



Exercise Science

Physical Fitness

Exercise physiology

Personal training

Performance enhancement and
management

Strength and conditioning coaching

Group fitness instruction

Health club or Fitness center management

Consultation

Physical Fitness Employers

Health clinics

Fitness centers

Specialized studios, (e.g., yoga, pilates)

Retirement centers

Nursing homes

Daycare centers

Correctional facilities

Resorts

Camps and park districts

Cruise lines

Community centers

Rehabilitation centers

Healthcare programs: Clinical, industrial, corporate

Universities and colleges

Sports facilities

Individual athletes

Self employed

Physical Fitness Strategies

Maintain up to date knowledge of trends in fitness and safety practices, including proper technique and equipment.

Obtain necessary certification(s) in addition to CPR and first aid training.

Develop computer skills and familiarity with technology used in the field.

Consider a business minor to gain administrative skills such as scheduling, marketing, and ordering equipment.

Maintain excellent personal fitness and athletic proficiency.

Volunteer at a gym or fitness facility to gain familiarity with methods of fitness instruction.

Explore different certification procedures for personal group fitness training, especially for specialized programs such as yoga or pilates.

Remain calm under pressure and maintain a positive, outgoing personality.

Develop excellent interpersonal skills for working with clients, coaches, and team physicians.

Volunteer to work with college or high school sport teams or lead exercise programs for local, nonprofit organizations.

Athletic Training

Performance
enhancement/Management

Strength & conditioning
coaching

Biomechanics

Consultation

Athletic Training Employers

High schools

Colleges and universities

Health clinics

Sports medicine clinics

Fitness centers

Retirement centers

Nursing homes

Resorts

Cruise lines

Community centers

Rehabilitation centers

Healthcare programs: Clinical, industrial, corporate

Professional sports teams

Private sports organizations

Sports facilities

Individual athletes

Private or group practice

Local government (e.g., law enforcement agencies and departments of health)

Federal and state government:

- **Public Health Service**
- **Veterans Administration**
- **Department of Defense**

Athletic Training Strategies

Certified Athletic Trainers must earn a degree from an accredited institution. 70% of Athletic Trainers hold a master's degree or higher. Obtain certification through the National Athletic Trainers' Association.

Athletic training is not the same as personal training.

Develop communication and decision making skills and the ability to work well under pressure.

Demonstrate ability to establish close and trusting relationships with others.

Be willing to work long and irregular hours and travel with sport teams.

Understand and implement current injury prevention strategies.

Typically you must build your reputation in smaller programs before moving into roles at larger universities and colleges or professional leagues.

Obtain an internship or part-time job with a sports team, athletic organization, or fitness facility.

Complete first aid certification and CPR training.

Join fitness oriented associations and organizations.

Volunteer to work with college or high school sports teams or to run exercise programs for non-profit organizations.

Physical Therapy

Clinical Practice:

- Acute care
- Neuro-rehab
- Out-patient

Management

Education

Research

Consultation

Specialties:

- Pediatrics
- Geriatrics
- Sports medicine
- Orthopedics
- Neurology
- Cardiopulmonary
- Electrophysiology
- Women's health

Physical Therapy Employers

Hospitals

Clinics

Home healthcare agencies

Nursing homes and residential care facilities

Sports medicine facilities

Rehabilitation centers

Doctors' offices, particularly orthopedic

Schools

Health clubs and fitness centers

Group or private practices

Universities and colleges

Federal and state government:

- **Public Health Service**
- **Veterans Administration**
- **Department of Defense**

Physical Therapy Strategies

Obtain knowledge of several basic sciences including anatomy, physiology, biology, chemistry, and physics.

Attain superior grades in pre-physical therapy course work due to intense competition for admittance to physical therapy programs.

Volunteer for a physical therapist in a hospital or clinic to gain experience and improve chances of acceptance into a program.

Develop strong interpersonal and communication skills. Must possess patience and a desire to help individuals of all ages with disabilities. A positive attitude is important when working with patients.

Manual dexterity and physical stamina are important for success.

Earn a doctorate in physical therapy from a program accredited by the Commission on Accreditation in Physical Therapy Education (CAPTE).

All states require licensure which includes passing an examination.

Some physical therapists specialize in an area after gaining several years of general experience.

Occupational Therapy

Screening

Evaluation

Treatment:

- **Physical**
- **Psychosocial**
- **Social**
- **Vocational**

Follow-up

Administration

Teaching

Research

Occupational Therapy Employers

Hospitals (e.g., psychiatric and rehabilitative)

Schools

Group or private practice

Nursing homes and residential care facilities

Community mental health centers

Adult daycare programs

Job training centers

Out-patient rehabilitation facilities

Home healthcare agencies

Federal and state government:

- **Department of Defense**
- **Public Health Service**
- **Veterans Administration**

Universities and colleges

Occupational Therapy Strategies

Build a solid foundation in physical, biological, and behavioral sciences.

Develop excellent communication skills which are important when interacting with patients and their families.

Volunteer in an occupational therapy or related healthcare setting to experience the field first-hand and meet program requirements.

Individuals working in occupational therapy should possess patience and a true interest in helping people with disabilities reach their full potential.

Learn to work well within a team. O.T.'s work with many other professionals in the rehabilitation of patients.

Earn a master's (MOT, MA, MS) or doctoral (OTD, less common) degree from an accredited program by the Accreditation Council for Occupational Therapy Education (ACOTE).

Doctoral degree is often preferred for university teaching and administrative positions.

All states regulate O.T. licensure. Requirements include passing a certification exam given by the American Occupational Therapy Certification Board and a supervised clinical internship. Those who have passed the exam apply to become Occupational Therapists Registered (OTR).

Occupational therapists may choose to specialize in a particular age group or type of disability after passing national exam certification.

Sports Medicine

Orthopedics

Osteopathics

Chiropractics

Prosthetics

Biomechanics

Physiology

Kinesiology

Psychology

Cardiopulmonary rehabilitation

Nutrition

Research

Sports Medicine Employers

Hospitals

Clinics

Home healthcare agencies

Nursing homes

Sports medicine facilities

Rehabilitation centers

Fitness centers

Group or private practices

Universities and colleges

Sports Medicine Strategies

Develop strong computer, science, mathematics, and verbal and written communication skills.

Join related professional and student organizations and seek leadership roles.

Find internship and research opportunities with professors and other experts in the field to gain experience.

Meet with a pre-health advisor periodically to discuss curricular decisions.

Maintain a high grade point average, particularly in science classes, and secure strong recommendations for graduate or professional schools.

Look at entrance requirements for desired institutions.

Be aware of any standardized test requirements, minimum grade point averages, and prerequisites.

After earning an undergraduate degree, the Doctor of Medicine (M.D.) requires 4 years of medical school followed by 3-8 years of internship, residency, and fellowship depending on specialization chosen. Upon completion of residency, pursue a fellowship in sports medicine and take certification exam.

General Exercise Science Information

There are many different ways to work within the health and fitness industry. Identify a particular area of interest and then seek to gain the best combination of educational preparation, experience, and skills because requirements will vary by field.

Most careers in these fields require professional certification. Though many entry-level positions may be obtained with an undergraduate degree, most will require additional clinical experiences and a graduate or professional degree.

Given the growing number of aging adults, many positions available in these areas will involve working with the elderly.

Join professional associations. Read their publications and attend their meetings, seminars, and conventions to learn more about the field and make contacts.

Get involved with local sport teams, intramurals, or recreational programs and facilities. Seek leadership roles, manage equipment and facilities, or plan events.

Professionals in this field typically start in smaller organizations and work their way into positions with larger or more prominent employers. Look for jobs in the minor leagues, high schools, or smaller colleges and universities as a way to enter the sport industry.

Fitness communication is also a growing field offering opportunities to write, research, and report on health and fitness related topics for newspapers, magazines, and websites. If interested in this area, take supplemental course work in English, journalism, or broadcasting and seek opportunities to volunteer with local or campus newspapers or television/radio stations.

Earn a graduate or professional degree for increased opportunities.

Maintain excellent personal fitness and athletic proficiency.

Learn to relate well to people with varying personalities and backgrounds.

An undergraduate degree in kinesiology offers excellent preparation and meets many pre-requisites for a variety of pre-professional programs in the field of healthcare. Meet with a pre-health advisor to identify any additional prerequisites for entry into a particular graduate school.