



# HEALTHCARE SCIENCE

## A GUIDE TO PURSUING YOUR CAREER PATH

### EXERCISE PHYSIOLOGY >>>

Careers in the Therapeutic Services pathway are focused primarily on changing the health status of the patient over time. Health professionals in this pathway work directly with patients and may provide care, treatment, counseling and health education information.

Those considering an exercise physiology career should have a strong desire to help others, a genuine concern for the welfare of patients and clients, and an ability to deal with people of diverse backgrounds in stressful situations.

Health professionals are primarily involved with the delivery of health or related services pertaining to the identification, evaluation and prevention of diseases and disorders; dietary and nutrition services; and rehabilitation, among others.

### HIGH SCHOOL PATHWAY CLASSES >>>

**INTRO TO HEALTHCARE SCIENCE** enables students to glean initial exposure to the many HCS careers. The concepts of human growth & development, interaction with patients & family members, health, wellness, and preventative care are evaluated, as well as the legal, ethical responsibilities of today's healthcare provider. Fundamental skills development include microbiology, basic life support and first aid.

**ESSENTIALS OF HEALTHCARE** is a medical-focused anatomy course and we address the physiology of each body system, along with the investigation of common diseases, disorders and emerging diseases. The prevention of disease and the diagnosis and treatment that might be utilized are addressed, along with medical terminology related to each system. **Students earning this course will also receive credit for Human Anatomy & Physiology.**

**FUNDAMENTALS OF EXERCISE PHYSIOLOGY** will enable students to perform fitness assessments and to use data to develop exercise and training routines, fitness plans, and nutritional programs to fit the needs of clients. The concepts of human kinesiology will be evaluated and fundamental skills of goal setting, record keeping, and instruction techniques will be covered in the course. Proficiency in using and teaching others various types of exercise equipment and stretching techniques will be developed. Personal, professional, and ethical skills and safety practices required within the field of personal training, will be learned and practiced.



### CAPSTONE: WBL INTERNSHIP >>>

**WBL (WORK-BASED LEARNING)** connects skilled, knowledgeable and driven students to local businesses every year. Students who participate in the Health-care Science program and have been selected to participate in WBL will leave school early to work with our fantastic business partners. Benefits to students include a chance to put skills learned in the classroom to use in an authentic setting, getting a competitive advantage on their career and networking with industry leading professionals all while still in high school. [www.hallcowbl.org](http://www.hallcowbl.org)



### CAREER TECH STUDENT ORGANIZATIONS >>>

**HOSA** operates as an integral component of the health science education curriculum. Through its network of state and local chapters, HOSA provides powerful instructional tools, recognition, leadership, networking, scholarships, and connections to the healthcare industry to thousands of members across the United States.

Through the HOSA Competitive Events Program, members can compete in teams or as individuals in over 55 different events related to all aspects of the health care industry. HOSA integrates into the Health Science Technology Education curriculum to develop and recognize smart, dedicated, and passionate future health professionals.



### POTENTIAL CAREERS >>>

*National labor market information indicates that 8 out of the top 20 fastest-growing occupations are in the Health Science industry. (OOH)*

- Acupuncturist
- Exercise Scientist
- Massage Therapist
- Registered Nurse
- Kinesiotherapist
- Home Health Aide
- Physical Therapist
- Reflexologist
- Licensed Practical Nurse
- Dietitian
- Occupational Therapist
- Anesthesiologist Assistant
- Chiropractor
- Athletic Trainer
- Respiratory Therapist
- Physician

# EXERCISE PHYSIOLOGY

## CAREER PATHWAY - PLAN OF STUDY



### GRADUATION REQUIREMENTS >>>

#### ENGLISH/LANGUAGE ARTS

4 Units *Must Include:*

9th Grade Literature & American Literature

#### SOCIAL STUDIES

3 Units *Must Include:*

World History, US History, Government & Economics

#### MATHEMATICS

4 Units *Must Include:*

GSE Algebra I, GSE Geometry & GSE Algebra II

+

one additional GSE/AP/IB/DE Math course

OR

GSE Accelerated Algebra I/Analytic Geometry A,

GSE Accelerated Geometry B/Algebra II, GSE Precalculus

+

one additional GSE/AP/IB/DE Math course

#### SCIENCE

4 Units *Must Include:*

Physical Science or Physics; Biology;

Chemistry, Earth Systems, Environmental Science or AP/IB course

+

one additional Science course

#### HEALTH & PERSONAL FITNESS

1 Unit *Must Include:*

1/2 unit of each

#### CAREER, TECHNICAL & AGRICULTURE EDUCATION (CTAE)

3 Units *Must include:*

Intro to Healthcare Science, Essentials of Healthcare,  
Fundamentals of Exercise Physiology

#### ELECTIVES

4 Units

\*Students planning to attend most post-secondary institutions must take 2 units of the same modern language.

#### TOTAL UNITS REQUIRED

23 Units

### PERSONAL APTITUDES >>>

#### ACTIVITIES THAT DESCRIBE WHAT I LIKE TO DO:

- Work under pressure.
- Help sick people and animals.
- Participate in health and science classes.
- Respond quickly and calmly in emergencies.
- Work as a member of a team.



#### PERSONAL QUALITIES THAT DESCRIBE ME:

- Compassionate and caring
- Good at following directions
- Conscientious and careful
- Patient
- Good Listener

#### WANT MORE INFORMATION ON YOU?

YouScience is the science of YOU – how your mind is wired, what makes you tick, the skills and knowledge that set you apart. You have talent and there's a path that's right for you – we can help you find it.



Login to Infinite Campus and locate the SLDS Portal link on the left. Once logged in, click on "My Career Plan" then choose "Go to YouScience".

#### WHAT YOU LEARN IN SCHOOL MATTERS

You're learning skills and knowledge that can make you a qualified candidate for in-demand careers. Industry-recognized certifications, available to all pathway students, are great signals to employers that you have the skills they're looking for. Certifications help validate what you know, so other people know, that you know it.

#### QUESTIONS?

Contact your CTAE teacher, WBL Coordinator or School Counselor

## PATHWAY TO FUTURE CAREER OPTIONS >>>

### HIGH SCHOOL

#### Pathway Courses

Intro to Healthcare Science  
Essentials of Healthcare  
Fundamentals of Exercise Physiology

#### Capstone

WBL Internship  
Dual Enrollment

### POST-SECONDARY

#### Technical College

Certificate  
Diploma Program  
Degree Program

#### 4 Year College/University

Bachelor Degree  
Masters Degree  
Graduate Studies