

## Health Sciences (HS)

### Pathway: Health and Wellness

**Description:** Provide support and services to other to promote healthy living and a higher quality of life by providing education and experiences relating to fitness, nutrition, illness prevention, and recovery from injury or illness.

Grade	English	Math	Science	Social Studies	PE/ Health	General Electives	Pathway Electives	Occupations Relating to This Pathway
9	English 9	Algebra I Hon Geometry	Biology	World History	PE 9	Fine Arts CTE Foreign Languages Academic	Freshman Seminar & Semester Elective	<ul style="list-style-type: none"> <li>▶ Athletic Trainer</li> <li>▶ Chiropractor</li> <li>▶ Coach</li> <li>▶ Community Health Provider</li> <li>▶ Dietician</li> <li>▶ Dietary Aid</li> <li>▶ Disease surveillance and control</li> </ul>
10	English 10	Geometry Hon Geo Algebra II Coll Algebra	Chemistry	Elective	PE10/ Health	Fine Arts CTE Foreign Languages Academic	Orientation to Health Occupations*	<ul style="list-style-type: none"> <li>▶ Fitness Specialist</li> <li>▶ Health Education</li> <li>▶ Immunization Specialist</li> <li>▶ Kinesiologist</li> <li>▶ Life/Wellness Coach</li> <li>▶ Massage Therapist</li> <li>▶ Nutritionist</li> <li>▶ Occupational Therapist</li> <li>▶ Parenting Educator/Coach</li> <li>▶ Personal Trainer</li> <li>▶ Physical Therapist</li> <li>▶ Recreational Therapist</li> </ul>
11	English 11	Algebra II Coll Algebra Trigonometry Pre-Calculus Math Topics	Physics	US History	PE Elective	Fine Arts CTE Foreign Languages Academic	Medical Terminology*	
12	English 12	Elective	Elective	Econ-Gov	PE Elective	Fine Arts CTE Foreign Languages Academic	Nutrition and Wellness <i>(to be added in 2014-2015)</i>  RVC- Principles of Aerobic Conditioning	
<p><b>Recommended General Electives:</b>                      Basic Computer Applications                      Speech Communication                      Spanish                      Medical Science I &amp; II                      Anatomy &amp; Physiology                      Psychology (AP)                      Internship</p>								
<p><b>Educational Opportunities after High School:</b>                      RVC-A Exercise Science                       RC- B Human Development-research, child/adolescent, Gerontology, physical education.                      M Health Education                       NIU- B Athletic Training, Nutrition and Dietetics, Exercise Science, Health Sciences, Kinesiology, Physical Education                      M Applied Family and Child Studies, Communicative Disorders, Nutrition and Dietetics, Kinesiology, Physical Education, Health Education, Public Health                      PHD in Physical Therapy and PHD. in Audiology                       RAS-B- Health Information Management</p>								

\*Articulation/Dual Credit agreement with RVC is pending

RVC: Rock Valley College

RC: Rockford College

NIU: Northern Illinois University

RAS: Rasmussen College

A: Associate's Degree (2-year degree)

B: Bachelor's Degree (4-year degree)

M: Master's Degree (6-year degree)