

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, Wellness, & Restoration Statewide Program of Study



The Exercise Science, Wellness, and Restoration 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 Health Science

Level 2

- Medical Terminology (MDCA1313/NURA1307)
- Lifetime Wellness & Nutrition

Level 3

- Health Science Theory/Clinical (HPRS1105/MDCA1317)
- Anatomy and Physiology

Level 4

- Practicum in Health Science or
 - Practicum in Health Science - Sports Med*
- *Pre-Reqs: Sports Med I & II

Postsecondary Opportunities

Associates Degrees

- Physical Therapy Assistant
- Physical Therapy Aides
- Dietetic Technician
- Occupational Therapy Assistant

Bachelor's Degrees

- Kinesiology and Exercise Science
- Therapeutic Recreation
- Athletic Training
- Health Education
- Cardiac Rehabilitation

Master's, Doctoral, and Professional Degrees

- Exercise Physiology
- Athletic Training
- Physical Therapy
- Occupation Therapy
- Speech Language Pathology

Work-Based Learning and Expanded Learning Opportunities

Exploration Activities

- Participate in Health Occupation Students of America

Work-Based Learning Activities

- Intern at a lab
- Shadow a therapist
- Participate in clinical rotations

Industry-Based Certifications

- OSHA-10 for Healthcare Providers
- Bloodborne Pathogens
- AHA CPR



Aligned Occupations

Occupations	Median Wage	Annual Openings	% Growth
Speech Language Pathologists	\$73,070	1,068	25%
Respiratory Therapists	\$57,429	830	20%
Occupational Therapists	\$92,227	834	34%
Physical Therapy Assistants	\$70,200	1,268	44%

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

Exercise Science, Wellness, & Restoration Course Information

Level 1

COURSE NAME	SERVICE ID	PREREQUISITES	COREQUISITES
Principles of Health Science	13020200 (1 credit)	None	None

Level 2

COURSE NAME	SERVICE ID	PREREQUISITES	COREQUISITES
Medical Terminology (MDCA1313/NURA1307)	13020300 (1 credit)	None	None

Level 3

COURSE NAME	SERVICE ID	PREREQUISITES	COREQUISITES
Health Science Theory/Clinical (HPRS1105/MDCA1317)	13020410 (2 credits)	Biology	None
Anatomy and Physiology	13020600 (1 credit)	Biology and a second science credit	None

Level 4

COURSE NAME	SERVICE ID	PREREQUISITES	COREQUISITES
Practicum in Health Science	13020500 (2 credits)	Health Science Theory and Biology	None

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

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Further nondiscrimination information can be found at
[Notification of Nondiscrimination in Career and Technical Education Programs.](#)