

Course Overview	Principles of Exercise Science and Wellness is a middle school Career and Technical Education (CTE) course designed to introduce students to foundational concepts in physical health, fitness, and wellness. This course emphasizes the development of lifelong healthy habits through physical activity, nutrition, injury prevention, and personal wellness planning. Students will also build essential employability skills such as communication, teamwork, goal setting, and self-management through engaging classroom and movement-based experiences. The course integrates both classroom instruction and physical activity, allowing students to apply knowledge in real-world contexts while developing responsibility for their personal health and well-being.
Course Standards	Principles of Exercise Science & Wellness

Scope & Sequence

Units/Modules & Instructional Days	Assessments & Scanning Deadlines	Standards
Unit1: Communication, Collaboration & Movement Basics 11 days	TX_CTE_7thPESW_F26_U1 Scanning Deadline: September 24, 2026	Unit Standards
Unit 2: Wellness, Nutrition & Personal Safety 11 days	TX_CTE_7thPESW_F26_U2 Scanning Deadline: October 29, 2026	
Unit 3: First Aid, Risk Management & Injury Prevention 11 days	TX_CTE_7thPESW_F26_U3 Scanning Deadline: December 03, 2026	
Unit 4: Careers, Ethics, Documentation & Mental Health 11 days	TX_CTE_7thPESW_S27_U4 Scanning Deadline: February 04, 2027	
Unit 5: Biomechanics, Game Strategy & Lifelong Activity 12 days	TX_CTE_7thPESW_S27_U5 Scanning Deadline: March 04, 2027	
Unit 6: Fitness Planning, Evaluation & Capstone Project 10 Days	TX_CTE_7thPESW_S27_U6 Scanning Deadline: April 23, 2027	
Final Exam Windows		
Region	Exam Window	Scanning Deadline
EP & HOU	May 10- May 14, 2027	May 14, 2027
SA	May 12- May 18, 2027	May 18, 2027
AUS, PB, RGV, DFW,	May 17- May 21, 2027	May 21, 2027

TEKS Alignment

Instruction in this course is aligned to the Texas Essential Knowledge and Skills (TEKS) as adopted by the State Board of Education and implemented in accordance with Texas Education Code Chapter 28.

Instructional Materials

Primary Texts (if applicable)

Supplemental instructional materials may be used to support instruction. Supplemental materials do not replace board-approved core instructional materials.

Additional information regarding instructional programs, assessments, and parent access to instructional materials is available on the district website.

Instructional Expectations

Instruction is delivered using board-approved instructional materials and aligned to the scope and sequence outlined above. Teachers are expected to ensure all required standards are taught within the course timeframe.

Assessment Overview

Student learning is monitored through formative and summative assessments aligned to course standards. Assessment results are used to inform instruction and student supports. Students participate in required state assessments when applicable.