

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.

Program of Study: Health Science: Exercise Science and Sports Medicine

The Health Science: Exercise Science and Sports Medicine 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

9th Grade	Medical Terminology
10th Grade	- Health Science Theory - Kinesiology 1
11th Grade	- Anatomy & Physiology - Kinesiology 2
12th Grade	- Practicum in Health Science: Exercise Science & Sports Medicine - Practicum in Health Science: Patient Care Technician (PCT) - Practicum in Health Science: Clinical Medical Assistant (CMA)
Optional Electives	- Pathophysiology - Medical Microbiology - Pharmacology

Course Costs

Fees ~ \$404

Includes: Certification Exam, Certification Prep Materials, Uniform, TB Test, and Flu Vaccine

Internship and Practicum Opportunities

Students have the opportunity to gain hands-on experience in a variety of different orthopedic doctors' offices and physical therapy clinics. There are numerous internships opportunities including the following: **Riata Therapy Specialists, Athletico Physical Therapy, Texas Orthopedic Associates and more.**

Career and Technical Student Organization (CTSO)

HOSA

Health Occupation
Students of America

Career & Technical Student Organizations (CTSOs) are student-led organizations that build leadership, career skills, and real-world experience through competitions, networking, and hands-on learning.

Aligned Industry-Based Certifications

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



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



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%

