

# HEALTH & WELLNESS / EXERCISE SCIENCE

(PROGRAM #8417000)

The Health & Wellness / Exercise Science pathway encompasses a wide variety of disciplines including bio-mechanics, sports nutrition, and exercise physiology. Exercise science professionals work in the health and fitness industry and are skilled in evaluating health behaviors and risk factors, conducting fitness assessments and motivating individuals to modify negative health habits.

Students in this pathway will participate in the following Career Technical Student Organization(s) (CTSO). HOSA

## PROFESSIONAL CAREER CERTIFICATIONS\*

Industry Certification Title	CAPE college credits	Graduation online course requirement	Math/Sci Waiver (non-EOC)
Microsoft Office Specialist	N/A	YES	NO
NASM Certified Personal Trainer	N/A	NO	NO
Certified Medical Administrative Assistant	N/A	NO	NO
Certified EKG Technician	N/A	NO	NO
Emergency Medical Responder	N/A	NO	NO

## POST SECONDARY OPTIONS

Options	Pathway	Career**	Avg. Salary**
COLLEGE / UNIVERSITY ENROLLMENT	Health Science BS Health Information Technology AS Physical Therapist Assistant AS	Sports Nutritionist Fitness trainer Paramedic Emergency Medical Tech	\$50,348 \$44,556 \$47,113 \$13.09 / hr
REGISTERED APPRENTICESHIP	N / A	N / A	N / A
WORKFORCE	Healthcare Industry	Personal Trainer Patient Care Technician Home Health Aide	\$20.61 / hr \$12.66 / hr \$10.93 / hr

## COLLEGE SCHOLARSHIPS

<p><b>Florida Gold Seal Vocational Scholars (GSV)</b></p> <p>Funds 2-year programs: Technical College certificate or State College degree</p>	<p>The Florida Gold Seal Vocational Scholars (GSV) can be used to fund a career education or certificate program at a Technical or State College.</p> <p>To earn this scholarship students must:</p> <ul style="list-style-type: none"> <li>• Complete 3 credits within a single pathway</li> <li>• 3.0 weighted core GPA</li> <li>• 3.5 unweighted GPA in the pathway courses</li> <li>• Minimum college ACT, SAT, or PERT scores</li> </ul> <p>Click here to see the full eligibility requirements: <a href="http://www.floridastudentfinancialaid.org/SSFAD/PDF/BFHandbookChapter1.pdf">www.floridastudentfinancialaid.org/SSFAD/PDF/BFHandbookChapter1.pdf</a></p>
<p><b>Florida Gold Seal CAPE Scholars (GSC)</b></p>	<p>The Florida Gold Seal CAPE Scholars award (GSC) can be used to fund a career education or certificate program.</p> <p>To earn this scholarship students must:</p> <ul style="list-style-type: none"> <li>• Pass Industry Certification exam(s) equaling 5 or more college credits</li> <li>• Document a minimum of 30 service hours</li> </ul> <p>Click here to see the full GSC eligibility requirements: <a href="http://www.floridastudentfinancialaid.org/SSFAD/PDF/BFHandbookChapter1.pdf">www.floridastudentfinancialaid.org/SSFAD/PDF/BFHandbookChapter1.pdf</a> Click here to see Industry Certification awarded college credits: <a href="http://www.fldoe.org/academics/career-adult-edu/career-technical-edu-agreements/industry-certification.stml">http://www.fldoe.org/academics/career-adult-edu/career-technical-edu-agreements/industry-certification.stml</a></p>

## SCHOOLS OFFERING THIS PATHWAY

High Schools:	Boyd Anderson Marjory Stoneman Douglas Everglades Hallandale
Middle Schools:	Any school offering the <b>Medical Skills</b> high school course

## COURSE PROGRESSION

Course	Course #	Teacher Certification
Health Science Anatomy & Physiology (honors)	8417100	Any health occupation (see FLDOE approved list)
Health Science Foundations (honors)	8417110	
Health and Wellness 3 / Exercise Science (honors)	8417120	

## CAREER PATHWAY OPPORTUNITIES

CTE pathways offer students opportunities to continue their education after high school. Dual Enrollment pertains to students taking college courses while enrolled in high school. Articulation agreements allow students to earn college credit for CTE courses and industry certifications earned in high school.

<b>Workplace Experience</b>	CTE students have the opportunity to complete a pre-professional learning experience the summer after 11 <sup>th</sup> grade in their chosen field of study or career interest. <a href="http://www.browardschools.com/CTACE">www.browardschools.com/CTACE</a>
<b>Broward Technical Colleges</b>	Students who have passed courses in a high school CTE program or earned an Industry Certification can apply those credits to the aligned postsecondary program. Contact a BTC Counselor for more information or follow the link to see how you can save time and money when you attend a Broward Technical College. <a href="http://www.browardtechnicalcolleges.com/articulation-agreement">http://www.browardtechnicalcolleges.com/articulation-agreement</a>
<b>Broward College</b>	Students who complete a CTE pathway or earn an Industry Certification that aligns with Broward College's Associate of Science degree programs can earn FREE college credit. <a href="http://www.broward.edu/academics/cpl/pages/high-school.aspx">www.broward.edu/academics/cpl/pages/high-school.aspx</a>

\*Industry certifications offered may vary by school.

\*\*Salary data collected from Indeed.com, 04/2017



## CONTACT INFORMATION

**Broward County Public Schools: Career, Technical, Adult and Community Education**  
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