What I Can Do With a Major In...  EXERCISE SCIENCE

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 Best 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.exercisejobs.com
- www.aahperd.org
- www.cooperinst.org
- www.fitnesszone.com
- www.acsm.org
- www.nsca-lift.org

Professors To Contact For More Information:
- Dr. Ken Pickerill, Chair
- Dr. Tom Harper
- Dr. Rita Pritchett

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 Center for Career and Calling located on the second floor of Fletcher-Early, “Helping you S.O.A.R.” ext. 2401 | careerandcalling@asbury.edu | www.asbury.edu/career