WHAT CAN I DO WITH A MAJOR IN...

EXERCISE SCIENCE

Exercise Science is the study of movement and the associated functional responses and adaptations. Although it is similar to Sports Medicine, Exercise Science students focus on a broader range of topics ranging from the study of how organ systems work at the cellular level when confronted with disease, to improving the biomechanical efficiency of an employee working on an assembly line.

*Taken from the American College of Sports Medicine

SAMPLE OCCUPATIONS

<table>
<thead>
<tr>
<th>Health Education</th>
<th>Health Facilities Mgmt.</th>
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<tbody>
<tr>
<td>Lifestyle Counselor</td>
<td>Wellness Director</td>
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<tr>
<td>Sports Nutritionist</td>
<td>Human Kinetics Specialist</td>
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<tr>
<td>Dietitian</td>
<td>Park Manager</td>
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<tr>
<td>Health Consultant</td>
<td>Activities Director</td>
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<tr>
<td>Physical Ed. Teacher</td>
<td>Other</td>
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<tr>
<td>Therapy/Fitness</td>
<td>Camp Director</td>
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<tr>
<td>Physical Therapist</td>
<td>Strength Coach</td>
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<tr>
<td>Occupational Therapist</td>
<td>Athletic Coach</td>
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<tr>
<td>Fitness Instructor/Trainer</td>
<td>Medical Device Sales</td>
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<tr>
<td>Massage Therapist</td>
<td>Ergonomist</td>
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</tbody>
</table>

TYPES OF EMPLOYERS

- Hospitals
- Corporate Fitness Centers
- Rehabilitation Centers
- Health Clinics
- Educational Institutions
- Camps/Recreational Facilities
- Health Clubs & Gyms
- Nursing Homes

PREPARING FOR YOUR CAREER IN...

- 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, 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 Facilities 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.

RELATED WEBSITES

- American Council on Exercise
  www.acefitness.org
- American Kinesiotherapy Association
  www.akta.org
- Medical Fitness Association
  www.medicalfitness.org
- IDEA Health & Fitness Association
  www.ideafit.com
- National Strength and Conditioning Association
  www.nsca.com

HOW DO I KNOW IF IT’S RIGHT FOR ME?

ASSESS: Take a career assessment, such as the Strong Interest Inventory or MBTI, to see how your interests, values, and personality fit with majors and careers.

RESEARCH: Research the careers on this WCIDWAMI and thousands of other careers using these top career websites:


EXPLORE: Learn more about a career field of interest by job shadowing, attending a career panel, or participating in a Company Trek. Further your exploration while gaining valuable skills by completing an internship, co-op, volunteer, or research experience.

For the expanded version of this WCIDWAMI, visit career.uncc.edu/majors/exercise