

# Health and Fitness Management

## What can I do with this degree?

OCCUPATIONS	EMPLOYERS	SKILLS TO DEVELOP
<b>HEALTH AND FITNESS MANAGEMENT</b>		
Personal Fitness Trainer Strength & Conditioning Coach Exercise Specialist Group Exercise Instructor Fitness Coordinator/Director/Owner Fitness Sales Consultant Community Wellness Program Director Health/Wellness Consultant Sales/Marketing Representative of Fitness/Sport/Medical Equipment	Professional Teams Sport Associations (e.g., NBA, PGA, NFL) Colleges/ Universities/High Schools Health Clubs/Fitness Centers Sport Facilities YMCAs Corporate Fitness	<ul style="list-style-type: none"> <li>• Ability to assess an individual's needs and make necessary recommendations</li> <li>• Develop well-rounded interpersonal skills</li> <li>• 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</li> <li>• Take courses in marketing, business and accounting.</li> <li>• Develop leadership skills: volunteer to coordinate athletic programs and events for campus organizations or local nonprofit groups.</li> <li>• Maintain excellent personal and athletic proficiency.</li> </ul>

### Strategies For Placement In Health and Fitness Management

- 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.
- Get as much experience as possible while in school through volunteer work, internships, part-time jobs, course work, and student organizations.
- Obtain an internship or part-time job with a team, athletic organization, fitness facility or exercise equipment/nutritional supplement manufacturer or retailer.
- Volunteer to work with college or high school sport teams.
- Obtain necessary certifications in order to become more specialized and proficient.
- Read related professional magazines and journals.
- While in college, take business management and communication courses.
- Develop networks with professors, advisors and internship supervisors-these are the people that might have connections to your dream job!
- Consider developing fitness/health-related presentations.

### For more information on careers in the health and fitness management field, visit:

National Commission for Certifying Agencies, [www.noca.org/ncca/accredorg.htm](http://www.noca.org/ncca/accredorg.htm)

Occupational Outlook Handbook, [www.bls.gov/oco/](http://www.bls.gov/oco/)

American College of Sports Medicine, [www.acsm.org](http://www.acsm.org)

National Strength and Conditioning Association, [www.nasca-lift.org](http://www.nasca-lift.org)