

## What Can I Do With a Major in Exercise Science?

### **Possible Career Options**

*(some career options could require advanced study)*

Cardiopulmonary Rehabilitation Specialist  
 Employee Fitness Director  
 Exercise Instructor  
 Exercise Physiologist  
 Exercise Test Technologist  
 Medical Physiologist  
 Personal Trainer  
 Strength and Conditioning Coach

### **Transferable Skills**

Possesses knowledge of personal fitness

Understands scientific basis underlying exercise-induced physiological responses

Possesses ability to motivate and educate

Willingness to devote considerable time to research

Communicates effectively

Employs good observation skills

## **Employment Sites**

Past interns and graduates have worked at:  
Fitness Facilities

*Note- Because this major is new to Ashland University's curriculum, a comprehensive list of employment sites has not yet been established*

## **Experiential Education**

Designing safe and effective strength and conditioning programs for a high school football team

Conducting stress tests in a private cardiology practice

Implementing personalized exercise prescriptions for clients

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## **Additional Resources**

Camenson, Blythe - *Careers for Health Nuts & Others Who Like to Stay Fit*

Field, Shelly - *Career Opportunities in the Sports Industry*

Ferguson - *Careers in Focus: Coaches & Fitness Professionals*

Ferguson - *Careers in Focus: Sports*

Ferguson - *Exploring Health Care Careers, Volume 2*

Giebel, Nancy - *Great Jobs for Physical Education Majors*

Heitzmann, Ray - *Careers for Sports Nuts and Other Athletic Types*

Heitzmann, Ray - *Opportunities in Sports and Fitness Careers*

Jenson, Clayne & Naylor, Jay H. - *Opportunities in Recreation and Leisure Careers*

Starkey, Lauren - *Certified Fitness Instructor/Personal Trainer*

US Department of Labor - *Occupational Outlook Handbook*

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## **Professional Associations**

American College of Sports Medicine, [www.acsm-msse.org](http://www.acsm-msse.org)

National Academy of Sports Medicine, [www.nasm.org](http://www.nasm.org)

National Board of Fitness Examiners, [www.nbfe.org](http://www.nbfe.org)

National Exercise Trainers Association, [www.ndeita.com](http://www.ndeita.com)

Open Directory- Health: Fitness: Organizations,

<http://dmoz.org/Health/Fitness/Organizations/>

Sports Medicine Information, [www.sportsmedicine.com](http://www.sportsmedicine.com)