



CAREER OPPORTUNITIES FOR EXERCISE SCIENCE MAJORS

SKILLS & ABILITIES OF THE EXERCISE SCIENCE MAJOR

- Ability to teach exercise and fitness techniques and programs
- Advise clients on progress towards their fitness goals
- Understands the dynamics of human behavior and performance
- Actively look for ways to help clients and engage them in fitness routines
- Ability to instruct others about the fundamentals of exercise science
- Identify others' reactions to movement and why they react as they do
- Communicate information to all segments of the population effectively
- Listen to others and understand the points being made
- Assess client's needs and provide quality solutions
- Evaluate results of exercise program and make any needed adjustments
- Monitor client progress
- Observe client movements and inform them of corrective measures
- Demonstrate exercise or training movements for clients
- Understand the common medical conditions and contraindications to participation in exercise
- Determine when to recommend medical attention or medical clearance

POTENTIAL CAREERS

- Community Health/Fitness Director
- Corporate Fitness Director
- Exercise Specialist/ Physiologist
- Fitness Trainer
- Group Fitness Instructor
- Health Coach
- Health Educator
- Personal Trainer
- Rehabilitation Specialist
- Strength and Conditioning Coach
- Wellness Coordinator/Director

TYPES OF EMPLOYERS

- Health Care Companies and Providers
- Corporate Health and Fitness Centers
- Corporate Wellness Programs
- Fitness Schools
- Hospitality Companies/Luxury Spas
- Owner/Operator of Fitness Center
- Self-Employed Coach/Trainer

ACTIVITIES ON THE JOB

- Develop exercise programs to improve participant strength, flexibility, endurance, or circulatory functioning, in accordance with exercise science standards, regulatory requirements, and credentialing requirements
- Prescribe individualized exercise programs, specifying equipment such as treadmill, exercise bicycle, ergometers, or perceptual goggles.
- Interpret exercise program participant data to evaluate progress or identify needed program changes.
- Explain exercise program or physiological testing procedures to participants.
- Provide emergency or other appropriate medical care to participants with symptoms or signs of physical distress.
- Offer alternatives during classes to accommodate different levels of fitness.
- Plan routines, choose appropriate music, and choose different movements for each set of muscles, depending on participants' capabilities and limitations.
- Evaluate individuals' abilities, needs, and physical conditions, and develop suitable training programs to meet any special requirements.
- Observe participants and inform them of corrective measures necessary for skill improvement.
- Monitor participants' progress and adapt programs as needed.