

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.



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.



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 – October 2022



Meet the Teacher

Exercise Science and Wellness instructor, Cahan Felts is a 2011 graduate of Tarelton State University and is a Certified Athletic Trainer and has also received his certification as a Strength and Conditioning Specialist.

His background in Orthopedics, Physical Therapy, and Sports Medicine makes him uniquely qualified to provide students with a well rounded knowledgebase in Exercise Science and Wellness. Coach Felts began working full time in schools in 2013 serving at Maybank and John Tyler before joining the Frankston Indians in the role of Athletic Trainer and instructor.

Coach Felts hopes his students will see the rewards of working in Exercise Science and Wellness, “The most rewarding part of my job is when an athlete who was in recovery is finally able to return to the field or the court.”



HEALTH SCIENCE

EXERCISE
SCIENCE
& WELLNESS

EXERCISE SCIENCE & WELLNESS

Level 1

Principles of Exercise Science & Wellness

Level 2

Kinesiology I

Level 3

Kinesiology II with Practicum

Level 4

Project Based Research

*Certification offered:
Certified Personal Trainer
Pre-Professional Certification
in Nutrition*



Occupations	Median Wages	Annual Openings	% Growth
Athletic Trainers	\$ 53,450	215	22 %
Exercise Physiologists	\$ 41,662	33	33 %
Coaches & Scouts	\$ 40,010	2,133	23 %
Dieticians & Nutritionist	\$ 57,762	428	24 %
Recreational Therapists	\$ 45,906	74	24 %

Work Based Learning & Expanded Learning Opportunities

Exploration Activities:	Work Based Learning Activities:
Health Occupation Students of America (HOSA)	Volunteer at a local hospital or rehabilitation center; manage a school sports team

High School/Industry Certification	Certificate / License*	Associates Degree	Bachelor's Degree	Master's/Doctoral Professional Degree
Certified Personal Trainer	Physical Therapist Assistant	Kinesiology & Exercise Science	Kinesiology & Exercise Science	Exercise Physiology
	Physical Therapy Aides	Therapeutic Recreation/Recreational Therapy	Therapeutic Rec/Rec Therapy	Therapeutic Rec/Rec Therapy
			Athletic Training/Trainer	Athletic Training/Trainer
	Dietetic Technician	Athletic Training/Trainer	Dieticians & Nutritionist	Physical Therapist

Additional industry-based certification information is available on the TEA CTE website. For more information on postsecondary options for this program of study, visit TXCTE.org.