

# Exercise Science

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The following is a sample of occupational titles and work settings related to Exercise Science.

Keep in mind that career options are not dictated solely by choice of major.

Just as there are many careers open to graduates of any major, there are many paths to careers that do not require a specific degree. Use this information as a beginning guide to exploring options.

## Sample Job Titles:

- Cardiopulmonary Rehabilitation Specialist
- Chiropractic Specialist
- Clinical Exercise Physiologist
- Corporate Fitness Instructor
- Diet Center Director
- Exercise Testing Technician
- Health/Fitness Instructor
- Health Promotion Specialist
- Nutrition Consultant
- Physical Therapist
- Physical Therapy Aide
- Physician's Assistant
- Occupational Therapist
- Respiratory Therapist
- Sports Nutritionist
- Strength & Conditioning Specialist
- Weight Reduction Specialist

## Possible Professional Settings:

- Athletic Associations
- Colleges & Universities
- Community Centers
- Correctional Facilities
- Daycare Centers
- Fitness Centers
- Job Training Centers
- Health Clinics
- Health Clubs
- High Schools
- Hospitals
- Nursing Homes
- Professional Sports Teams
- Sports Facilities
- Sporting Goods Manufacturers
- Sports Medicine Clinics
- Rehabilitation Centers
- Research Facilities
- Resorts
- Retirement Centers

# Resources:

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The following lists are samples of resources available for learning more about majors and careers.

## Professional Associations - Samples

- American Council on Exercise: [www.acefitness.org](http://www.acefitness.org)
- The National Association for Health & Fitness: [www.physicalfitness.org](http://www.physicalfitness.org)

## Sample Internship Sites & Volunteer Opportunities

- <http://spu.edu/depts/cdc/students/internships/documents/PhysicalEducation.ExerciseScienceInternshipSites.pdf>

## General Careers Information

- Washington Occupation Information System: [www.wois.org](http://www.wois.org) Site Key: KTX478
- Occupational Outlook Handbook: [www.bls.gov/oco](http://www.bls.gov/oco)
- O\*Net: [www.onetcenter.org](http://www.onetcenter.org)

## SPU Resources for Choosing a Major

- Department Website: <http://www.spu.edu/acad/UGCatalog/20101/SchoolsColleges/CAS/exercisescience.asp>
- Major & Career Exploration (GS 2001 - 2 credits, offered every quarter)
- Career Counseling: call 206.281.2485 or stop by the Center for Career and Calling on the second floor of the SUB
- Academic Advising: [www.spu.edu/depts/sas](http://www.spu.edu/depts/sas)
- Academic Catalog: [www.spu.edu/academics.aspx](http://www.spu.edu/academics.aspx)
- On Track Degree Planner: <http://spu.edu/academics/on-track-degree-planner/>

\* Websites are current as of September 2011. If any go inactive, please let us know.