

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
- Level 2**
 - Lifetime Nutrition and Wellness
 - Medical Terminology (MDCA1313/NURA1307)
- Level 3**
 - Anatomy and Physiology
 - Health Science Theory/Clinical (HPRS1105/MDCA1317)
- Level 4**
 - Practicum in Health Science or
 - Practicum in Health Science – Sports Med

Aligned Advanced Academic Courses

AP	AP Biology
Dual Credit	MDCA1313 Medical Terminology NURA1307 Body Systems HPRS1105 Essentials of Medical Law/Ethics for Health Professionals MDCA1317 Procedures in a Clinical Setting

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 • Volunteer at a hospital or rehabilitation center

Aligned Industry-Based Certifications

- Certified Personal Trainer



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: \$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%

Mabank ISD does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs or activities and provides equal access to the Boy Scouts and other designated youth groups. The following person has been designated to handle inquiries regarding the nondiscrimination policies: Mr. Clay Tracy, Assistant Superintendent of Human Resources, 310 E. Market Street, Mabank, TX 75147, 903-880-1305.



Successful completion of the Exercise Science, Wellness, and Restoration program of study will fulfill requirements of the Public Services endorsement.

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>