

# EXERCISE SCIENCE

Exercise Science is the study of movement and the associated functional responses and adaptations. The field involves a range of disciplines similar to those in sports medicine. It is common for Exercise Science professionals to work in sports medicine facilities. The career potential for the Exercise Science student is quite diverse.

## Career Titles

Some of these positions may require additional training or certification.

|                                       |   |
|---------------------------------------|---|
| Aerobics/Group Exercise Instructor    | Health Club instructor                  |
| Athletic Trainer                      | Health & Fitness Educator               |
| Athletic Enhancement Program Director | Non-invasive cardiovascular specialist  |
| Biomechanist                          | Nurse                                   |
| Coach                                 | Occupational Physiologist               |
| Cardiac Rehabilitation                | Personal Trainer                        |
| Cardiopulmonary Rehabilitator         | Physical Therapist                      |
| Corporate Wellness Program Staff      | Researcher                              |
| Community Fitness Program Staff       | Occupational Therapist                  |
| Dietitian/Sports Nutritionist         | Strength & Conditioning Specialist      |
| Exercise Test Technologist            | Strength (Sport) and Conditioning Coach |
| Exercise Physiologist                 | Sports Medicine Clinic trainer          |
| Employee Wellness Coordinator         | Sports Nutritionist                     |
| Employee Fitness Director             | Teacher                                 |
| Fitness Facility staff                |   |

## Employment Settings

|                             |                               |
|-----------------------------|-------------------------------|
| Athletic Companies          | Occupational Therapy Units    |
| Corporations of all types   | Public & Private Schools K-12 |
| Community Centers           | Physician Practices           |
| Colleges & Universities     | Research firms                |
| Fitness Centers             | Scouts Organizations          |
| Health Clubs                | Sports Franchises             |
| Hospitals & Medical Centers | Sports Medicine Clinics       |
|                             | YMCA's                        |

## ONLINE RESEARCH

- Exercise Science Careers: [http://sciencecareers.sciencemag.org/career\\_development/previous\\_issues/articles/3150/careers\\_in\\_exercise\\_and\\_sports\\_science\\_from\\_athletic\\_performance\\_to\\_disease\\_prevention](http://sciencecareers.sciencemag.org/career_development/previous_issues/articles/3150/careers_in_exercise_and_sports_science_from_athletic_performance_to_disease_prevention)
- ARTICLE: Get a Pulse on Sports Science: [http://sciencecareers.sciencemag.org/career\\_development/previous\\_issues/articles/3150/keeping\\_your\\_finger\\_on\\_the\\_pulse\\_of\\_sports\\_science](http://sciencecareers.sciencemag.org/career_development/previous_issues/articles/3150/keeping_your_finger_on_the_pulse_of_sports_science)
- ARTICLE: Finding the right track after your sports degree: [http://sciencecareers.sciencemag.org/career\\_development/previous\\_issues/articles/3150/finding\\_the\\_right\\_track\\_after\\_your\\_sports\\_science\\_degree](http://sciencecareers.sciencemag.org/career_development/previous_issues/articles/3150/finding_the_right_track_after_your_sports_science_degree)
- American College in Sports Medicine: [http://www.acsm.org//AM/Template.cfm?Section=Home\\_Page](http://www.acsm.org//AM/Template.cfm?Section=Home_Page)
- Careers in Sports Medicine: <http://www.exercisescience.mtu.edu/documents/careers011302.pdf>
- Exercise Careers: <http://www.exercisecareers.com/>