

Human Services Career Cluster

The Human Services Career Cluster focuses on preparing individuals for employment in career pathways that relate to families and human needs such as counseling and mental health services, family and community services, personal care services, and consumer services.

Health and Wellness Statewide Program of Study



The Health and Wellness program of study introduces students to knowledge and skills related to promoting physical, emotional, social, and mental health and wellness. Students who choose this program of study may learn how to assist patients in planning for their health and wellness, respond to crises, and advise, provide education or counseling, or make referrals. CTE learners may also focus on addressing barriers to access health and wellness services.

Secondary Courses for High School Credit

Level 1

- Principles of Human Services

Level 2

- Lifetime Nutrition and Wellness
- Human Growth and Development
- Interpersonal Studies

Level 3

- Applied Nutrition and Dietetics

Level 4

- Career Preparation I

Postsecondary Opportunities

Associates Degrees

- Nutrition Sciences
- Community Health Services/Liaison/Counseling
- Health and Wellness, General
- Public Health

Bachelor's Degrees

- Nutrition Sciences
- Mental Health Counseling/Counselor
- Nutrition
- Human Nutrition and Foods

Master's, Doctoral, and Professional Degrees

- Nutrition Sciences
- Community Health and Preventative Medicine
- Nutrition
- Exercise and Sports Nutrition

Aligned Occupations

Occupations	Median Wage	Annual Openings	% Growth
Community Health Workers	\$38,064	592	25%
Rehabilitation Counselors	\$43,930	586	23%
Mental Health Counselors	\$41,558	812	38%
Health Care Social Workers	\$55,515	1,583	35%

Work-Based Learning and Expanded Learning Opportunities

Exploration Activities	Work-Based Learning Activities
<ul style="list-style-type: none"> Participate in American Association of Family and Consumer Sciences or the Family Career and Community Leaders of America 	<ul style="list-style-type: none"> Job shadow a dietitian or nutritionist Work part-time at a counseling services center, health department or hospital

Industry-Based Certifications

- Community Health Workers
- Pre-Professional Certification in Nutrition, Food, and Wellness

- Licensed Dietetic Technician*

*IBC Sunsetting 8/31/24



Health and Wellness Course Information

Level 1

COURSE NAME	SERVICE ID	PREREQUISITES	COREQUISITES
Principles of Human Services	13024200 (1 credit)	None	None

Level 2

COURSE NAME	SERVICE ID	PREREQUISITES	COREQUISITES
Lifetime Nutrition and Wellness	13024500 (.5 credit)	None	None
Human Growth and Development	13014300 (1 credit)	None	None
Interpersonal Studies	13024400 (.5 credit)	None	None

Level 3

COURSE NAME	SERVICE ID	PREREQUISITES	COREQUISITES
Applied Nutrition and Dietetics	N1302541 (1 credit)	None	None

Level 4

COURSE NAME	SERVICE ID	PREREQUISITES	COREQUISITES
Career Preparation I	12701300 (2 credits) 12701305 (3 credits)	None	None

FOR ADDITIONAL INFORMATION ON THE HUMAN SERVICES CAREER CLUSTER,
PLEASE CONTACT: CTE@tea.texas.gov
<https://tea.texas.gov/cte>

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Further nondiscrimination information can be found at [Notification of Nondiscrimination in Career and Technical Education Programs](#).