What can I do with a major in
EXERCISE SCIENCE

Career Options

Biomechanist*
Exercise Physiologist*
Fitness Specialist
Group Fitness Instructor*
Health Club Management
Laboratory Technician
Occupational Therapist*
Personal Trainer*
Physical Activity Specialist
Physical Therapist*
Physical Therapy Assistant*
Physician*
Strength & Conditioning Specialist

*Certification or Advanced Degree Required

Transferable Skills Gained

Problem-solving
Communication skills
Critical-analysis
Interpersonal skills
Listening skills
Decision-making

Employment Areas

Hospitals/Rehab Clinics
Universities/Colleges
Self-Employed
Corporate Wellness Programs
Health Clubs/Fitness Centers
Sports Teams
Industry Research & Development
Laboratories

Informational Websites

UNO School of HPER
Bureau of Labor Statistics
American Kinesiology Association
American Physical Therapy Association
Society of Health and Physical Educators
hper.unomaha.edu
goo.gl/sWOuUc
www.americankinesiology.org
apta.org
http://www.shapeamerica.org/

Extracurricular Opportunities

• Actively participate in the Alliance of Fitness Professionals
• Complete practicum and internship opportunities in relevant areas
• Shadow healthcare professionals to explore opportunities available with an advanced degree
• Conduct research in the Biomechanics or the Exercise Physiology Laboratory