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 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.nsca-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
YMA 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.