

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.

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 Exercise Science and Wellness Principles of Allied Health Principles of Community Service Introduction to Speech Pathology and Audiology
Level 2	<ul style="list-style-type: none"> Lifetime Nutrition and Wellness Interpersonal Studies Medical Terminology Speech and Language Development Allied Health Therapeutic Services Kinesiology I Entrepreneurship I
Level 3	<ul style="list-style-type: none"> Health Science Theory Health Science Theory + Health Science Clinical Anatomy and Physiology Communication Disorders Applied Nutrition and Dietetics Physical Therapy I Occupational Therapy I Kinesiology II
Level 4	<ul style="list-style-type: none"> Occupational Therapy II Physical Therapy II Practicum in Entrepreneurship Practicum in Health Science Practicum in Health Science + Extended Practicum in Health Science Career Preparation for Programs of Study Career Preparation for Programs of Study + Extended Career Preparation

Aligned Advanced Academic Courses

AP or IB	AP Biology	IB Biology SL IB Biology HL
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	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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 Clinical Medical Assistant
- Certified Occupational Therapy Assistant
- Certified Personal Trainer
- Emergency Medical Technician - Basic
- Pre-Professional Certification in Nutrition, Food, and Wellness
- Certified Respiratory Therapist

Successful completion of the Exercise Science, Wellness, and Restoration program of study will fulfill requirements of the Public Services endorsement.



Example Postsecondary Opportunities

Apprenticeships

- Medical Assistant

Associate Degrees

- Physical Therapy Assistant
- Exercise Science and Kinesiology

Bachelor's Degrees

- Nutrition Sciences
- Exercise Physiology and Kinesiology

Master's, Doctoral, and Professional Degrees

- Exercise Science and Kinesiology
- Physical Therapy

Additional Stackable IBCs/Licensures

- Physical Therapy Technician/Aide Certification



Example Aligned Occupations

Exercise Trainers and Group Fitness Instructors

Median Wage: \$38,785
Annual Openings: 5,525
10-Year Growth: 31%

Physical Therapist Assistants

Median Wage: \$71,980
Annual Openings: 1,590
10-Year Growth: 34%

Athletic Trainers

Median Wage: \$59,899
Annual Openings: 271
10-Year Growth: 26%

Data Source: Lightcast™. (2022). Occupation Table. Retrieved 9/27/2022.



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



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Course Information

Level 1

Course	Prerequisites Corequisites	Career Clusters
Principles of Health Science* 13020200 (1 credit)	Prerequisites: None Corequisites: None	
Principles of Allied Health* N1302105 (1 credit)	Prerequisites: None Corequisites: None	
Principles of Exercise Science and Wellness N1302107 (1 credit)	Prerequisites: None Corequisites: None	
Principles of Community Service N1302542 (1 credit)	Prerequisites: None Corequisites: None	
Introduction to Speech Pathology and Audiology N1302100 (1 credit)	Prerequisites: None Corequisites: None	

Level 2

Course	Prerequisites Corequisites	Career Clusters
Interpersonal Studies 13024400 (.5 credit)	Prerequisites: None Corequisites: None	
Lifetime Nutrition and Wellness 13024500 (.5 credit)	Prerequisites: None Corequisites: None	
Medical Terminology* 13020300 (1 credit)	Prerequisites: None Corequisites: None	
Speech and Language Development N1302098 (1 credit)	Prerequisites: None Corequisites: None	
Kinesiology I N1302104 (1 credit)	Prerequisites: None Corequisites: None	
Allied Health Therapeutic Services* N1302120 (1 credit)	Prerequisites: None Corequisites: None	
Entrepreneurship I (1 credit)	Prerequisites: None Corequisites: None	

* Indicates course is included in more than one program of study.

For additional information on the **Health Science Career Cluster**, contact cte@tea.texas.gov or visit <https://tea.texas.gov/cte>



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Exercise Science, Wellness, and Restoration



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Course Information

Level 3

Course	Prerequisites Corequisites	Career Clusters
Health Science Theory* 13020400 (1 credit)	Prerequisites: one credit in biology and at least one credit in a course from the Health Science Career Cluster Corequisites: None	
Health Science Theory + Health Science Clinical* 13020410 (2 credits)	Prerequisites: one credit in biology and at least one credit in a course from the Health Science Career Cluster Corequisites: None	
Anatomy and Physiology 13020600 (1 credit)	Prerequisites: one credit in biology and one credit in chemistry, Integrated Physics and Chemistry, or physics Corequisites: None	
Communication Disorders N1302099 (1 credit)	Prerequisites: None Corequisites: None	
Kinesiology II N1302124 (1 credit)	Prerequisites: None Corequisites: None	
Physical Therapy I N1302128 (1 credit)	Prerequisites: None Corequisites: None	
Occupational Therapy I N1302132 (1 credit)	Prerequisites: None Corequisites: None	
Applied Nutrition and Dietetics N1302541 (1 credit)	Prerequisites: None Corequisites: None	

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Course Information

Level 4

Course	Prerequisites Corequisites	Career Clusters
Occupational Therapy II N1302133 (1 credit)	Prerequisites: None Corequisites: None	
Physical Therapy II N1302134 (1 credit)	Prerequisites: None Corequisites: None	
Practicum in Entrepreneurship N1303425 (2 credits)	Prerequisites: None Corequisites: None	
Practicum in Health Science* First Time Taken: 13020500 (2 credits) Second Time Taken: 13020510 (2 credits)	Prerequisites: Health Science Theory and biology Corequisites: None	
Practicum in Health Science + Extended Practicum in Health Science* First Time Taken: 13020505 (3 credits) Second Time Taken: 13020515 (3 credits)	Prerequisites: Health Science Theory and biology Corequisites: None	
Career Preparation for Programs of Study (2 credits)	Prerequisites: at least one Level 2 or higher Career and Technical Education course Corequisites: None	
Career Preparation for Programs + Extended Career Preparation (3 credits)	Prerequisites: at least one Level 2 or higher Career and Technical Education course Corequisites: None	

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