

What can I do  
with a major in...



# Exercise Science

Exercise Science is a career that encompasses all of the components involved in the total well-being of an individual, exploring the social, biological, and environmental aspects of optimal health. The Exercise Science curriculum covers a wide spectrum of these issues.

*\*Taken from the UNCC College of Health & Human Services website*

## Sample Occupations

Lifestyle Counselor	Dance Instructor
Choreographer	Surgery Technician
Sports Referee	Nutrition Consultant
PE Teacher	Fitness Instructor
Exercise Specialist	Gastroenterology Manager
Health Educator	Intramurals Director
Neuroscience Specialist	Chiropractic Assistant
Staff Pharmacist	Pharmaceutical Sales Rep.
Massage Therapist	Wellness Director
Medical Technologist	Aquatics Director

## Types of Employers

Health Clubs and Gyms	Corporate Fitness Centers
Hospitals & Health Clinics	Rehabilitation Centers
Public Health Department	Nursing Homes
Educational Institutions	Drug Education Centers
Colleges & Universities	

## Preparing for your career:

**Health Education:** Develop the ability to describe complex medical terminology in lay terms, verbally and in writing, seek opportunities to build leadership skills, build strong interpersonal skills and the ability to make presentations before large and small groups, keep abreast of new health research and trends

**Personal Training:** Seek out opportunities to teach exercises courses at health facilities (i.e., Student Activities Center or YMCA), volunteer with one of the Student Health Services education programs, build strong interpersonal skills by seeking out volunteer experiences that allow you to work one-on-one with people, keep abreast on new health and nutrition information as it becomes available, take time to learn about motivation theory and how it may apply to coaching/training individuals

**Health Facility Management:** Develop leadership skills by seeking such opportunities in student organizations, seek employment at the Student Activities Center or another

fitness facility to learn about the organizational structure, build strong interpersonal skills, develop strong computer skills, take elective courses that will expose you to general principles and practices in a business setting

*Gaining any of these experiences or skills, along with participating in a co-op, 49ership or an internship will enhance your career development.*

## Books in the UCC Resource Library:

*Exploring Healthcare Careers*  
*Health Care Careers Today*  
*Health Care Careers for the 21st Century*  
*Careers in Sports Medicine*  
*Careers in Sports*  
*Careers for Sports Nuts and Other Athletic Types*  
*Careers in Health, Physical Education and Sports*

## Career & Academic Planning Weblinks:

*UNC Charlotte B.S. in Exercise Science*  
[www.chhs.uncc.edu/index.php?option=com\\_content&task=view&id=104&Itemid=44](http://www.chhs.uncc.edu/index.php?option=com_content&task=view&id=104&Itemid=44)  
*Allied Health News and Resources (AMA)*  
[www.ama-assn.org/ama/pub/category/2322.html](http://www.ama-assn.org/ama/pub/category/2322.html)  
*Athletic Trainer*  
[www.athletictrainer.com](http://www.athletictrainer.com)  
*Sports Medicine*  
[www.sportsmedicinejobs.com](http://www.sportsmedicinejobs.com)

## Professional Association Weblinks:

*American Kinesiotherapy Association*  
[www.akta.org](http://www.akta.org)  
*Medical Fitness Association*  
[www.medicalfitness.org](http://www.medicalfitness.org)  
*IDEA Health & Fitness Association*  
[www.ideafit.com](http://www.ideafit.com)  
*American Health Education Association*  
[www.healthbehavior.com/AHEAWEB/AHEA.shtml](http://www.healthbehavior.com/AHEAWEB/AHEA.shtml)

## How can I know if an exercise fitness-related career is right for me?

Participate in the **Career Prospector** job shadowing program. Job shadowing is a way to gain first-hand knowledge about the career you are considering. It is your opportunity to spend ½ a day to a week shadowing or an hour interviewing someone working in a field that interests you. The University Career Center maintains a database of over 160 sponsors, and will work with you to find a suitable sponsor. For registration information, see a UCC staff member.

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