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
coe.unomaha.edu/hk
Occupational Outlook Handbook
tinyurl.com/y6whn7ex
American Kinesiology Association
americankinesiology.org
American Society of Exercise Physiologists
asep.org
American Physical Therapy Association
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