

EXERCISE SCIENCE AND WELLNESS

PROGRAM OF STUDY

The Exercise Science and Wellness program of study introduces students 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.

Texas Data: Collected by TEA October 2019

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



RECOMMENDED COURSE SEQUENCE

- 1 LEVEL** Lifetime Nutrition and Wellness/ Interpersonal Studies
- 2 LEVEL** Kinesiology I
- 3 LEVEL** Kinesiology II, Anatomy and Physiology
- 4 LEVEL** Project-Based Research

NOTE: See reverse for additional course sequence options and endorsement requirements. Course descriptions and details can be found in the course catalog.

WORK-BASED LEARNING EXPERIENCES	CAREER AND TECHNICAL STUDENT ORGANIZATIONS
Industry Guest Speakers/Demonstrations; Site-Visits and Field Trips; Simulated Trainer Experiences	Health Occupations Students of America (HOSA); National Technical Honor Society (NTHS)



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.

Non-Discrimination Statement

It is the policy of Leander ISD not to discriminate on the basis of race, color, national origin, sex or handicap in its Career and Technology Education Programs, services, or activities. Leander ISD will take steps to assure that lack of English language skills will not be a barrier to admission and participation in all educational and vocational programs. Es norma de Leander ISD de no discriminar por motivos de raza, color, origen nacional, sexo o impedimento, en sus programas, servicios o actividades vocacionales. Leander ISD tomará las medidas necesarias para asegurar que la falta de habilidad en el uso de la lengua inglés no sea un obstáculo para la admisión o participación en todos los programas educativos y vocacionales.

EXERCISE SCIENCE AND WELLNESS

PUBLIC SERVICE

A student may earn a Public Service Endorsement by completing foundation and general endorsement requirements. Endorsement course options for the Exercise Science and Wellness program of study are listed below.



4 CREDITS REQUIRED

Required Courses:

- Kinesiology I
- Kinesiology II

Choose additional credits from the following:

- Lifetime Nutrition and Wellness/
Interpersonal Studies
- Anatomy and Physiology
- Human Growth and Development
- Counseling and Mental Health
- Medical Terminology
- Introduction to Culinary Arts
or Entrepreneurship
- Career Preparation
- Project-Based Research

NOTE: Students who complete the Exercise Science and Wellness Program of Study requirements are eligible to earn a STEM endorsement by also completing Algebra II, Chemistry and Physics.



NOTES:
