

# 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.

## Exercise Science and Wellness Statewide Program of Study



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.

### Secondary Courses for High School Credit

#### Level 1

- Principles of Exercise Science and Wellness

#### Level 2

- Kinesiology I

#### Level 3

- Anatomy and Physiology
- Kinesiology II
- Lifetime Nutrition and Wellness (Level 1)

#### Level 4

- Practicum in Entrepreneurship
- Career Preparation I

### Postsecondary Opportunities

#### Associates Degrees

- Physical Therapist Assistant
- Physical Therapy Aides
- Dietetic Technician

#### Bachelor's Degrees

- Kinesiology and Exercise Science
- Therapeutic Recreation/Recreational Therapy
- Athletic Training/Trainer

#### Master's, Doctoral, and Professional Degrees

- Exercise Physiology
- Therapeutic Recreation/Recreation Therapy
- Athletic Training/Trainer
- Physical Therapist

### Work-Based Learning and Expanded-Learning Opportunities

#### Exploration Activities

- Participate in Health Occupations Students of America or SkillsUSA

#### Work-Based Learning Activities

- Volunteer at a hospital or rehabilitation center
- Manage a school sports team

### Industry-Based Certifications

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



### Aligned Occupations

| 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%      |
| Dieticians and Nutritionists | \$57,762    | 428             | 24%      |
| Recreational Therapists      | \$45,906    | 74              | 24%      |

Successful completion of the Exercise Science program of study will fulfill requirements of a Public Service endorsement or STEM endorsement if the math and science requirements are met. Revised – August 2022