

Exercise Science

What can I do with this degree?

OCCUPATIONS	EMPLOYERS	SKILLS TO DEVELOP
<p><u>EXERCISE SCIENCE</u></p> <ul style="list-style-type: none"> Cardiac/Pulmonary Rehabilitation Specialist Exercise Leader Exercise Physiology/Biomechanics Lab Technician Exercise Physiology/Biomechanics Research Assistant Exercise Testing Specialist/Technician Fitness/Wellness Consultant Fitness/Wellness Sales Associate Health & Fitness Instructor/ Program Director Performance Enhancement Specialist Sport Performance Researcher Strength & Conditioning Specialist 	<ul style="list-style-type: none"> Colleges/universities/high schools Corporate Fitness Centers Fitness & Wellness Centers Hospitals and Clinics Professional Teams Sport Medicine Centers YMCAs 	<ul style="list-style-type: none"> • Have comprehensive knowledge of the human body • Ability to assess an individual's needs and make necessary recommendations • Develop well-rounded interpersonal skills • Develop the ability to lead and supervise a group of people, as well as the ability to work with a group or one-on-one • Obtain necessary certification such as ACSM and NSCA • Volunteer to run exercise programs for local, nonprofit organizations. • Develop your presentation and research abilities. • Maintain excellent personal and athletic proficiency. • Obtain an internship or part-time job in a fitness facility, clinic or hospital.

Strategies for Placement in Exercise Science

- Gain experience in a specialty area.
- Join professional associations. Read their publications and attend their meetings, seminars, and conventions to learn more about the field, as well as to make important contacts.
- Look for jobs in the minor leagues as a way to enter the sport industry.
- Careers in sport and athletics are extremely competitive. Get as much experience as possible while in school through volunteer work, internships, part-time jobs, course work, and student organizations.
- Earn a graduate or professional degree for increased opportunities. Common options include Exercise Physiology, Biomechanics, Sport Psychology, Motor Control & Development, Health Promotion, Education and other medical disciplines.
- Obtain necessary certifications in order to become more specialized and proficient. These include NSCA and ACSM certifications as well as others.
- Develop networks with professors, advisors and internship supervisors-these are the people that might have connections to your dream job!
- Obtain an internship or part-time job in a fitness facility, clinic or hospital.
- Volunteer to work with college or high school sport teams.

For more information on careers in the exercise science fields, visit:

National Commission for Certifying Agencies, www.noca.org/ncca/accredorg.htm
 Occupational Outlook Handbook, www.bls.gov/oco/
 American College of Sports Medicine, www.acsm.org
 National Strength and Conditioning Association, www.nsca-lift.org