



EXERCISE PHYSIOLOGY

PATHWAY



PATHWAY OVERVIEW

The Exercise Physiology pathway introduces students to the study of the human body's response to physical activity and promotes health and wellness

Students explore anatomy, fitness assessment, nutrition and exercise programming while preparing for industry credentials, postsecondary education, and work-based learning experiences



CAREER CLUSTER

Healthcare & Human Services

COURSE SEQUENCE + WORK-BASED LEARNING

1

Introduction to Healthcare Science

Explores healthcare systems, employability skills medical terminology, and the foundations of the healthcare environment



2

Essentials of Healthcare

Builds knowledge of body systems, infection control, patient care, and healthcare safety procedures. This course has an embedded science credit.



3

Exercise Physiology

Applies advanced knowledge in exercise science, nutrition, injury prevention, and fitness program development



Work-Based Learning (Capstone Experience)

Participate in supervised fitness or wellness programs, internships, job shadowing, or service learning experiences

LEADERSHIP + INDUSTRY CONNECTIONS

CAREER & TECHNICAL STUDENT ORGANIZATION



COMPETITION OPPORTUNITIES



- Health Career Display
- Sports Medicine
- Physical Therapy
- Human Growth & Development
- Job Seeking Skills

CHAPTER ACTIVITIES



- Health education initiatives
- HOSA Bowl
- Community service projects
- Officer Jump Start
- Guest speakers
- HOSA leadership conferences

CO-CURRICULAR / INDUSTRY EXPERIENCES



- Fitness assessments
- Observations
- CPR certification
- Job shadowing
- Community outreach
- Strength & conditioning workshops
- National Health Science Assessment

POSTSECONDARY OPPORTUNITIES



LOCAL / REGIONAL INSTITUTIONS

- Georgia State University
- Kennesaw State University
- University of Georgia
- Gwinnett Technical College



DUAL ENROLLMENT

Metro-area dual enrollment options may include exercise science, kinesiology, sports medicine opportunities nutrition, and related health science courses Verify current offerings through Georgia Futures.



SCHOOLS OFFERING THIS PATHWAY

Chattahoochee | Johns Creek

CAREER OPPORTUNITIES

CAREERS

Exercise Physiologist

Fitness Trainer

Health Coach

ATLANTA-AREA EMPLOYERS

