

Exercise Science

Exercise science is the basic study of movement and coordination of the human body. Exercise Science majors work in health promotion, fitness development, colleges and universities, clinical rehabilitation, and sport and athletic programs. They assist all age groups of people in becoming healthier through exercise and rehabilitation. Students enrolled in this concentration should have a strong interest in the sciences as this program applies science to human movement.

[Exercise Science](#) majors at Colorado Mesa University (CMU) will begin with studies in physics, general chemistry, and human anatomy & physiology. Continued studies will include courses such as: exercise physiology, anatomical kinesiology, biomechanics, physical activity and aging, medical conditions and pharmacology, and sports nutrition, among other subject areas. Students can expand their learning opportunities in the [Monfort Family Human Performance Laboratory](#) where advanced



physiological and biomechanical performance and wellness testing and services are provided to students and the community. CMU Exercise Science students frequently continue on to graduate or professional degrees at universities widely recognized as top programs in exercise physiology, physical therapy, occupational therapy, physical education and public health. CMU also offers many [clubs and organizations](#) campus-wide and within the [Kinesiology Department](#) that can help prepare students for advanced study or build campus and community connections.

A person in this career field may:

- Promote wellness and educate various community groups, patients, or athletes about exercise
- Perform tests to measure body fat, oxygen consumption, or stress using appropriate equipment
- Assist athletes and other groups in injury prevention and in rehabilitation or restoring health after an injury or illness
- Demonstrate proper exercise techniques and use of equipment
- Plan individualized exercise programs for a variety of abilities and ages to improve mobility, strength, flexibility, etc.
- Collect and evaluate data to determine progress or improvement in abilities
- Make recommendations about ways to improve athletic performance or increase physical activity levels for people with a range of abilities

Major Skills & Characteristics

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| <ul style="list-style-type: none"> • Strong interest in science • Problem solving skills • Effective verbal and written communication skills • Knowledge of anatomy, physiology, and biology • Active listening skills | <ul style="list-style-type: none"> • Desire to help and care for people • Leadership skills • Ability to demonstrate rehabilitation exercises • Interpersonal skills • Ability to teach/explain to others |
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Organizations That Commonly Employ Exercise Science Majors

- Amateur sports teams
- Assisted living centers
- Chiropractic clinics
- Civic and social organizations
- Colleges and universities
- Corporate settings
- Government agencies such as Veterans Administration or Public Health
- Health and fitness centers
- Hospitals
- International athletic organizations
- Nursing homes
- Physical/Occupational therapy centers
- Professional sports teams
- Public and private high schools
- Rehabilitation facilities
- Sports medicine clinics
- United States Olympic centers and teams

Related Careers

- Athletic Director
- Athletic Trainer
- Cardiac Rehabilitation Specialist
- Club Manager
- Coach
- Director of Intramurals & Recreation
- EMT or Paramedic
- Exercise Physiologist
- Exercise Specialists in cardiopulmonary rehabilitation programs
- Exercise Technologists in cardiology suites
- Fitness Directors and Managers in the military
- Fitness Directors/Instructors in YMCAs, spa and resort centers
- Fitness Instructors and Supervisors at the state, regional, and national levels in sports and athletic programs including sports psychology, sports biomechanics, and nutritional consultation
- Group Exercise Instructor
- Instructors in health and fitness clubs
- Managers and exercise leaders in corporate wellness programs
- Medical Physician
- Occupational Therapist
- Outdoor Guide
- Personal Trainer
- Physical Therapist
- Physical Education
- Physician's Assistant
- Public Health
- Researchers in sports medicine and adult fitness programs
- Sporting Goods Manufacturing Rep
- Sports and Wellness Program Instructors and Directors
- Sports Psychologist
- Strength Coaches for college, university and professional sports programs
- Supervisors of specialized health, fitness, wellness, or lifestyle programs in correctional services, police, fire, and emergency response organizations
- Teachers at institutions of higher learning
- Wellness Coordinator

Note: Some of the occupations listed above may require additional education, experience, or training beyond a Bachelor's Degree. To research these occupations use the Career Research Resources links below.

Career Research Resources:

Use these sites to research information about specific occupations such as nature of the work, training or qualifications, employment or job outlook, projections, earnings and wages.

O*NET-Online: <http://www.onetonline.org>

The U.S. Department of Labor

- In the occupational search box type in key words, job titles, or occupational codes to research various careers.

Occupational Outlook Handbook: http://www.bls.gov/oco/oooh_index.htm

The Bureau of Labor Statistics

- Use the A-Z index to select the occupation you are researching; such as **Physical Therapists** at <http://www.bls.gov/oooh/healthcare/physical-therapists.htm>, **Fitness Trainers** at <http://www.bls.gov/oooh/personal-care-and-service/fitness-trainers-and-instructors.htm> , & **Occupational Therapists** at <http://www.bls.gov/oooh/healthcare/occupational-therapists.htm>

My Future.com: <http://www.myfuture.com>

The Department of Defense

- This site compiles information from departments of [Commerce](#), [Education](#) and [Labor](#).

Organizations and Associations Links

- American Kinesiology Association: www.americankinesiology.org
- American Physical Therapy Association: www.apta.org
- American College of Sports Medicine (ACSM): www.acsm.org
- National Association for Sport & Physical Education (NASPE): www.aahperd.org/naspe
- American Academy of Kinesiology and Physical Education (AAKPE): www.nationalacademyofkinesiology.org
- National Strength & Conditioning Association: www.nasca-lift.org
- American Orthopedic Society for Sports Medicine: <http://www.sportsmed.org/>
- Medical Fitness Association: <http://medicalfitness.org>
- American Society of Exercise Physiologists: www.asep.org
- American Occupational Therapy Association: www.aota.org
- American Society of Biomechanics: www.asbweb.org
- American Academy of Physician Assistants: www.aapa.org

Job Listings/Job Search Sites:

- National Intramural-Recreational Sports Association: www.bluefishjobs.com/jobs
- US Olympic Committee (jobs and internships): www.teamusa.org/jobs
- Sports Careers: www.sportscareers.com
- Sports Medicine Jobs: www.sportsmedicinejobs.com
- Teamwork Online Sports Jobs: www.teamworkonline.com
- NCAA: www.ncaa.org/wps/wcm/connect/public/ncaa/resources/employment+information
- Department of Health & Human Services: www.hhs.gov/careers/jobs/findjob.html
- American Kinesiology Association Career Center: www.americankinesiology.org/career-center
- National Academy of Sports Medicine: www.nasmfitjobs.com