



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. This career cluster includes occupations ranging from medical assistant, registered nurse, and physical therapist to forensic science technician and athletic trainer.

Statewide Program of Study: *Exercise Science, Wellness, and Restoration*

Endorsement: *Public Services*

The Exercise Science, Wellness, and Restoration program of study focuses on occupational and educational opportunities associated with assisting patients with maintaining physical, mental, and emotional health. This program of study includes researching diet and exercise needed to maintain a healthy, balanced lifestyle and exploring techniques to help patients recover from injury, illness, or disease.



Exercise Science Course Sequence

| Level 1 | Course | Prerequisites Corequisites |
|---------|--|------------------------------|
| | Principles of Health Science 1 credit, 1 class period | Prerequisites: None |

| Level 2 | Course | Prerequisites Corequisites |
|---------|---|---|
| | Medical Terminology 1 credit, 1 class period | Prerequisites: Principles of Health Science This course MUST be taken to complete this Program of Study |
| | Entrepreneurship I 1 credit, 1 class period | Prerequisites: None |

| Level 3 | Course | Prerequisites Corequisites |
|---------|--|------------------------------------|
| | Health Science Theory 1 credit, 1 class period | Prerequisites: Medical Terminology |
| | Anatomy and Physiology 1 credit, 1 class period | Prerequisites: Chemistry |

| | |
|------------------------------|---|
| Industry Based Certification | <ul style="list-style-type: none"> Pre-Professional Certification in Nutrition, Food, and Wellness |
|------------------------------|---|

| Level 4 | Course | Prerequisites Corequisites |
|---------|---|--------------------------------------|
| | Practicum in Entrepreneurship 2 credits, 2 class periods Class is at the MILE | Prerequisites: Health Science Theory |

Postsecondary Opportunities

Apprenticeships

- Medical Assistant

Associate Degrees

- Associate of Applied Science

Bachelor's Degrees

- Nutrition Sciences
- Exercise Physiology and Kinesiology

Master's, Doctoral, and Professional Degrees

- Exercise Science and Kinesiology
- Physical Therapy

Additional Stackable IBCs/License

- Physical Therapy Technician/Aide Certification

Aligned Occupations

Exercise Trainers and Group Fitness Instructors

Median Wage: \$44,916
Annual Openings: 5,022
10-Year Growth: 41%

Physical Therapist Assistants

Median Wage: \$74,866
Annual Openings: 1,218
10-Year Growth: 44%

Athletic Trainers

Median Wage: \$54,447
Annual Openings: 295
10-Year Growth: 13%

To earn the Exercise Science, Wellness, and Restoration Pathway and Public Services Endorsement, students must complete at least 3 classes for 4 or more credits.

Exercise Science, Wellness, and Restoration

PUBLIC SERVICES ENDORSEMENT



An example of a four-year plan for a student entering 9th grade to complete the Exercise Science, Wellness, and Restoration Program of Study.

| Subject | 9th | 10th | 11th | 12th |
|----------------------|-------------------------------------|----------------------------|-------------------------------|--------------------------------------|
| Language Arts | English 1 | English 2 | English 3 | Advanced English |
| Mathematics | Algebra 1 | Geometry | 3 rd Math | 4 th Math |
| Science | Biology or IPC | Biology or Chemistry | Anatomy and Physiology | 4 th Science |
| Social Studies | World Geography | World History | US History | Govt./Econ. |
| Required CTE courses | Principles of Health Science | Medical Terminology | Health Science Theory | Practicum in Entrepreneurship |
| Elective | Physical Education | Fine Arts | Entrepreneurship I | |
| Elective | Foreign Language | Foreign Language | Elective | Elective |

Industry Based Certifications

- Pre-Professional Certification in Nutrition, Food, and Wellness

Related CTE Elective Courses

- Counseling and Mental Health
- Forensic Science
- Medical Microbiology

Program of Study Planning

- To complete any Program of Study, a student must complete 3 or more courses for a total of 4 or more credits.
- A student may change their Program of Study at the end of their 9th grade year but must remain in their newly chosen pathway for the remainder of high school if they wish to complete it.
- Students are encouraged to pursue other passions in their academics with the understanding that courses and/or commitments in other programs may conflict with completing their Program of Study.