Exercise Science

Exercise Science majors study human movement, physiology and kinesiology as they apply to sports and physical fitness. Majors can also study the business of sport. Students can focus their studies on Exercise Physiology, Physical Education Teaching, Sports Administration or Personal Training. There is also a minor in Coaching and Exercise Science.

The job opportunity outlook for exercise science professions is tremendous – expected to grow as much as 27% between 2006 and 2016, depending on specialty area. Trends that affect growth rate include increasing public involvement in exercise, employers supporting exercise by their employees to help maintain a vibrant workforce, increasing liability litigation which motivates employers and organizations to seek skilled exercise scientists to assure programs are safe, and an increasingly older population that sees exercise as critical to health. Technology is also advancing, which requires skilled specialists to take full advantage of opportunities.

Some career possibilities for Exercise Science Majors:

Adapted Physical Activity
Amateur Sports Programs
Aquatics
Commercial Athletic or Fitness Clubs
Community or Non-profit Athletic or Fitness Programs (including Corporate or Hospital Fitness/Wellness Programs
School Physical Education Programs
Special Olympics
Sports Teams (high school, college, professional, youth sports clubs)
YMCA/YWCA

Specialist or Consultant in:
Adapted Exercise
Biomechanics/Biodynamics
Cardiac Rehabilitation
Cardiopulmonary Testing
Cardiopulmonary Technology
Chiropractor
Community Health Nutrition
Corrective Therapy
Dance Therapy

Dietician
Emergency Medical Technology
Exercise Biochemistry
Exercise Physiology
Exercise Rehabilitation
Fitness Equipment Design (Purchase, and Sales)
Fitness Facilities Planner
Gerontology
Health Agency Services
Health Promotion
Health Education
Health Services Planning
Hotel & Resort Recreation
Human Nutrition
Leisure Facilities Management
Massage Therapy
Medical Laboratory Technology
Medical Records Administration
Medical Technology
Nursing

Osteopathic Therapy
Paramedics
Personal Training
Physical Therapy
Physician’s Assistant
Recreation for Youth Camps
Sport Agent
Sport Communication
Sports Information Director
Sport Management
Sport Marketing
Sport Merchandiser
Sport Psychology
Strength Training/Conditioning
Teacher/Practitioner
# Possible Employers for Exercise Science Majors:

## Private and Non-Profit Organizations
- Athletic Associations
- College Athletic Conferences
- Colleges and Universities
- Community Fitness and Corporate Health Facilities
- Country Clubs
- Health Programs
- Health and Fitness Clubs
- Hospitals and Clinics
- Hotels and Resorts
- Physical Therapy Clinics
- Rehabilitation Clinics
- Schools
- Sporting Goods Companies
- Sports Arenas and Stadiums
- Sport Marketing Agencies
- Sport Management Agencies
- Sports Teams

## Government Agencies
- Center for Disease Control
- Center for Health Promotion & Education
- Consumer Product Safety Commission
- Dept. of Health & Human Services
- Dept. of Veterans Affairs
- Health Resources & Services Admin
- Indian Health Service
- National Institutes of Health
- Office of Disease Prevention & Health Promotion
- Peace Corps
- President’s Council on Physical Fitness & Sports
- Public Health Services
- State Departments of Health
- U.S Armed Forces

## Professional Organizations & Additional Information:

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<thead>
<tr>
<th>Organization</th>
<th>Address</th>
<th>Website</th>
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<tbody>
<tr>
<td>American Kinesiology Association</td>
<td>P.O. Box 5076, Champaign, IL 61825</td>
<td><a href="http://www.americankinesiology.org">www.americankinesiology.org</a></td>
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<tr>
<td>National Council on Strength and Fitness</td>
<td></td>
<td><a href="http://www.ncsf.org">www.ncsf.org</a></td>
</tr>
<tr>
<td>American Physical Therapy Association</td>
<td>111 North Fairfax Street, Alexandria, VA 22314</td>
<td><a href="http://www.apta.org">www.apta.org</a></td>
</tr>
<tr>
<td>American Alliance for Health, Physical Education, Recreation and Dance</td>
<td>1900 Association Dr., Reston, VA 20191</td>
<td><a href="http://www.aahperd.org">www.aahperd.org</a></td>
</tr>
<tr>
<td>North American Society for Sports Management</td>
<td></td>
<td><a href="http://www.nassm.com/">www.nassm.com</a></td>
</tr>
<tr>
<td></td>
<td>1133 19th Street NW, Washington, DC 20036-3604 USA</td>
<td><a href="http://www.specialolympics.org/">http://www.specialolympics.org</a></td>
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