



WHAT CAN I DO WITH A MAJOR IN **EXERCISE SCIENCE**

CAREER OPTIONS

Athletic Trainer*
Exercise Physiologist
Fitness Specialist
Group Fitness Instructor**
Health Club Management
Laboratory Technician
Occupational Therapist*

Nutrition Coach
Personal Trainer**
Physical Therapist*
Physical Therapy Aid
Recreation Therapist
Strength & Conditioning Specialist
Worksite Wellness Specialist

*Advanced Degree Required
**Certification Required

TRANSFERABLE SKILLS GAINED

Analytical skills
Communication skills
Problem-solving
Interpersonal skills
Active listening
Decision-making

EMPLOYMENT AREAS

Hospitals
Rehabilitation Clinics
Universities/Colleges
Corporate Wellness Programs
Sports Teams
Health/Fitness Centers

Self-Employed
Healthcare
Laboratories
Sports Camps
Community Centers

INFORMATION WEBSITES

UNO School of Health & Kinesiology
Occupational Outlook Handbook
American Kinesiology Association
American Society of Exercise Physiologists
American Physical Therapy Association

coe.unomaha.edu/hk
tinyurl.com/y6whn7ex
americankinesiology.org
asep.org
apta.org

EXTRACURRICULAR ACTIVITIES

Actively participate in the Physical Education Exercise Science organization
Volunteer as part of the Biomechanics Team
Shadow healthcare professionals to explore opportunities available with advanced degree
Explore certifications for personal fitness training, as well as CPR and first aid training