



What Can I Do with a Major in...

Exercise Science

Possible Career Options

(some career areas require advanced education)

Aerobics Instructor
Athletic Director
Athletic Trainer
Camp Director
Coach
Commercial Wellness Center Director
Community Fitness Director
Community Health Director
Corporate Health Advisor
Director of Recreation
Employee Fitness Director
Exercise Physiologist
Fitness Center Director
Gym Manager
Health Educator
Occupational Therapist
Personal Trainer
Pharmaceutical Salesperson
Physical Education Teacher
Physical Therapist
Physicians Assistant
Professional Team Trainer
Professor
Recreation Therapist
Rehabilitation Specialist
Sports Agent
Sports Manager
Sports Nutritionist
Sports Psychologist
Strength and Conditioning Coach
Wellness Coordinator

Leadership/Management Skills

- Develops, delivers, and administers health care services
- Educates and counsels athletes and their families on issues pertaining to injury prevention and treatments
- Possesses ability to motivate and educate
- Recognizes, evaluates, assesses injuries by athletes and the physically active
- Works well under stressful situations

Communication/Writing Skills

- Communicates with various members of the sports medicine team
- Possesses ability to motivate and educate
- Communicates effectively
- Understands medical terminology and treatment orders

Research/Analytical Skills

- Employs good observation skills
- Identifies the physiological factors involved in physical movement and sports participation
- Implements, administers, and evaluates physical education and athletic programs physiological responses
- Possesses knowledge of personal fitness
- Ability to think critically and analytically to solve problems
- Understands the biomechanical principles related to movement

Other Skills

- Ability to deal with injuries
- Emphasizes lifelong fitness and physical activity
- Plans lessons and activities for various ages and ability levels
- Possesses a healthy lifestyle

Print and Web Resources

OCS Books

Career Opportunities in the Sports Industry
Careers for Health Nuts and Others Who Like to Stay Fit
Careers for Sports Nuts and Other Athletic Types
The 50 Coolest Jobs in Sports

Online Career Resources

Occupational Outlook Handbook
www.bls.gov/oco/ocos294.htm (Athletic Trainers)
www.bls.gov/oco/ocos080.htm (Physical Therapists)
www.bls.gov/oco/ocos081.htm (Physician's Assistant)
www.bls.gov/oco/ocos082.htm (Recreation Therapist)
www.bls.gov/oco/ocos078.htm (Occupational Therapist)

Internship Electronic Resources

After College
www.aftercollege.com

Idealist and Action Without Borders
www.idealists.org

Local Internships
www.hope.edu/knowhope/internships/index.cgi

Employment Opportunity Electronic Resources

American College of Sports Medicine
www.acsm.org

Cool Works
www.coolworks.com

National Sports Employment News
www.sportsemploymentnews.com

NCAA
www2.ncaa.org

Spotlight on Careers
www.spotlightoncareers.org

More resource links are available at the Office of Career Services website:

www.hope.edu/student/career

More information provided at the Hope College Kinesiology Department website:

www.hope.edu/academic/kinesiology/exsci/

Professional Associations

Aerobic and Fitness Association of America
www.afaa.org

American Academy of Orthopedic Surgeons
www.aaos.org

American Academy of Physician's Assistants
www.aapa.org

American Alliance of Health, Physical Education, Recreation and Dance
www.aahperd.org

American Diabetes Association
www.diabetes.org

American Dietetic Association
www.eatright.org

American Heart Association
www.americanheart.org

American Occupational Therapy Association
www.aota.org

American Physical Therapy Association
www.apta.org

American Physiological Association
www.the-aps.org

Association for the Advancement of Applied Sport Psychology
www.aaasp.org

International Sports Science Association
www.issaonline.org

Medical Fitness Association
www.medicalfitness.org

National Association of Athletic Trainers
www.nata.org

National College of Sports Medicine
www.acsm.org

National Strength and Condition Association
www.nsca-lift.org

Hope Graduates in the Exercise Science World

Activities Support Specialist.....	Kandu Industries
Certified Athletic Trainer	Duke University
Assistant Women's Swimming Coach.....	University of Akron
Athlete/Coach Specialist.....	National Collegiate Scouting Association
Certified Athletic Trainer	Sports Medicine Grand and Orthopedic Association
Athletic Training Intern.....	Green Bay Packers
Baseball Broadcaster	New York Yankees
Certified Athletic Trainer	Premier Services Physical Therapy
Certified Athletic Trainer, Assistant to Physician.....	Michigan Sports and Spine Center
Corporate Fitness	Johnson Controls
Director of Wellness	Priority Health
Director, Ticket Sales Administration	Seattle Mariners
Event Services Manager, Group Sales.....	Arlington Park Racetrack
Exercise Physiologist.....	Rush University Medical Center
Fitness Program Manager & Group Exercise Director.....	Harvard University
Marketing Coordination	Michigan High School Athletic Association
PGA Golf Pro.....	Michigan State University
Physical Therapist.....	Detroit Institute for Children
Physical Therapist.....	Duke University Health System
Professional Baseball Management.....	Harrisburg Senators Baseball
Professional Umpire.....	Minor League Baseball—St. Petersburg
Promotions Manager.....	Pacers Sports & Entertainment
Sales & Marketing Coordinator.....	Detroit Shock
Sales Representative	Detroit Pistons
Sports Consultant	Exclusive Sports Marketing
Sports Copy Editor	Grand Rapids Press
Sports Marketing Representative.....	Adidas America
Tour Director.....	United States Tennis Association
Vice President	RDV Sportsplex
Wellness Specialist/Consultant	HealthBiz, Inc.
Wide Receivers Coach	Central Connecticut State University