



CAREER MAP

This resource is a guide for the possible career paths associated with the undergraduate degree in Exercise and Movement Science.

Recognizing the Field

Our Science

Exercise and Movement Science undergraduate majors study the five biophysical foundations of human movement. Independently, these five foundations can lead directly to a career path within a specialization. Collectively, those five foundations can be used to build a new, cutting-edge career.

Our Organizations



Five Biophysical Foundations



In addition to studying the five biophysical foundations of human movement, students within Exercise and Movement Science are active in professional organizations that can lead to certification. Certifications can help provide structure, legitimacy, and identity to a student's in-field expertise, which can lead to future employment.

Our students can become certified while enrolled in our program or become certified once graduated. Some certifications, however, require a bachelor's degree or a number of experiential hours associated with an activity or skill.

Two examples of certifications our students have either achieved or are currently preparing for include:



CAREER PATHWAYS

THREE INDUSTRIES:

Strength Training and Conditioning

Strength training and conditioning professionals work on improving the overall strength, aesthetics, or movement performance of individuals.



Health, Fitness, and Wellness

Health and wellness professionals improve individuals' quality of life by teaching healthy habits, creating exercise programs, and offering nutritional services.



Clinical Exercise

Clinical exercise professionals work in healthcare settings to improve and rehabilitate the individual from injury or illness.



LIST OF JOB TITLES BY INDUSTRY

Strength Training and Conditioning

- Sport Strength Coach
- Certified Personal Trainer
- Sport Performance Enhancement Specialist
- Sport Coach
- Corrective Exercise Specialist
- Sport Biomechanist
- Sport Psychologist

Health and Wellness

- Certified Personal Trainer
- Group Exercise Specialist
- Yoga and Pilates Instructor
- Corrective Exercise Specialist
- Health Ambassador
- Activities Coordinator
- Corporate Wellness

Clinical Exercise

- Clinical Exercise Physiologist
- Cardiopulmonary Rehabilitation Specialist
- Ergonomist
- Industrial Physiologist
- Nutritionist/Dietician
- Exercise Psychologist

PLEASE NOTE: Some jobs will be enhanced through the continuation of education through either professional organizations or Master's and PhD Programs

GRADUATE SCHOOL OPTIONS

Exercise and Movement Science majors can use their degree to prepare for future studies in the following professional settings:

- Athletic Training
- Occupational Therapy
- Physical Therapy
- Clinical Exercise Science / Physiology
- Human Performance
- Public Health
- Physician's Assistant
- Chiropractor
- Ergonomist
- Nutritionist/Dietician

