

Exercise Science:

Description of Major:

The Major in Exercise Science is designed for students who are interested in pursuing careers in the medical profession, research or are interested in pursuing a masters or doctoral degree. Students who choose the Major in Exercise Science are required to declare a second major or a minor. Student advisors are able to help select a minor to complement the major for the students' individual goals.

The Comprehensive Major in Exercise Science provides two specialization options with specific coursework designed for that preparation. The specializations are:

- Fitness management – for those desiring careers in fitness and health clubs, corporate wellness and fitness settings, and personal training;
- Athletic training – a very specialized area for person interested in national certification and employment in academic settings or sports medicine clinics.

Career Options:

- Exercise Specialist
- Personal Trainer
- Professor
- Exercise Physiologist
- Researcher
- Nutritionist
- Physical Therapist
- Fitness Center Director
- Rehabilitation Director
- Corporate Wellness Specialist
- Strength and Conditioning Coach
- Weight Loss Center Specialist
- Director of Recreation and Sports
- Wellness Program Director
- Sports Administration
- Facility Management
- Athletic Trainer
- Occupational Exercise Scientist
- Physical Education Specialist
- Physical Education Teacher
- Professional Sports Scout
- Professional Umpire
- Public Health Educator
- Recreation Director
- Sports Fitness Instructor
- Sports Illustrator
- Sports Store Manager
- Strength/Conditioning Coach
- Youth/Sport Camp Director
- Activities Specialist
- Cardiac Rehabilitation Specialist
- Human Kinetics Specialist

Job Outlook:

Occupational Outlook Handbook Link:
<http://www.bls.gov/oco/home.htm>

UNK Department Contacts:

Exercise Science:

<http://www.unk.edu/acad/hperls/exercise.html>
Cushing Room 129
Phone
(308) 865-8331

UNK Resources:

Additional Resources:

American Physical Therapy Association
<http://www.apta.org//AM/Template.cfm?Section=Home>

Athletic Business
[http://www.athleticbusiness.com/\\$spindb.query.index.abview](http://www.athleticbusiness.com/$spindb.query.index.abview)

<http://www.athleticsearch.com>

<http://www.athletictrainer.com>

<http://www.journalofathletictraining.org>

National Athletic Trainers' Association
<http://www.nata.org>

<http://www.sportsmedicine.com>

American College of Sports Medicine
<http://www.acsm.org>