



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

- Level 1**
 - Principles of Health Science
 - Principles of Allied Health
 - Principles of Exercise Science and Wellness
 - Principles of Community Service
 - Introduction to Speech Pathology and Audiology

- Level 2**
 - Interpersonal Studies
 - Lifetime Nutrition and Wellness
 - Medical Terminology
 - Speech and Language Development
 - Kinesiology I
 - Allied Health Therapeutic Services
 - Entrepreneurship I

- Level 3**
 - Health Science Theory
 - Health Science Theory + Health Science Clinical
 - Anatomy and Physiology
 - Speech and Communication Disorders
 - Kinesiology II
 - Physical Therapy I
 - Occupational Therapy I
 - Applied Nutrition and Dietetics

- Level 4**
 - Occupational Therapy II
 - Physical Therapy II
 - Career and Technical Education Project-Based Capstone
 - Practicum in Entrepreneurship
 - Practicum in Entrepreneurship + Extended 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

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

- 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%

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/programs-of-study-additional-resources>



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

Course Information

Level 1

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

Level 2

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

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* 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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Course Information

Level 2

Course	Prerequisites Corequisites	Career Clusters
Speech and Language Development N1302098 (1 credit)	Prerequisites: None Corequisites: None Recommended Prerequisites: Principles of Health Science, Anatomy and Physiology, and Introduction to Speech Pathology and Audiology Recommended Corequisites: None	
Kinesiology I N1302104 (1 credit)	Prerequisites: None Corequisites: None Recommended Prerequisites: None Recommended Corequisites: None	
Allied Health Therapeutic Services* N1302120 (1 credit)	Prerequisites: None Corequisites: None Recommended Prerequisites: Principles of Allied Health Recommended Corequisites: None	
Entrepreneurship I 13011101 (1 credit)	Prerequisites: None Corequisites: None Recommended Prerequisites: Principles of Business, Marketing, and Finance Recommended Corequisites: None	

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 Recommended Prerequisites: Medical Terminology Recommended 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 Recommended Prerequisites: Medical Terminology Recommended 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 Recommended Prerequisites: A course from the Health Science career cluster Recommended Corequisites: None	

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Level 3

Course	Prerequisites Corequisites	Career Clusters
Speech and Communication Disorders N1302099 (1 credit)	Prerequisites: None Corequisites: None Recommended Prerequisites: Principles of Health Science, Anatomy and Physiology, Introduction to Speech-Language Pathology and Audiology, Speech and Language Development, and Human Growth and Development Recommended Corequisites: None	
Kinesiology II N1302124 (1 credit)	Prerequisites: None Corequisites: None Recommended Prerequisites: Kinesiology I Recommended Corequisites: None	
Physical Therapy I N1302128 (1 credit)	Prerequisites: None Corequisites: None Recommended Prerequisites: Biology, Principles of Health Science, Principles of Allied Health, or Medical Terminology Recommended Corequisites: None	
Occupational Therapy I N1302132 (1 credit)	Prerequisites: None Corequisites: None Recommended Prerequisites: Principles of Health Science or Principles of Allied Health and Medical Terminology or Allied Health Therapeutic Services Recommended Corequisites: None	
Applied Nutrition and Dietetics N1302541 (1 credit)	Prerequisites: None Corequisites: None Recommended Prerequisites: Principles of Human Services, Lifetime Nutrition and Wellness and/or Human Growth and Development Recommended 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 Recommended Prerequisites: Occupational Therapy I Recommended Corequisites: None	
Physical Therapy II N1302134 (1 credit)	Prerequisites: None Corequisites: None Recommended Prerequisites: Biology or Physical Therapy I Recommended Corequisites: Anatomy and Physiology	
Career and Technical Education Project-Based Capstone* First Time Taken: 12701101 (1 credit)	Prerequisites: None Corequisites: None Recommended Prerequisites: None Recommended Corequisites: None	
Practicum in Entrepreneurship First Time Taken: 13011111 (2 credits)	Prerequisites: None Corequisites: None Recommended Prerequisites: Entrepreneurship I and II or successful completion of at least two courses in a CTE program of study Recommended Corequisites: None	
Practicum in Entrepreneurship + Extended Practicum in Entrepreneurship First Time Taken: 13011121 (3 credits)	Prerequisites: None Corequisites: None Recommended Prerequisites: Entrepreneurship I and II or successful completion of at least two courses in a CTE program of study Recommended 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 Recommended Prerequisites: None Recommended Corequisites: None	

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Level 4

Course	Prerequisites Corequisites	Career Clusters
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 Recommended Prerequisites: None Recommended Corequisites: None	
Career Preparation for Programs of Study* First Time Taken: 12701121 (2 credits)	Prerequisites: At least one Level 2 or higher CTE course Corequisites: None Recommended Prerequisites: None Recommended Corequisites: None	
Career Preparation for Programs of Study + Extended Career Preparation* First Time Taken: 12701141 (3 credits)	Prerequisites: : At least one Level 2 or higher CTE course Corequisites: None Recommended Prerequisites: None Recommended Corequisites: None	

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