



**Level 1**  
Lifetime Nutrition and Wellness  
Principles of Exercise Science and  
Wellness

Kinesiology I

**Level 2**

Anatomy and Physiology  
Kinesiology II

**Level 3**

Practicum in Entrepreneurship  
Project Based Research Career  
Preparation I

**Level 4**

HIGH SCHOOL/ INDUSTRY CERTIFICATION	CERTIFICATE/ LICENSE*	ASSOCIATE'S DEGREE	BACHELOR'S DEGREE	MASTER'S/ DOCTORAL PROFESSIONAL DEGREE
Certified Personal Trainer	Physical Therapist Assistant	Kinesiology and Exercise Science	Kinesiology and Exercise Science	Exercise Physiology
	Physical Therapy Aides	Therapeutic Recreation/ Recreational Therapy	Therapeutic Recreation/ Recreational Therapy	Therapeutic Recreation/ Recreational Therapy
	Dietetic Technician	Athletic Training/ Trainer	Athletic Training/ Trainer	Athletic Training/ Trainer
			Dietitians and Nutritionists	Physical Therapist

Occupations	Median Wage	Annual Openings	% Growth
Athletic Trainers	\$53,450	215	22%
Exercise Physiologists	\$41,662	33	33%
Coaches and Scouts	\$40,010	2,133	23%
Dietitians and Nutritionists	\$57,762	428	24%
Recreational Therapists	\$45,906	74	24%

### WORK BASED LEARNING AND EXPANDED LEARNING OPPORTUNITIES

Exploration Activities:	Work Based Learning Activities:
Health Occupation Students of America (HOSA)	Volunteer at a hospital or rehabilitation center; manage a school sports team

Additional industry-based certification information is available on the TEA CTE website. For more information on postsecondary options for this program of study, visit [TXCTE.org](http://TXCTE.org).

The Exercise Science and Wellness program of study introduces CTE learners to the fields that assist patients with maintaining physical, mental, and emotional health. Students will research diet and exercise needed to maintain a healthy, balanced lifestyle and learn about and practice techniques to help patients recover from injury, illness, or disease.



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.

Successful completion of the Exercise Science and Wellness program of study will fulfill requirements of a Public Service endorsement or STEM endorsement if the math and science requirements are met. Revised - July 2020



# COURSE INFORMATION

COURSE NAME	SERVICE ID	PREREQUISITES (PREQ) COREQUISITES (CREQ)	Grade
Lifetime Nutrition and Wellness	13024500 (.5 credit)	None	9-12
Principles of Exercise and Wellness	N1303107 (1 credit)	None	9-10
Kinesiology I	N1302104 (1 credit)	None	9-10
Anatomy and Physiology	13020600 (1 credit)	PREQ: Biology and a second science credit	10-12
Kinesiology II	N1302115 (1 credit)	None	11-12
Practicum in Entrepreneurship	N1303425 (2 credits)	None	11-12
Project-Based Research	12701500 (1 credit)	None	11-12
Career Preparation I	12701300 (2 credits) 12701305 (3 credits)	None	11-12

FOR ADDITIONAL INFORMATION ON THE HEALTH SCIENCE CAREER CLUSTER,  
PLEASE CONTACT: CTE@tea.texas.gov  
<https://tea.texas.gov/cte>