

Exercise and Sport Science

Skills:

- Counseling, Training
- Diagnosing, Troubleshooting
- Organizing
- Supervising
- Planning, Decision-making
- Giving Speeches & Talks to Groups
- Assessing
- Interpersonal Skills
- Analyzing
- Innovating

Typical Work Activities:

- Research with athletes to identify human biomechanical principals
- Develop customized exercise prescriptions for athletes
- Evaluating performances
- Analyze and compare information between human physique & endurance, agility & muscle strength
- Instructing students
- Organizing sports events

Sample Occupations:

- Exercise Physiologists
- Sports Instructors
- Corporate Fitness
- Community Based Fitness
- Personal Trainer
- Hospital Wellness
- Kinesiotherapists
- Aerobic Instructors
- Industrial Fitness
- Cardiac Rehabilitation

Sample Occupational Settings:

- College/University Instructor
- Commerce & Industry
- Community Organizations
- Rehabilitation Programs
- Competitive Sports programs
- Camps
- YMCA's

- Resorts
- Gyms
- Fitness Centers

Websites and Additional Information:

Cool Works <http://www.coolworks.com/showme/>

Public Health Resources <http://www.lib.berkeley.edu/PUBL/internet.html>

Exercise Jobs.Com

Careers in Sports

Health Club Industry Statistics

Association for the Advancement of Applied Sports Psychology

What is an Athletic Trainer?

Athletic Trainer.Com

National Athletic Trainers' Association

Athletic Training and Sports Rehabilitation

NCAA Job Opportunities

American Physical Therapy Association

Online Sports Career Center

Sports Medicine Jobs

Sports Medicine.Com

Telehealth - includes Sports Medicine and Exercise Physiologist

Instructors, Coaches, Sports and Physical Training from the Occupational

Outlook Handbook

American College of Sports Medicine

<http://www.acsm.org>

American Fitness Association

PO Box 461

Durango, CO 81302

Aerobic and Fitness Assn. Of America

<http://www.afa.com>

American Kinesiotherapy Association

<http://www.akta.org>

American Running and Fitness Association

<http://www.arfa.org>