisions, solve problems, communicate effectively, and work well with others.

Successful completion of the Exercise Science and Wellness program of study will fulfill requirements of a Public Service endorsement or STEM endorsement if the math and science requirements are met. Revised - July 2020



COURSE INFORMATION

| COURSE NAME | SERVICE ID | PREREQUISITS (PREQ) COREQUISITES (CREQ) | Grade |
|-------------------------------------|--|--|-------|
| Lifetime Nutrition and Wellness | 13024500 (.5 credit) | None | 9-12 |
| Principles of Exercise and Wellness | N1303107 (1 credit) | None | 9-10 |
| Kinesiology I | N1302104 (1 credit) | None | 9-10 |
| Anatomy and Physiology | 13020600 (1 credit) | PREQ: Biology and a second science credit | 10-12 |
| Kinesiology II | TBD | TBD | TBD |
| Practicum in Entrepreneurship | TBD | TBD | TBD |
| Project-Based Research | 12701500 (1 credit) | None | 11-12 |
| Career Preparation I | 12701300 (2 credits) 12701305 (3 credits) | None | 11-12 |
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FOR ADDITIONAL INFORMATION ON THE HEALTH SCIENCE CAREER CLUSTER, PLEASE CONTACT:

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<https://tea.texas.gov/cte>

(District) offers career and technical education programs in (types of programs offered). Admission to these programs is based on (admission standards). It is the policy of (District) not to discriminate on the basis of race, color, national origin, sex or handicap in its vocational programs, services or activities as required by Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; and Section 504 of the Rehabilitation Act of 1973, as amended. It is the policy of (District) not to discriminate on the basis of race, color, national origin, sex, handicap, or age in its employment practices as required by Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; the Age Discrimination Act of 1975, as amended; and Section 504 of the Rehabilitation Act of 1973, as amended. (District) will take steps to assure that lack of English language skills will not be a barrier to admission and participation in all educational and vocational programs. For information about your rights or grievance procedures, contact the Title IX Coordinator at (physical address of Coordinator) (email address of Title IX Coordinator), (phone number of Title IX Coordinator), and the Section 504 Coordinator at (physical address of Coordinator), (email address of Section 504 Coordinator), (phone number of Section 504 Coordinator)