

EXERCISE SCIENCE AND WELLNESS



9th

10th

11th

12th

COURSES

Principles of Exercise Science and Wellness

Kinesiology I

Kinesiology II

Additional Recommended Electives
Anatomy & Physiology
Lifetime Nutrition & Wellness

Practicum in Entrepreneurship

Additional Recommended Electives
Anatomy & Physiology
Lifetime Nutrition & Wellness

Postsecondary Options

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

| 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% |
| Dieticians and Nutritionists | \$57,762 | 428 | 24% |
| Recreational Therapists | \$45,906 | 74 | 24% |

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.

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 Health Science Career Cluster focuses on planning, managing, and providing therapeutic services, diagnostic 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 pathway will fulfill requirements of the Public Service Endorsement or STEM endorsement if the math and science requirements are met.

