

Exercise Science



What can I do with a degree in Exercise Science...

Leadership/ Management Skills

- Develops, delivers, and administers health care services
- Educates and counsels athletes and their families on issues pertaining to injury prevention and treatments
- Possesses ability to motivate and educate
- Recognizes, evaluates, assesses injuries by athletes and the physically active
- Works well under stressful situations

Research/Analytical Skills

- Employs good observation skills
- Identifies the physiological factors involved in physical movement and sports participation
- Implements, administers, and evaluates physical education and athletic programs physiological responses
- Possesses knowledge of personal fitness
- Ability to think critically and analytically to solve problems
- Understands the biomechanical principles related to movement

Communication/Writing Skills

- Communicates with various members of the sports medicine team
- Possesses ability to motivate and educate
- Communicates effectively
- Understands medical terminology and treatment orders
- Possesses a healthy lifestyle

Other Skills

- Ability to deal with injuries
- Emphasizes lifelong fitness and physical activity

Possible Career Options

Aerobics Instructor
Athletic Director
Athletic Trainer
Camp Director
Coach
Commercial Wellness Center Director

Community Fitness Director
Community Health Director
Corporate Health Advisor
Director of Recreation
Employee Fitness Director
Exercise Physiologist
Fitness Center Director
Gym Manager
Health Educator

Occupational Therapist
Personal Trainer
Pharmaceutical Salesperson
Physical Education Teacher
Physical Therapist
Physicians Assistant
Professional Team Trainer
Professor
Recreation Therapist

Rehabilitation Specialist
Sports Agent
Sports Manager
Sports Nutritionist
Sports Psychologist
Strength and Conditioning Coach
Wellness Coordinator
**Some career areas require advanced education*

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Professional Associations

Aerobic and Fitness Association of America

www.afa.org

American Academy of Orthopedic Surgeons

www.aaos.org

American Academy of Physician's Assistants

www.aapa.org

American Alliance of Health, Physical Education, Recreation and dance

www.aahperd.org

American Diabetes Association

www.diabetes.org

Academy of Nutrition and Dietetics

www.eatright.org

American Heart Association

www.americanheart.org

American Occupational Therapy Association

www.aota.org

American Physical Therapy Association

www.apta.org

American Physiological Society

www.the-aps.org

Association for the Advancement of Applied Sport Psychology

www.appliedsportpsych.org

National College of Sports Medicine

www.acsm.org

National Strength and Conditioning Association

www.nsc-lift.org

Web Resources

Online Career Resources

After College

www.aftercollege.com

Occupational outlook handbook

www.bls.gov

Internship Online Resources

Non-local Internships

www.internships.com

Idealist and Action Without Borders

www.Idealist.org

Employment Opportunity Online Resources

American College of Sports Medicine

www.acsm.org

Cool Works

www.coolworks.com

National Sports Employment News

www.sportsemploymentnews.com

NCAA

www.ncaa.org

Spotlight on Careers

www.spotlightoncareers.org

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