

Exercise Science is a major with a specific emphasis on applications to exercise and health. It is a major primarily intended for students interested in non-teaching careers in exercise science, health, wellness, fitness, sports administration, facility management and for those who wish to pursue graduate studies in a related field. The increasing emphasis on physical fitness throughout the country has opened new career opportunities for students in exercise science and related fields.

Associated Job Titles:

- Exercise Specialist
- Corporate Wellness Specialist
- Strength and Conditioning Coach
- Personal Trainer
- Weight Loss Center Specialist
- Exercise Physiologist
- Director of Recreation and Sports
- Professor
- Rehabilitation Director
- Researcher
- Wellness Program Director
- Fitness Center Director
- Physical Therapist
- Wellness Program Director
- Fitness Center Director
- Nutritionist
- Sports Administration
- Fitness Facility Management
- Athletic Trainer
- Cardiac Rehabilitation Therapist
- Kinesio Therapist

Associated Skills:

- Comprehensive knowledge and understanding of the human body
- Ability to assess needs and make appropriate recommendations
- Physical stamina, good vision and manual dexterity
- Ability to relate to and interact with people of various backgrounds
- Ability to lead, direct and supervise others
- Ability to work one on one or with a group of people
- Good listening and interpersonal communication skills
- Ability to work well under deadlines

Associated Personal Qualities:

- Kind and friendly personality
- Enjoys helping others succeed
- Sensitive to human needs and concerns
- Love for and appreciation of physical wellness
- A good sense of humor
- Tactfulness
- Dedication
- Patience

Career Library Resources:

- Career Opportunities in Sports and Athletics*
- Introduction to Exercise Science*
- What Color is Your Parachute?*
- Career Planning Today*
- Do What You Are*
- Majoring In The Rest of Your Life*
- The Kuder Book of People Who Like Their Work*
- Encyclopedia of Careers and Vocational Guidance*
- The Enhanced Guide for Occupational Exploration*
- The Dictionary of Occupational Titles*
- The Occupational Outlook Handbook*
- FOCUS Computer Guidance System*

Places To Contact For More Information:

- American College of Sports Medicine**
401 W. Michigan St.
Indianapolis, IN 46202
- American Council on Exercise**
5820 Oberlin Dr. Suite 102
San Diego, CA 92121
- American Association for Active Lifestyles and Fitness**
1900 Association Dr.
Reston, VA. 20191
- American Running and Fitness Association**
4405 East West Highway Suite 405
Bethesda, MD 20814
- National Strength and Conditioning Association**
P.O.Box 38909
Colorado Springs, CO 80937

Websites To Visit:

- www.exercisecareers.com
- www.exercisejobs.com
- www.aahperd.org
- www.cooperinst.org
- www.fitnesszone.com
- www.acsm.org
- www.nscs-lift.org

Professors To Contact For More Information:

- Dr. Barry May x2471
- Dr. Tom Harper x2125
- Dr. Ken Pickerill x2258
- Ms. Rita Pritchett x2163

Internships:

Exercise Science internship possibilities are available upon request at the Asbury College HPERA department office (ext. 2262) and in the Office of Career Services (ext. 2401)

Nearby Employers:

- Beaumont Centre Family YMCA** 3250 Beaumont Centre Circle 219-9622
- Jefferson Fitness Club** 535 W. Second St. 255-2582
- Lexington Athletic Club** 3992 W. Tiverton Way 273-3163
- Lexington Sports Club** 230 W. Main St. 281-5110
- Health for Life Center** 630 S. Broadway 254-3785
- Powerhouse Gym** 2460 Richmond Rd. 263-5444
- VDK Advantage Lifestyle Management Service** 2416 Regency Rd. 276-2950
- Associates in Rehab** 261 Ruccio Way, Suite 190 266-0404
- The Hit Center** 261 Ruccio Way, Suite 190 266-0404
- YMCA of Central Kentucky** 3250 Beaumont Center Circle 219-9622
- Fitness Zone** 1600 Leestown Rd. Suite 14 252-1225
- *Addresses listed are located in the Lexington, Kentucky area unless otherwise noted.*

Alumni Contacts:

Schedule an appointment with Career Services to conduct a tailored search for alumni working in the fields associated with this major.

Note For specific information concerning course requirements of this major, please pick up a major sheet at the Registrar's Office located in the Administration building.



Information compiled by The Office of Career Services located on the second floor of Fletcher-Early, "Helping you S.O.A.R.!" ext. 2401 | careerservices@asbury.edu | www.asbury.edu/studentlife/career-services