

COURSES

LEVEL 1

Lifetime Nutrition and Wellness

LEVEL 2

Anatomy and Physiology

LEVEL 3

Career Preparation I

LEVEL 4

POSTSECONDARY OPTIONS

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		Exercise Physiology
	Physical Therapy Aides	Therapeutic Recreation/ Recreational Therapy		
	Dietetic Technician	Athletic Training/ Trainer		
			Dietitians and Nutritionists	Physical Therapist

Additional industry based certification information is available from the TEA CTE website.

For more information on postsecondary options for this program of study, visit TXCTE.org.

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:
Health Occupation Students of America (HOSA)

Work Based Learning Activities:
Volunteer at a hospital or rehabilitation center; manage a school sports team

The Exercise Science and Wellness program of study introduces students 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 the Public Service Endorsement.

Approved Statewide Program of Study - September 2019

Texas Education Agency

COURSE INFORMATION

COURSE NAME	SERVICE ID	PREREQUISITES (PREQ) COREQUISITES (CREQ)	GRADE
Lifetime Nutrition and Wellness	13024500 (.5 credit)	None	
Anatomy and Physiology	13020600 (1 credit)	PREQ: Biology and a second science credit; RPREQ: a course from the Health Science cluster	
Career Preparation I	12701300 (2 credits) 12701305 (3 credits)	None	

FOR ADDITIONAL INFORMATION ON THE HEALTH SCIENCE CAREER CLUSTER, PLEASE CONTACT:

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https://tea.texas.gov/cte