WHAT CAN I DO WITH A MAJOR IN … EXERCISE SCIENCE

OCCUPATIONAL OVERVIEW:

EMPLOYMENT REQUIREMENTS:
Most individuals with exercise science degrees have careers in physical therapy, occupational therapy, exercise physiology, fitness trainers, health and wellness experts, clinical health, personal training, fitness management, cardiac rehabilitation. These career paths may require certifications specific to their degree. Many careers in exercise science, such as physical and occupational therapy, require advanced graduate degrees. Consult O*Net for more information on the specific KSAs (Knowledge, Skill, Ability) that are needed for each career area.

THE UNIVERSITY OF NEW MEXICO:
The University of New Mexico Exercise Science program offers both undergraduate and graduate programs.

INDUSTRIES & TARGET EMPLOYERS:
A variety of employers specifically recruit UNM students and alumni. Consult UNM’s Lobo Career Connection for a complete list of employers and current job postings. Speak with a Career Development Facilitator at the UNM Office of Career Services for help with identifying employers or additional resources for your occupation of choice.

Physical Fitness:
Fitness/training coaching, Gym coach, personal trainer, health club management, senior/community centers, healthcare facilities, resorts, cruise ships

Athletic Training:
Personal and Professional Consultations, Resorts, Schools/Colleges/Universities, Healthcare organizations, sports facilities and sports teams

Physical and Occupational Therapy:
Teaching, Research, clinical private practice, consultation, hospitals, clinics, healthcare facilities, government, residential treatment facilities, corporations and organizations

Education:
Research, teaching, athletic areas

Business:
Sporting Goods, customer service areas in sports and wellness, exercise equipment (or product) manufacturers, sports facilities, health clubs, hospitals,

SUGGESTED STRATEGIES:
• Consider specializing with a double major, minor, or concentration in another area.
• Gain related professional experience through involvement in internships, student employment, Co-ops, and/or volunteer opportunities.
• Shadow professionals in the field to gain a better understanding of the occupation and to build relationships with professional mentors.
• Build your network and get involved on campus through student organizations and campus events. Find organizations and events at the Student Activities Center website.
• Attend career related campus events such as career fairs, company information sessions, and or career workshops.
Students who are interested in graduate school should maintain a high undergraduate GPA and develop relationships with faculty and community leaders. 
Speak with mentors and faculty about career opportunities. 
Job leads can be found on your department’s website, list-serv, newsletters, and social media sites.

STATE AND NATIONAL WAGES:
Adapted from CareerOneStop (2013)

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*Data obtained from Career One Stop

INFORMATIONAL WEBSITES:
- American Council on Exercise [http://www.acefitness.org](http://www.acefitness.org)
- NSCA Certification Commission [http://www.nsca-cc.org](http://www.nsca-cc.org)
- Pilates Method Alliance [http://www.pilatesmethodalliance.org](http://www.pilatesmethodalliance.org)
- Yoga Alliance [http://www.yogaalliance.org](http://www.yogaalliance.org)
- UNM Health Sciences educational programs [http://hsc.unm.edu/students/](http://hsc.unm.edu/students/)