## Student Plan of Study – Therapeutic Services – Exercise Physiology

**Name____________________________  Date______________  School________________________**

**Parent/Guardian Signature____________________________  Date____________  Advisor/Counselor Signature____________________________  Date________________________**

Current Area of Interest: **Health Science/Therapeutic Services** – Exercise Physiology - This PLAN OF STUDY should serve as a guide for the next four years. Courses listed in this plan are only recommended coursework and should be individualized to meet each student’s educational and career goals. All plans will meet minimum high school graduation requirements. Applicants to the University System of Georgia and the Technical College System of Georgia institutions should be advised that meeting minimum requirements will not guarantee admission. Postsecondary institutions may set additional requirements.

### I. English/Language Arts (Total 4 credits)

- 9th Grade: 1 CCGPS Cord Algebra
- 10th Grade: 2 CCGPS Advanced Algebra
- 11th Grade: 1 CCGPS Adv. Algebra
- 12th Grade: CCGPS Pre-Calculus

### II. Math (Total 4 credits)

- 9th Grade: 1 CCGPS Card Algebra
- 10th Grade: 2 CCGPS Analytic Geometry
- 11th Grade: 3 CCGPS Analytic Geometry
- 12th Grade: 4 CCGPS Pre-Calculus

### III. Science (Total 4 credits)

- 9th Grade: American History
- 10th Grade: American History
- 11th Grade: American History
- 12th Grade: Advanced Composition or AP English

### IV. Social Studies (Total 3 credits)

- 9th Grade: Social Studies
- 10th Grade: Social Studies
- 11th Grade: Social Studies
- 12th Grade: Advanced Social Science

### V. Health/Personal Fitness (Total 1 credit)

- 10th Grade: Health

### VII. CTAE Pathway (Total 3 credits)

- 10th Grade: World Language
- 11th Grade: American Literature
- 12th Grade: Advanced Composition or AP

**Legend:**

- **Science:** Select a sequence of courses to complete the required science and required elective in a Career, Technical and Agricultural Education (CTAE) sequence of courses; see Fourth Science Requirements for more information. Students may take science courses in any sequence.
- **Math:** Select a sequence of 1, 2, 3, or 4. Based on 9th-grade entry course. **Students must complete two credits of the same world language for admission to University System of Georgia institutions.**
- **CTAE Pathway:** Students should complete a CTAE pathway and take the related end of pathway assessment. **Note:** All courses do not follow the same sequence at the local level; not all local systems offer every pathway. Students should explore all credit possibilities including Georgia’s Virtual School Program, Dual Enrollment, Advanced Placement (AP), International Baccalaureate (IB), and Work-Based Learning (WBL) to reach their educational and career goals.
### SAMPLE Pathway OCCUPATIONS

See *Georgia’s HOT Careers to 2020* for more information on high-skilled, high-wage and high-demand occupations.

<table>
<thead>
<tr>
<th>Occupation Specialties</th>
<th>Entry Level of Education Needed</th>
<th>2012 Annual Wage</th>
<th>Annual Openings 2012-2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fitness Trainers &amp; Aerobics Instructors</td>
<td>Bachelor’s Degree</td>
<td>$38,400</td>
<td>70</td>
</tr>
<tr>
<td>Physical Therapists</td>
<td>Advanced Degree</td>
<td>$76,900</td>
<td>150</td>
</tr>
<tr>
<td>Occupational Therapy Assistants</td>
<td>Associate’s Degree</td>
<td>$55,200</td>
<td>20</td>
</tr>
</tbody>
</table>

Source: Georgia Department of Labor/ONET

### For more information about your education and career planning, including valuable financial aid information that includes grants and scholarships, see your school counselor.

#### ****Current Georgia Graduation Rule

<table>
<thead>
<tr>
<th>Coursework</th>
<th>Credits</th>
<th>Coursework</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>I. English/Language Arts</td>
<td>4</td>
<td>V. Health &amp; Physical Education</td>
<td>1</td>
</tr>
<tr>
<td>II. Math</td>
<td>4</td>
<td>VI. **Career, Technical &amp; Agricultural Education</td>
<td>3</td>
</tr>
<tr>
<td>III. *Science</td>
<td>4</td>
<td>and/or ***World Languages, and/or Fine Arts</td>
<td>3</td>
</tr>
<tr>
<td>IV. Social Studies</td>
<td>3</td>
<td>VII. Electives</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td></td>
<td>TOTAL</td>
<td>23</td>
</tr>
</tbody>
</table>

*Selected 4th Science courses may be used to meet both the required science and required elective in a CTAE sequence of courses.

**Students must complete three credits to complete a CTAE pathway and take the end of pathway assessment.

***Students must complete two credits of the same world language for admission to Georgia Board of Regents colleges/universities.

**** Current graduation requirements should be met in all content areas.

NOTE: This plan represents minimum graduation requirements. Local systems may require additional coursework.

### Postsecondary Transition:

- Students who will continue their education in a Program of Study at one of the University System of Georgia institutions should prepare to take the ACT or SAT for admissions. Tests for admissions may vary from institution to institution. Contact the selected institution for specific testing information. Additional admissions information can be found at Staying On Course. ([www.usg.edu/student_affairs/documents/Staying_on_Course.pdf](https://www.usg.edu/student_affairs/documents/Staying_on_Course.pdf))

- Students who will continue their education in a Program of Study at one of the Technical College System of Georgia institutions should prepare to take the COMPASS test for admissions.

- Students who will continue their education and training in the US Military should take the ASVAB assessment.

- Students should utilize electronic college and career databases to select the most appropriate postsecondary opportunities to match their selected career field, including registered apprenticeships.

- Georgia’s dual-credit programs have been combined into one program entitled Move on When Ready, in which high school students may earn their high school course credits while taking college courses.

### Possible Student Pathway Credentialing Opportunities:

Students completing a pathway are eligible to take a Credentialing/End of Pathway Assessment (EOPA) upon successful completion of the three required courses in the pathway. For specific assessment information, refer to [http://www.gadoe.org/Curriculum-Instruction-and-Assessment/CTAE/Pages/CTAE-Georgia-Assessments.aspx](http://www.gadoe.org/Curriculum-Instruction-and-Assessment/CTAE/Pages/CTAE-Georgia-Assessments.aspx).

### Related Pathway Occupations:

- Fitness Trainers & Aerobics Instructors
- Athletic Trainers
- Occupational Therapy Assistants
- Physical Therapy Assistants

### Other Related Health Science Occupations:

- Registered Nurses
- Medical Assistants
- Radiologic Techs
- Medical & Health Services Managers

*ONET Online

### Therapeutic Services – 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 provide care, treatment, counseling and health education information. National labor market information indicates that eight out of the top twenty fastest-growing occupations are in the Health Science industry. (OOH)

Based on an aging population and a retiring workforce, the demand for health care workers will remain high through 2020. As the roles of Therapeutic Services careers change, professionals in this pathway will find increased opportunities to work independently. Additionally, an increasing number of career opportunities are becoming available outside of the traditional hospital setting.

Educational levels vary from occupation to occupation. Most Health Science occupations require additional education after high school and require that potential employees acquire the appropriate certification and/or licensing.

Fitness trainers and instructors lead, instruct, and motivate individuals or groups in exercise activities, including cardiovascular exercise (exercises for the heart and blood system), strength training, and stretching. They work with people of all ages and skill levels. Fitness trainers and instructors work in health clubs, country clubs, fitness or recreation centers, gyms, hospitals, universities, yoga and Pilates studios, resorts, and clients’ homes. The education and training requirements for fitness trainers and instructors vary by type of specialty and employers often hire those with certification. Personal trainers, group fitness instructors, and specialized instructors, such as yoga or Pilates instructors need different preparation.

Occupational and Physical therapists are occupations in the Therapeutic Services area. These therapists assess, plan, organize, and participate in rehabilitative programs that improve mobility, relieve pain, increase strength, and improve or correct disabling conditions resulting from disease or injury.

Employment of fitness trainers, personal trainers and instructors is expected to grow by 24 percent from 2010 to 2020, faster than the average for all occupations. As businesses and insurance organizations continue to recognize the benefits of health and fitness programs for their employees, incentives to join gyms or other fitness facilities will increase the need for workers in these areas.

Richard Woods, Georgia’s School Superintendent

"Educating Georgia’s Future"