



EXERCISE SCIENCE
CAREERS

GRCC

Where can you find people working with exercise and sport science degrees?

- Athletic events and sports facilities
- Clinics
- Colleges and universities
- Community centers
- Corporations
- Correctional facilities
- Geriatric facilities
- Health and fitness clubs
- Resorts and health spas
- In homes
- Hospitals
- Parks
- Research laboratories
- Retail establishments
- Schools
- Studios

Who can you work with if you have an exercise science or sport degree?

- Children and youth
- Adolescents
- Adults
- Elderly

What kind of jobs involve exercise and sport science?

Coaching

- Athletic coach
- Health coach
- Lifestyle coach
- Strength and conditioning coach

Health Promotion and Disease Prevention

- Public health educator
- Commercial wellness center coordinator or director
- Community fitness center coordinator or director
- Community health coordinator or director

Corporate and Commercial Health and Fitness

- Fitness instructor
- Personal trainer
- Health educator
- Program coordinators and directors
- Facility coordinators and directors

Sports Management and Business

- Athletic director
- Officiating
- Facility coordinator or director
- Game and event coordinator or director
- Sports retail
- Sports marketing
- Sports tourism

Sports Media

- Sports journalism
- Sports photography
- Sports writing
- Sports information
- Social media and web direction

Clinical and Sports Medicine

- Athletic trainer*
- Exercise physiologist
- Recreation therapist
- Rehabilitation specialist
- Cardiac rehabilitation technician
- Physical therapist*
- Physical therapy assistant
- Occupational therapist*
- Occupational therapy assistant
- Occupational therapist assistant
- Nursing
- Physician's assistant*
- Sports nutritionist
- Sports psychologist*

Recreation

- Camp director
- Adapted recreation
- Recreation therapist
- Rehabilitation specialist
- Campus recreation
- Outdoor recreation
- Tourism

Teaching and research

- Health teacher
- Physical education teacher
- Researcher
- Biomechanist
- Professor*

What kind of skills do you need to be successful?

Leadership/Management Skills

- Develop, deliver and administer health care services
- Educate and counsel athletes and their families on issues pertaining to injury prevention and treatments
- Possess ability to motivate and educate
- Recognize, evaluate and assess injuries by athletes and the physically active
- Work well under stressful situations

Research/Analytical Skills

- Employ good observation skills
- Identify the physiological factors involved in physical movement and sports participation
- Implement, administer and evaluate physical education and athletic programs
- Possess knowledge of personal fitness
- Ability to think critically and analytically to solve problems
- Understand the biomechanical principles related to movement

Communication/Writing Skills

- Communicate with various members of the sports medicine team
- Possess ability to motivate and educate
- Communicate effectively
- Understand medical terminology and treatment orders
- Possess a healthy lifestyle

Other Skills

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

**Some career areas require advanced education*