



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*

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.

Secondary Courses for High School Credit

Level 1	<ul style="list-style-type: none"> Principles of Health Science Principles of Allied Health Principles of Exercise Science and Wellness
Level 2	<ul style="list-style-type: none"> Medical Terminology Kinesiology I Allied Health Therapeutic Services
Level 3	<ul style="list-style-type: none"> Anatomy and Physiology Kinesiology II Physical Therapy I
Level 4	<ul style="list-style-type: none"> Physical Therapy II Practicum in Health Science



Example 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 Advanced Academic Courses

AP or IB	AP Biology
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Dual Credit

Dual credit offerings will vary by local education agency.

Students should be advised to consider these course opportunities to enrich their preparation. AP or IB courses not listed under the Secondary Courses for High School Credit section of this framework document do not count towards concentrator/completer status for this program of study.

Work-Based Learning and Expanded Learning Opportunities

Work-Based Learning Activities

- Participate in an internship with a physical therapist, occupational therapist, or speech therapist
- Shadow an athletic trainer from a local sports team

Expanded Learning Opportunities

- Participate in the Texas State Athletic Trainers Association
- Participate in HOSA or SkillsUSA
- Volunteer at a hospital or rehabilitation center

Aligned Industry-Based Certifications

- Certified Personal Trainer



Example 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%

Data Source: TexasWages, Texas Workforce Commission. Retrieved 3/8/2024.



For more information visit:

<https://tea.texas.gov/academics/college-career-and-military-prep/career-and-technical-education/programs-of-study-additional-resources>