

# 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. 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.

## Exercise Science and Wellness Big Spring HS Program of Study



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.

### Secondary Courses for High School Credit

#### Level 1

- Lifetime Nutrition and Wellness
- Principles of Exercise Science and Wellness

#### Level 2

- Kinesiology I

#### Level 3

- Anatomy and Physiology
- Kinesiology II

#### Level 4

- Project Based Research
- Career Preparation I

### Postsecondary Opportunities

#### Associates Degrees

- Physical Therapist Assistant
- Physical Therapy Aides
- Dietetic Technician

#### Bachelor's Degrees

- Kinesiology and Exercise Science
- Therapeutic Recreation/Recreational Therapy
- Athletic Training/Trainer

#### Master's, Doctoral, and Professional Degrees

- Exercise Physiology
- Therapeutic Recreation/Recreation Therapy
- Athletic Training/Trainer
- Physical Therapist

### Work-Based Learning and Expanded-Learning Opportunities

#### Exploration Activities

- Participate in Health Occupations Students of America

#### Work-Based Learning Activities

- Volunteer at a hospital or rehabilitation center
- Manage a school sports team

### Industry-Based Certifications

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



### Aligned Occupations

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%

Successful completion of the Exercise Science program of study will fulfill requirements of a Public Service endorsement or STEM endorsement if the math and science requirements are met. Revised – August 2022

# Exercise Science and Wellness Course Information

## Level 1

COURSE NAME	SERVICE ID	PREREQUISITES	COREQUISITES
Lifetime Nutrition and Wellness	13024500 (.5 credit)	None	None
Principles of Exercise Science and Wellness	N1303107 (1 credit)	None	None

## Level 2

COURSE NAME	SERVICE ID	PREREQUISITES	COREQUISITES
Kinesiology I	N1302104 (1 credit)	None	None

## Level 3

COURSE NAME	SERVICE ID	PREREQUISITES	COREQUISITES
Anatomy and Physiology	13020600 (1 credit)	Biology and a second science credit	None
Kinesiology II	N1302124 (1 credit)	None	None

## Level 4

COURSE NAME	SERVICE ID	PREREQUISITES	COREQUISITES
Project Based Research	12701500 (1 credit)	None	None
Career Preparation I	12701300 (2 credits) 12701305 (3 credits)	None	None

FOR ADDITIONAL INFORMATION ON THE HEALTH SCIENCE CAREER CLUSTER,  
PLEASE CONTACT: [CTE@tea.texas.gov](mailto:CTE@tea.texas.gov)  
<https://tea.texas.gov/cte>

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