



# Health Science Career Cluster

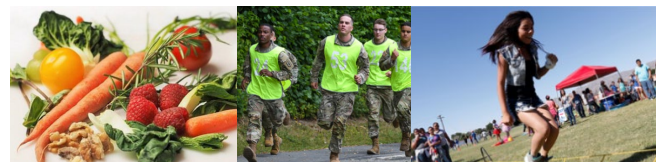
The Health Science career cluster focuses on planning, managing, and providing therapeutic services, diagnostics services, health informatics, support services, and biotechnology research and development. This career cluster includes occupations ranging from medical assistant, registered nurse, and physical 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

|                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|----------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Level 1</b> | <ul style="list-style-type: none"> <li>Principles of Health Science</li> <li>Principles of Allied Health</li> <li>Principles of Exercise Science and Wellness</li> <li>Principles of Community Service</li> <li>Introduction to Speech Pathology and Audiology</li> </ul>                                                                                                                                                                                                                                                                       |
| <b>Level 2</b> | <ul style="list-style-type: none"> <li>Interpersonal Studies</li> <li>Lifetime Nutrition and Wellness</li> <li>Medical Terminology</li> <li>Speech and Language Development</li> <li>Kinesiology I</li> <li>Allied Health Therapeutic Services</li> <li>Entrepreneurship I</li> </ul>                                                                                                                                                                                                                                                           |
| <b>Level 3</b> | <ul style="list-style-type: none"> <li>Health Science Theory</li> <li>Health Science Theory + Health Science Clinical</li> <li>Anatomy and Physiology</li> <li>Speech Communication Disorders</li> <li>Kinesiology II</li> <li>Physical Therapy I</li> <li>Occupational Therapy I</li> <li>Applied Nutrition and Dietetics</li> </ul>                                                                                                                                                                                                           |
| <b>Level 4</b> | <ul style="list-style-type: none"> <li>Occupational Therapy II</li> <li>Physical Therapy II</li> <li>Career and Technical Education Project-Based Capstone</li> <li>Practicum in Entrepreneurship</li> <li>Practicum in Entrepreneurship + Extended Practicum in Entrepreneurship</li> <li>Practicum in Health Science</li> <li>Practicum in Health Science + Extended Practicum in Health Science</li> <li>Career Preparation for Programs of Study</li> <li>Career Preparation for Programs of Study + Extended Career Preparation</li> </ul> |



### 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



### 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, SkillsUSA, or Future Coaches of Texas Association
- Volunteer at a hospital or rehabilitation center

### Aligned Industry-Based Certifications

- Certified Occupational Therapy Assistant
- Certified Personal Trainer
- Emergency Care Attendant (ECA)
- Emergency Medical Technician - Basic
- Medical Assistant
- Physical Therapy Technician Certification (PTTC)
- Pre-Professional Certification in Nutrition, Food, and Wellness



### Example Aligned Occupations

#### Exercise Trainers and Group Fitness Instructors

Median Wage: \$38,847  
Annual Openings: 6,767  
10-Year Growth: 41%

#### Physical Therapist Assistants

Median Wage: \$75,957  
Annual Openings: 1,603  
10-Year Growth: 44%

#### Athletic Trainers

Median Wage: \$61,264  
Annual Openings: 287  
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/hs-exercise-science-wellness-and-restoration-extended.pdf>



# Health Science Career Cluster

**Statewide Program of Study: *Exercise Science, Wellness, and Restoration***

## Course Information

### Level 1

| Course                                                                       | Prerequisites   Corequisites                                                                                                                                                                  | Career Clusters |
|------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|
| <b>Principles of Health Science*</b><br>13020200 (1 credit)                  | <b>Prerequisites:</b> None<br><b>Corequisites:</b> None<br><b>Recommended Prerequisites:</b> None<br><b>Recommended Corequisites:</b> None                                                    |                 |
| <b>Principles of Allied Health*</b><br>N1302105 (1 credit)                   | <b>Prerequisites:</b> None<br><b>Corequisites:</b> None<br><b>Recommended Prerequisites:</b> None<br><b>Recommended Corequisites:</b> None                                                    |                 |
| <b>Principles of Exercise Science and Wellness</b><br>N1302107 (1 credit)    | <b>Prerequisites:</b> None<br><b>Corequisites:</b> None<br><b>Recommended Prerequisites:</b> None<br><b>Recommended Corequisites:</b> None                                                    |                 |
| <b>Principles of Community Service</b><br>N1302542 (1 credit)                | <b>Prerequisites:</b> None<br><b>Corequisites:</b> None<br><b>Recommended Prerequisites:</b> None<br><b>Recommended Corequisites:</b> None                                                    |                 |
| <b>Introduction to Speech Pathology and Audiology</b><br>N1302100 (1 credit) | <b>Prerequisites:</b> None<br><b>Corequisites:</b> None<br><b>Recommended Prerequisites:</b> Anatomy and Physiology and Principles of Health Science<br><b>Recommended Corequisites:</b> None |                 |

### Level 2

| Course                                                         | Prerequisites   Corequisites                                                                                                                                                                                                                                                     | Career Clusters |
|----------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|
| <b>Interpersonal Studies</b><br>13024400 (.5 credit)           | <b>Prerequisites:</b> None<br><b>Corequisites:</b> None<br><b>Recommended Prerequisites:</b> Principles of Human Services, Principles of Hospitality and Tourism, Principles of Health Science, or Principles of Education and Training<br><b>Recommended Corequisites:</b> None |                 |
| <b>Lifetime Nutrition and Wellness</b><br>13024500 (.5 credit) | <b>Prerequisites:</b> None<br><b>Corequisites:</b> None<br><b>Recommended Prerequisites:</b> Principles of Human Services, Principles of Hospitality and Tourism, or Principles of Health Science<br><b>Recommended Corequisites:</b> None                                       |                 |
| <b>Medical Terminology*</b><br>13020300 (1 credit)             | <b>Prerequisites:</b> None<br><b>Corequisites:</b> None<br><b>Recommended Prerequisites:</b> None<br><b>Recommended Corequisites:</b> None                                                                                                                                       |                 |

**Continued on next page**

\* Indicates course is included in more than one program of study in this career cluster.

For additional information on the **Health Science** career cluster, contact [cte@tea.texas.gov](mailto:cte@tea.texas.gov) or visit <https://tea.texas.gov/cte>



# Health Science Career Cluster

**Statewide Program of Study: *Exercise Science, Wellness, and Restoration***

## Course Information

Level 2

| Course                                                            | Prerequisites   Corequisites                                                                                                                                                                                                                   | Career Clusters                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|-------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Speech and Language Development</b><br>13021291 (1 credit)     | <b>Prerequisites:</b> None<br><b>Corequisites:</b> None<br><b>Recommended Prerequisites:</b> Principles of Health Science, Anatomy and Physiology, and Introduction to Speech Pathology and Audiology<br><b>Recommended Corequisites:</b> None |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Kinesiology I</b><br>N1302104 (1 credit)                       | <b>Prerequisites:</b> None<br><b>Corequisites:</b> None<br><b>Recommended Prerequisites:</b> None<br><b>Recommended Corequisites:</b> None                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Allied Health Therapeutic Services*</b><br>N1302120 (1 credit) | <b>Prerequisites:</b> None<br><b>Corequisites:</b> None<br><b>Recommended Prerequisites:</b> Principles of Allied Health<br><b>Recommended Corequisites:</b> None                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Entrepreneurship I</b><br>13011101 (1 credit)                  | <b>Prerequisites:</b> None<br><b>Corequisites:</b> None<br><b>Recommended Prerequisites:</b> Principles of Business, Marketing, and Finance<br><b>Recommended Corequisites:</b> None                                                           |     <br>     |

Level 3

| Course                                                                          | Prerequisites   Corequisites                                                                                                                                                                                                                                                           | Career Clusters                                                                                                                                                             |
|---------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Health Science Theory*</b><br>13020400 (1 credit)                            | <b>Prerequisites:</b> One credit in biology and at least one credit in a course from the Health Science career cluster<br><b>Corequisites:</b> None<br><b>Recommended Prerequisites:</b> Medical Terminology<br><b>Recommended Corequisites:</b> Health Science Clinical               |                                                                                        |
| <b>Health Science Theory + Health Science Clinical*</b><br>13020410 (2 credits) | <b>Prerequisites:</b> One credit in biology and at least one credit in a course from the Health Science career cluster<br><b>Corequisites:</b> None<br><b>Recommended Prerequisites:</b> Medical Terminology<br><b>Recommended Corequisites:</b> None                                  |                                                                                        |
| <b>Anatomy and Physiology*</b><br>13020600 (1 credit)                           | <b>Prerequisites:</b> One credit in biology and one credit in chemistry, Integrated Physics and Chemistry (IPC), or physics<br><b>Corequisites:</b> None<br><b>Recommended Prerequisites:</b> A course from the Health Science career cluster<br><b>Recommended Corequisites:</b> None |   |

**Continued on next page**

\* Indicates course is included in more than one program of study in this career cluster.

For additional information on the **Health Science** career cluster, contact [cte@tea.texas.gov](mailto:cte@tea.texas.gov) or visit <https://tea.texas.gov/cte>



# Health Science Career Cluster

Statewide Program of Study: *Exercise Science, Wellness, and Restoration*

## Course Information

Level 3

| Course                                                        | Prerequisites   Corequisites                                                                                                                                                                                                                                                                                                                                                    | Career Clusters                                                                                                                                                             |
|---------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Speech Communication Disorders</b><br>13021292 (1 credit)  | <b>Prerequisites:</b> At least one credit in a course from the Health Science career cluster<br><b>Corequisites:</b> None<br><b>Recommended Prerequisites:</b> Principles of Health Science, Anatomy and Physiology, Introduction to Speech Pathology and Audiology, Speech and Language Development, and Human Growth and Development<br><b>Recommended Corequisites:</b> None |       |
| <b>Kinesiology II</b><br>N1302124 (1 credit)                  | <b>Prerequisites:</b> None<br><b>Corequisites:</b> None<br><b>Recommended Prerequisites:</b> Kinesiology I<br><b>Recommended Corequisites:</b> None                                                                                                                                                                                                                             |                                                                                          |
| <b>Physical Therapy I</b><br>N1302128 (1 credit)              | <b>Prerequisites:</b> None<br><b>Corequisites:</b> None<br><b>Recommended Prerequisites:</b> Biology, Principles of Health Science or Principles of Allied Health, or Medical Terminology<br><b>Recommended Corequisites:</b> None                                                                                                                                              |                                                                                         |
| <b>Occupational Therapy I</b><br>N1302132 (1 credit)          | <b>Prerequisites:</b> None<br><b>Corequisites:</b> None<br><b>Recommended Prerequisites:</b> Principles of Health Science or Principles of Allied Health and Medical Terminology or Allied Health Therapeutic Services<br><b>Recommended Corequisites:</b> None                                                                                                                 |                                                                                        |
| <b>Applied Nutrition and Dietetics</b><br>N1302541 (1 credit) | <b>Prerequisites:</b> None<br><b>Corequisites:</b> None<br><b>Recommended Prerequisites:</b> Principles of Human Services, Lifetime Nutrition and Wellness and/or Human Growth and Development<br><b>Recommended Corequisites:</b> None                                                                                                                                         |   |

\* Indicates course is included in more than one program of study in this career cluster.

For additional information on the **Health Science** career cluster, contact [cte@tea.texas.gov](mailto:cte@tea.texas.gov) or visit <https://tea.texas.gov/cte>



# Health Science Career Cluster

Statewide Program of Study: *Exercise Science, Wellness, and Restoration*

## Course Information

Level 4

| Course                                                                                                                         | Prerequisites   Corequisites                                                                                                                                                                                                                | Career Clusters |
|--------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|
| <b>Occupational Therapy II</b><br>N1302133 (1 credit)                                                                          | <b>Prerequisites:</b> None<br><b>Corequisites:</b> None<br><b>Recommended Prerequisites:</b> Occupational Therapy I<br><b>Recommended Corequisites:</b> None                                                                                |                 |
| <b>Physical Therapy II</b><br>N1302134 (1 credit)                                                                              | <b>Prerequisites:</b> None<br><b>Corequisites:</b> None<br><b>Recommended Prerequisites:</b> Biology or Physical Therapy I<br><b>Recommended Corequisites:</b> Anatomy and Physiology                                                       |                 |
| <b>Career and Technical Education Project-Based Capstone*</b><br>First Time Taken:<br>12701101 (1 credit)                      | <b>Prerequisites:</b> None<br><b>Corequisites:</b> None<br><b>Recommended Prerequisites:</b> None<br><b>Recommended Corequisites:</b> None                                                                                                  |                 |
| <b>Practicum in Entrepreneurship</b><br>First Time Taken:<br>13011111 (2 credits)                                              | <b>Prerequisites:</b> None<br><b>Corequisites:</b> None<br><b>Recommended Prerequisites:</b> Entrepreneurship I and II, or successful completion of at least two courses in a CTE program of study<br><b>Recommended Corequisites:</b> None |                 |
| <b>Practicum in Entrepreneurship + Extended Practicum in Entrepreneurship</b><br>First Time Taken:<br>13011121 (3 credits)     | <b>Prerequisites:</b> None<br><b>Corequisites:</b> None<br><b>Recommended Prerequisites:</b> Entrepreneurship I and II, or successful completion of at least two courses in a CTE program of study<br><b>Recommended Corequisites:</b> None |                 |
| <b>Practicum in Health Science*</b><br>First Time Taken:<br>13020500 (2 credits)<br>Second Time Taken:<br>13020510 (2 credits) | <b>Prerequisites:</b> Health Science Theory and biology<br><b>Corequisites:</b> None<br><b>Recommended Prerequisites:</b> None<br><b>Recommended Corequisites:</b> None                                                                     |                 |

*Continued on next page*

\* Indicates course is included in more than one program of study in this career cluster.

For additional information on the **Health Science** career cluster, contact [cte@tea.texas.gov](mailto:cte@tea.texas.gov) or visit <https://tea.texas.gov/cte>



# Health Science Career Cluster

**Statewide Program of Study: *Exercise Science, Wellness, and Restoration***

## Course Information

Level 4

| Course                                                                                                                                                          | Prerequisites   Corequisites                                                                                                                                                      | Career Clusters |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|
| <b>Practicum in Health Science + Extended Practicum in Health Science*</b><br>First Time Taken: 13020505 (3 credits)<br>Second Time Taken: 13020515 (3 credits) | <b>Prerequisites:</b> Health Science Theory and biology<br><b>Corequisites:</b> None<br><b>Recommended Prerequisites:</b> None<br><b>Recommended Corequisites:</b> None           |                 |
| <b>Career Preparation for Programs of Study*</b><br>First Time Taken: 12701121 (2 credits)                                                                      | <b>Prerequisites:</b> At least one Level 2 or higher CTE course<br><b>Corequisites:</b> None<br><b>Recommended Prerequisites:</b> None<br><b>Recommended Corequisites:</b> None   |                 |
| <b>Career Preparation for Programs of Study + Extended Career Preparation*</b><br>First Time Taken: 12701141 (3 credits)                                        | <b>Prerequisites:</b> : At least one Level 2 or higher CTE course<br><b>Corequisites:</b> None<br><b>Recommended Prerequisites:</b> None<br><b>Recommended Corequisites:</b> None |                 |

\* Indicates course is included in more than one program of study in this career cluster.

For additional information on the **Health Science** career cluster, contact [cte@tea.texas.gov](mailto:cte@tea.texas.gov) or visit <https://tea.texas.gov/cte>