



Principles of Exercise Science and Wellness

Level 1

Kinesiology I

Level 2

Anatomy and Physiology
Kinesiology II

Level 3

Project Based Research
Practicum in Entrepreneurship

Level 4

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



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COURSE INFORMATION

COURSE NAME	SERVICE ID	PREREQUISITES (PREQ) COREQUISITES (CREQ)	Grade
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	N1302115 (1 credit)	CREQ: Project-Based Research	11-12
Project-Based Research	12701500 (1 credit)	CREQ: Kinesiology II	11-12
Practicum in Entrepreneurship	N1303425 (2 credits)	None	11-12

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

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

Kennedale ISD offers career and technical education programs in Arts A/V Technology & Communications, Business Administration, Diversified Career Preparation, Education & Training, Health Science, Hospitality & Tourism, Human Services, Information Technology, Manufacturing and STEM. Admission to these programs is based on interest, age, grade level, and pre-requisite requirements. It is the policy of Kennedale ISD 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 Kennedale ISD 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. Kennedale ISD 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, Dr. Stephanie Devlin, at PO Box 467, Kennedale, TX 76060, 817-563-8000, and the Section 504 Coordinator at PO Box 467, Kennedale, TX 76060, 817-563-8000.



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