

CAREERS FOR

Exercise Science

MAJORS

The mission of [UNM's Exercise Science program](#) is to provide students with the educational, experiential, and ethical foundation in the study of human physiology and movement necessary to succeed in their choice of career, professional field of study, and advanced academic work (UNM Exercise Science, 2020). The program also focuses on identifying solutions beyond individual health and fitness challenges to look at local and global health challenges.

Although individuals can create a career with an exercise science degree, the majority of students who graduate from UNM's Exercise Science program often use it as stepping stone for graduate school.

Graduate School

Admittance into graduate schools typically require completed pre-requisites, passing of an exam (GRE, MCAT), and a competitive GPA. Admission requirements vary based on the program.

- [UNM Physical Therapy \(Doctorate\)](#)
- [UNM Occupational Therapy \(Master of Science\)](#)
- [UNM Physician Assistant Program \(Master of Science\)](#)
- [UNM Medical School \(Medical Degree\)](#)

Industries & Target Employers

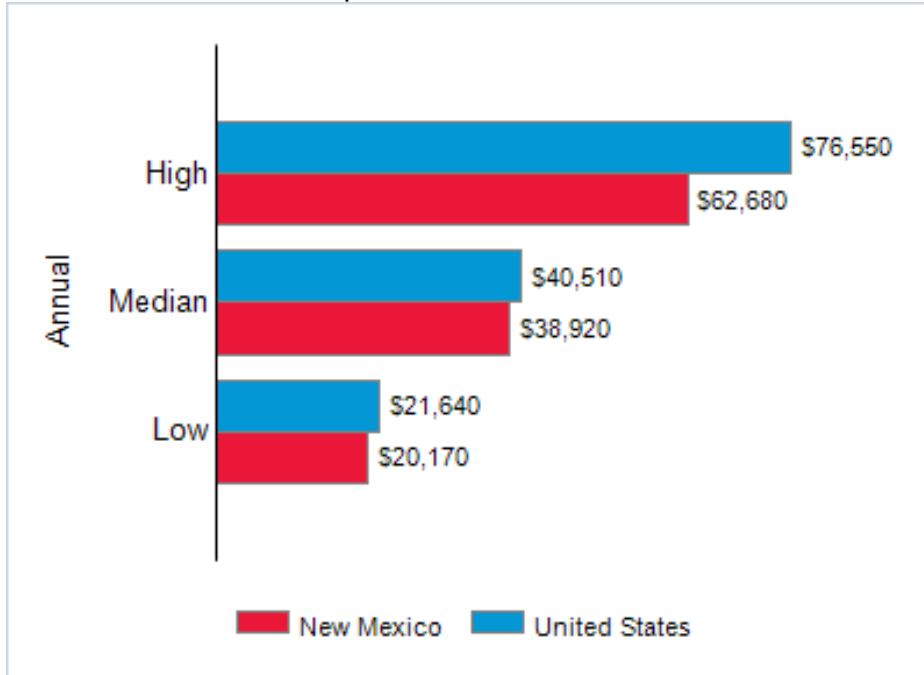
- Corporate: Health promotion programs
- Education: Research, teaching, athletic areas
- Exercise Physiology: Clinical Exercise Physiologist; Clinical Exercise Specialist, Lifestyle and Weight Management Consultant
- Physical and Occupational Therapy (will need advanced degree): Teaching, Research, clinical private practice, consultation, hospitals, clinics, healthcare facilities, government, residential treatment facilities, corporations and organizations
- Physical Fitness: Fitness/training coaching, Gym coach, personal trainer, health club management, senior/community centers, healthcare facilities, resorts, cruise ships

Top Companies

[Wellbridge Athletic Club](#)
[Albuquerque Public Schools](#)
[Defined Fitness](#)

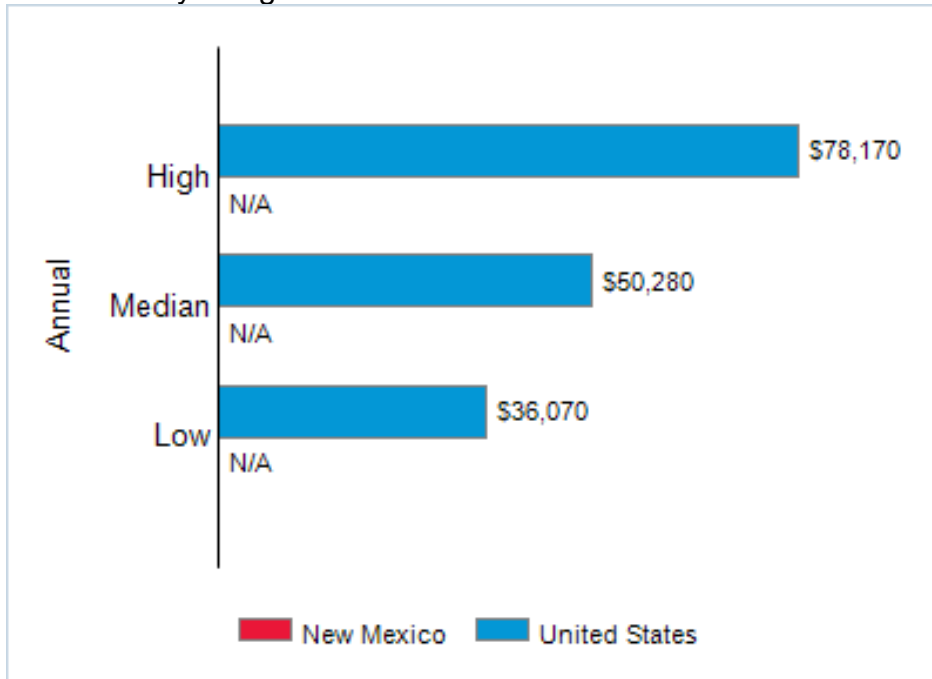
Salary Information*

Exercise Trainers, Group Fitness Instructors



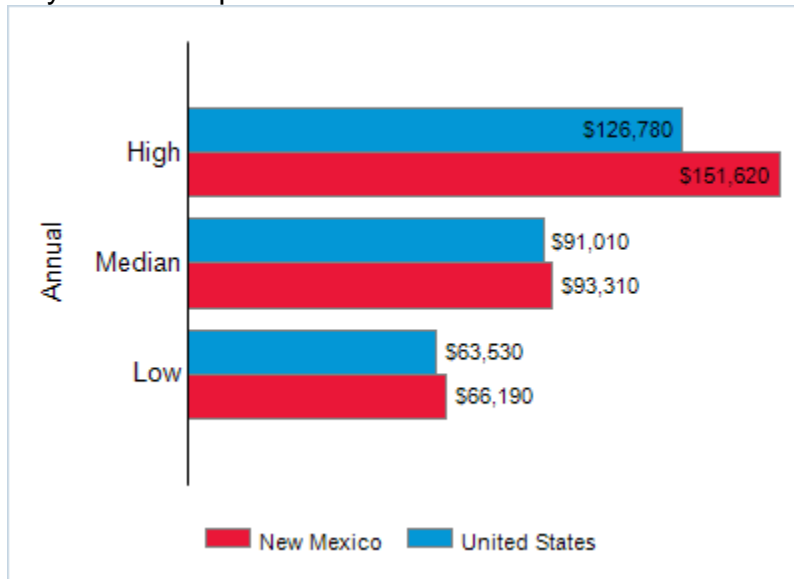
[*Career One Stop](#)

Exercise Physiologist*



[*Career One Stop](#)

Physical Therapist***



*[Career One Stop](#)

**Must obtain doctorate to become a [Physical Therapist](#)

Tips and Facts

- 80% of students who graduate from the UNM exercise science program go into Physical Therapy
- 20% of students who graduate from the UNM exercise science program go into Occupational Therapy, Physician Assistant programs, Medical School, Nursing and Personal Training
- If you are going into PT or OT school start volunteering right away at a facility
- For many graduate programs, your GPA and GRE are important for admission, especially in the Science classes.
- 50% of exercise physiologists are self-employed.

Learn More

[American Society of Exercise Physiologists](#)
[National Strength and Conditioning Association](#)
[American Council on Exercise](#)
[NSCA Certification Commission](#)
[Pilates Method Alliance](#)
[Yoga Alliance](#)
[UNM Health Sciences educational programs](#)

[Register for Handshake: Jobs for Lobos](#)
[O*NET; Physical Therapist](#)
[Occupational Outlook Handbook; Exercise Physiologists](#)
[Student Activities Center: Exercise Science Club; Physical Therapy Student Association; Pre-Physical Therapy Society](#)
[Buzzfile Employers by Major; Exercise Science](#)

Questions? Visit UNM Career Services in person! See our website for onsite walk-in hours. Email onlinecareerservices@unm.edu or call 277-2531 to schedule an appointment.